

Greater Faith Chapel C.O.G.I.C. Fast Calendar

INSTRUCTIONS FOR FASTING



Solid Gray:
Personal Fast

BLUE: Indicates "free days." Reframe from sweets, sodas & desserts. Please give sacrificially to the Lord's work.

March 2022

GFC 40 Days of Fasting Calendar

GREEN: Eat fruits, vegetable, nuts, whole grains, and healthy prepared chicken/fish. Drink water & juices.

RED: Indicates a "total fast" Drink water only until 3 PM, if you can. Eat a small green meal after 3 PM.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2 CONSECRATION Isa 58; Dan 10:3; Mt 4:2; Est 4:16; I Cor 9:27 Church Fast Begins: Commit to continual fasting.	3 SEEK GOD Ps. 51:2; 2 Chr. 7; Jer 29 Ask God to free you from sin, pride & spiritual lethargy.	4 TRUST GOD Ps. 46; Prov. 3; Isa 43 Pray that God will help you trust Him in all thing.	5 BELIEVE GOD Gen. 15; Mk. 11; Heb. 11 Pray that God will help you to have strong faith in Him.
6 HEAR GOD Ps. 109; Rom 8; Heb. 4:12 Pray that God reveals His will to you by His Word & Holy Spirit.	7 WORSHIP GOD I Chron 16:23-31; Ps 96 & 100; Rev 11:15-19 Worship the Lord today purposely passionately!	8 LIVING & HOLY SACRIFICE Rom. 12; 2 Cor. 7; I Pet. 1	9 HEALING Ex. 15:26; Mt. 8; Jas. 5	10 FORGIVENESS Lk. 17:3-4; Mk. 11:22-25 Extend forgiveness to wrongdoers, reconcile if possible.	11 CHURCH UNITY Ps 133; Jn 17:23; Eph 2:11-22; Col 3:13-14 Pray for love and unity in our church.	12 LOVE OTHERS Jn. 13; Rom. 12; I Cor. 13 Commit to loving people as Jesus loves them.
13 MARRIAGES Mk. 10:9; Eph. 5:21-33 Pray for God to strengthen marriages & reveal His glory.	14 FAMILIES Josh 24:15; Prov 22:6; Mk 10:6-9; Eph 6 Pray for God's grace.	15 YOUNG PEOPLE Eph. 6:1-4; I Tim. 4:12 Pray for salvation, encouragement & protection	16 SINGLES Col. 2:10; Phil. 4:19; Jer. 31:3; I Cor. Pray for Christ to meet every need.	17 OVERCOMING WORLDLINESS Jas. 4:1-10; I Jn. 2:15-16 Submit to God resisit the devil.	18 WARFARE Isa. 54:17; 2 Cor. 10; Eph. 6 Pray for God's spiritual protection, weapons and encourage	19 MIRACLES Ps. 77; Heb. 2:1-4 Pray that God will work miracles for His glory.
20 TITHING Mal. 3; I Cor. 16:1-2 Commit to giving a portion of your income to God's work.	21 BUSINESS OWNERS Deut. 8:18; Ecc. 11:4 Pray for wisdom & divine favor.	22 STEWARDSHIP 2 Cor. 8, 9 Church Fast Ends: Pray for God to meet your financial needs & those for the church.	23 GOD'S GLORY I Cor. 10:31; Col 3:17 Personal Fast Begins: Commit your life, time gifts & resources to God.	24 COMMITMENT Acts 2-4; 2 Cor. 9:6-15 Give sacrificially cheefully & liberally to God's work.	25 WISDOM 2 Chron 1; Ps 25:4-5; Prov 3:5-6; Jas 1:1-8 Pray for wisdom strength & favor.	26 GOD'S HELP Ps. 46:91; Matt. 6 Pray that God will deliver you from trouble.
27 NO FEAR! 2 Timothy 1:16-18 Pray for boldness to do what God has calls you to do in lifeministry.	28 GFC COGIC Num. 6:24-26; 3 Jn. 2 Pray for blessings, peace & prosperity for our church.	29 CONSECRATION Josh. 3:5; 2 Tim. 1:6-18 Allow fasting principles to become a life style.	30 SEEK GOD Ps. 51:2; 2 Chr. 7; Jer 29 Ask God to free you from sin, pride & spiritual lethargy.	31 STEWARDSHIP 2 Cor. 8, 9 Pray for God to meet your financial needs & those for the church.	1	2

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April 2022

GFC 40 Days of Fasting Calendar

GREEN: Eat fruits, vegetable, nuts, whole grains, and healthy prepared chicken/fish. Drink water & juices.

RED: Indicates a "total fast" Drink water only until 3 PM, if you can. Eat a small green meal after 3 PM.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 TRUST GOD Ps. 46; Prov. 3; Isa 43 <i>Pray that God will help you trust Him in all things.</i>	2 BELIEVE GOD Gen. 15; Mk. 11; Heb. 11 <i>Pray that God will help you to have strong faith in Him.</i>
3 HEAR GOD Ps. 109; Rom 8; Heb. 4:12 <i>Pray that God reveals His will to you by His Word & Holy Spirit.</i>	4 WORSHIP GOD Chron 16:23-31; Ps 96 & 100; Rev 11:15-1 <i>Worship the Lord today purposely passionately!</i>	5 CONSECRATION Josh. 3:5; 2 Tim. 1:6-18 <i>Allow fasting principles to become a life style.</i>	6 LIVING & HOLY SACRIFICE Rom. 12; 2 Cor. 7; I Pet. 1 <i>Ask the Lord to cleanse & use you for His glory.</i>	7 HEALING Ex. 15:26; Mt. 8; Jas. 5 <i>Pray for God's blessing, forgiveness, & physical healing.</i>	8 FORGIVENESS Lk. 17:3-4; Mk. 11:22-25 <i>Extend forgiveness to wrongdoers, reconcile if possible.</i>	9 CHURCH UNITY Ps 133; Jn 17:23; Eph 2:11-22; Col 3:13-14 Personal Fast Ends: <i>Pray for love and unity in our church.</i>

Purpose of this Consecration Calendar

The purpose of this consecration calendar is to unite our church in prayer as we go into our Prayer and Fasting Season. A consecration is a short season in which the people of God dedicate themselves to seeking him in special and focused ways. Our 40 Day consecration will consist of corporate prayer and fasting (see Isaiah 58, Daniel 10:3, Matthew 4:2, Esther 4:16, etc.).

Please read and reflect on each daily theme and Scripture and adhere to the short prayer instruction for that day. Additionally, a color code will indicate the suggested eating program for each day.

- Blue indicates “free days.” Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and desserts.
- Green indicates days during which the congregation will eat only fruits, vegetables, nuts, whole grains, and healthily prepared chicken or fish (4-6 ounces). Only fruit juices (no added sugar) and water are allowed to drink. The majority of the consecration will consist of this partial fast.
- Finally, red indicates days during which the congregation will totally abstain from food until 3 PM. Only water will be allowed to drink while fasting. A “green meal” is allowed after 3 PM.

The Greater Faith Chapel 40 Day Consecration is voluntary and this consecration guide consists of suggested principles for you to follow. PLEASE CONSULT YOUR PHYSICIAN for wise eating principles before engaging in any radical dietary changes.

Greater Faith Chapel Church of God in Christ 2022 40 Day Consecration Calendar

Daily Prayer of Affirmation

Heavenly Father,

We honor and praise your holy name and thank you for your grace and mercy. We commit ourselves to your will and your ways and to the wonderful plans and purposes that you have for our lives. We also ask you to bless and sustain the life and ministry of Greater Faith Chapel Church. This year we celebrate the 45 wonderful years of ministry. We ask you to prosper our congregation and to unite our membership to do wonderful things for your glory and honor. Help us, O Lord, to meet the financial obligations of the church, to fulfill the awesome vision that you have given to our leader, and to be a force for positive change in the world. We also ask that you continue to pour out your grace, wisdom and blessing upon Pastor Brown and his family (and upon all of us). In the name of Jesus Christ, we pray. Amen.

A Recommitment to Christian Stewardship in 2022

A steward is one who is entrusted with the possessions of another. A good steward is responsible for handling these possessions in a wise manner. Although God owns everything (Psalm 24:1), he allows us to manage (or to exercise stewardship over) the resources of the earth. Christians also are stewards of the Gospel message. We are responsible for sharing the good news and ministering to those in need of salvation. In our personal lives, we are stewards of our individual gifts and talents, our time, our health (spiritual, emotional, and physical), and our finances. God expects for us to manage his gifts and resources with both faithfulness and productivity (Matthew 25:14-30; Luke 12:42-48). Whatever we have has been graciously given to us by God. In 2022, let us use every resource that God has provided to benefit the establishment of His kingdom in our city, in this nation, and in the world. As we put God first, he will bless every area of our lives (Matthew 6:33).