

Cedar Street Baptist Church Of God

DR. ANTHONY MICHAEL CHANDLER, SR.
PASTOR



#Restoration

40 Days of Consecration & Sacrifice

So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."
(Matthew 17:20-21 NKJV)

Wednesday, February 17th – Saturday, April 3rd

Purpose of our Fast

The purpose of this fast is to reflect upon the sacrifice that Jesus made for us so that we can grow closer to Christ individually and collectively while growing as a ministry in evangelism, discipleship, and outreach.

What is Fasting & Why Should we Fast?

Fasting is abstaining from food for a spiritual purpose for a set amount of time. Fasting helps to bring us into a deeper, more intimate, and powerful relationship with God. Fasting is **NOT** a diet. We fast so that we can grow spiritually, to strengthen our prayer life, to receive guidance for our lives, to seek deliverance out of our current situations and protection from the enemy.

Types of Fast

- Private Fast- This is a personal fast between you and God.
- Called Fasts- This is when fasting is done by a group with a purpose. It is also done when situations in neighborhoods and communities call for a supernatural response from God.

Seven Types of Biblical Fast

- Type 1- The Esther Fast
 - This fast lasts for 3 days (Esther 4:16)
- Type 2- The Daniel Fast
 - This fast lasts for 21 days (Daniel 10: 2-3)
- Type 3- Self-examination Fast
 - This fast is for 1 day (Leviticus 23:27)
- Type 4- The Fast Before the Battle
 - This fast is the day before battle (Judges 20:26)
- Type 5- Fasting to lift Gods judgment from another person
 - This fast lasts for an undetermined amount of time (1 Kings 21: 27-29)
- Type 6- Fasting for Healing
 - This fast also has an undetermined amount of time (Isaiah 58: 6-9)

- Type 7- The Dominion Fast
 - This fast lasts for 40 days (Matthew 4)

Our Fasting Menu

40 Day Fast- Any type of green salad each day (No pasta salad and only add chicken, fish, or turkey to the salad)

- Fruit Salad for breakfast
- Other Items for Breakfast: Oatmeal, Grits, & Cream of Wheat

Drinks for the Fast

- **Water**
- **100% Juice**
- **Any type of herbal tea with no sugar added (Ex. green, ginger, chamomile, dandelion, sage, etc.)**

Foods to Avoid

- *All sweeteners including white sugar, sugar in the raw, syrups, molasses, honey, cane juice, or artificial sweeteners*
- *No sweets or junk food of any kind (Ex. no candy, no cookies, no chips, etc. mints and sugar free gum are allowed)*
- *No bread, no fried foods, meats on salad must be baked, broiled or boiled*
- *No coffee, sodas, any type of carbonated drinks, energy drinks, no regular tea, no alcohol, or wine*

Other things you can fast from are social media, shopping, texting, television, eating out, gossip, cursing, sex if not married.

Tips for a Successful Fast

- Begin the day with meditation and prayer...stay committed.
- Eat a small amount on fasting days...plan to eat, eat to live.
- Stay hydrated...with plenty of water!
- Suspend your fast if you have any medical complications.
- Eat a balance of the major food groups allowed.
- On days not counted (Sunday's) be nice to your body... remain disciplined.

“The thief does not come except to steal, and to kill, and to destroy. I come that they may have life and that they may have it more abundantly”. (John 10:10)

Daily Scripture References

Day 1- 1 Peter 5:6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

Day 2- Isaiah 58:6 Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

Day 3- Psalm 42:2 My soul thirsts for God, for the living God. When can I go and meet with God?

Day 4- Joel 2: 12-14 "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and relent and leave behind a blessing—grain offerings and drink offerings for the Lord your God."

Day 5- Matthew 6:21 For where your treasure is, there your heart will be also.

Day 6- Lamentations 3:25 The Lord is good to those whose hope is in him, to the one who seeks him;

Day 7- Isaiah 30:18 Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

Day 8- Psalm 27:14 Wait for the Lord; be strong and take heart and wait for the Lord.

Day 9- Matthew 6:16-18 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Day 10- Isaiah 40:31 But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Day 11- Psalm 33:20-22 We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

Day 12- Psalm 130:5-6 I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning.

Day 13- Micah 7:7 But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me.

Day 14- Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer. Be joyful in hope, patient in affliction, faithful in prayer.

Day 15- Hosea 12:6 But you must return to your God; maintain love and justice, and wait for your God always.

Day 16- Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Day 17- 1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Day 18- Galatians 5:5 For through the Spirit we eagerly await by faith the righteousness for which we hope.

Day 19- Jeremiah 29:12 Then you will call on me and come and pray to me, and I will listen to you.

Day 20- Psalm 33:20-22 We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

Day 21- Psalm 62:5 For God alone, O my soul, wait in silence, for my hope is from him.

Day 22- Psalm 25:4-5 Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.

Day 23- Mark 1:12-15 At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Day 24- Matthew 4: 1-11 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

Day 25- Philippians 3:10-11 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

Day 26- John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Day 27- John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!" "I tell you," he replied, "if they keep quiet, the stones will cry out." As he approached Jerusalem and saw the city, he wept over it and said, "If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.

Day 35- Luke 22:14-23 When the hour came, Jesus and his apostles reclined at the table. And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you. But the hand of him who is going to betray me is with mine on the table. The Son of Man will go as it has been decreed. But woe to that man who betrays him!" They began to question among themselves which of them it might be who would do this.

Day 36- John 19:1-3 Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they slapped him in the face.

Day 37- Luke 22: 44-46 It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last.

Day 38- Luke 23:50-56 Now there was a man named Joseph, a member of the Council, a good and upright man, who had not consented to their decision and action. He came from the Judean town of Arimathea, and he himself was waiting for the kingdom of God. Going to Pilate, he asked for Jesus' body. Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock, one in which no one had yet been laid. It was Preparation Day, and the Sabbath was about to begin. The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.

Day 39- Luke 24: 1-6 24 On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen!"

Day 40- 1 Corinthians 15:1-2 Now, brothers and sisters, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain.

