



**“Where There Is No Vision, The People Perish”
Fasting Movement (July 17-26)**

**REALIGNMENT & REFOCUS TO THE VISION...
PERSONALLY, FAMILY AND CORPORATELY**

The vision of New Birth Savannah Church is to produce a Higher Quality of Living Through Christ Jesus! New Birth Savannah Church is a *Ministry of LIFE for the Family, the Youth and within the Marketplace locally and globally!*

FASTING AND PRAYER GUIDE

“Where There Is No Vision, The People Perish”

The goal and purpose of this fast is to draw nearer to God in order to know His will and vision for your life, your family and the corporate vision of New Birth Savannah Church and the Body of Christ.

Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Habakkuk 2:2-3 (NKJV)

And the LORD answered me, and said, Write the vision, and make [it] plain upon tables, that he may run that readeth it. For the vision *is* yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

For the month of July (beginning Monday, July 17 and concluding Wednesday July 26, 2017), we will **REALIGN** ourselves with God's word. The Word of God has the power to change us and to purify us, to make us holy. Next, we will **REFOCUS** by reviewing your current situation, and priorities by praying asking God areas to correct. *The heart of man plans his way, but the LORD establishes his steps (Proverbs 16:9).*

Then, we will **DETOX** by Identifying the lies that have deceived you, and replace them with the truth. Examine your life for toxic: behaviors (what you do that harms your spiritual effectiveness or distracts you from God's purposes for your life), emotions (feelings that lead you away from God's truth), and consumptions (media you consume and people you spend time with).

Ask God to give you the wisdom you need to discern which of those are toxic to you. Lastly, we will **DECLUTTER** doubts about God and his goodness, failures, mistakes, and sins. Also things or objects from your past that are no longer useful. *"Then I thought about the man who hoards stuff in his barn in case he needs it "someday," only to die the next day. (Luke 12:15-21)*

PASTOR KENNETH K. LAW, NEW BIRTH SAVANNAH CHURCH, ADVISES ALL MEMBERS AND PARTICIPANTS OF THIS CONSECRATION TO CONSIDER THEIR PERSONAL HEALTH NEEDS AND TO CONSULT THEIR PERSONAL PHYSICIAN PRIOR TO BEGINNING THIS FAST. THEREFORE, WE SPECIFICALLY DISCLAIM ANY RESPONSIBILITY FROM ANY PHYSICAL REACTION FROM THIS FAST.

GUIDELINES FOR NBSC FAST

Step 1: Prayer & Fasting (Nehemiah 1:4) Write your vision plan daily. (Ex. Personal, Family, Career, Financial, and Church)

Write the vision, and make [it] plain upon tables, that he may run that readeth it. (Habakkuk 2:2)

- Prayer & Fasting
- Write down the vision for your life.
- Read and reread your vision.
- Recite your vision often.
- Run with your vision by taking decisive steps towards the goal.

Step 2: Exercise daily for 30 minutes. (Ex. walk, jog, run, swim, or dance)

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; (1 Corinthians 6:19). Our bodies were created in the image of God. When we treat our bodies as temples of God, we have obtain physical, emotional, and spiritual blessings.

Step 3: Donate to charity, non-profit organization or a family in need

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.' (Acts 20:35)

Step 4: Money Stewardship (save \$100 within the ten days to give for August First Fruit Sunday offering) *"Of what use is money in the hand of a fool, since he has no desire to get wisdom?" (Proverbs 17:16)*

SOME THINGS TO CONSIDER WHEN BEGINNING A FAST

You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar and various toxins.

IMPORTANT EXCEPTIONS

1. Anyone with a medical condition related to eating or under the treatment of a physician **must** consult their doctor first.
2. Children, especially small children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health.
3. Pregnant women use wisdom and discretion. If necessary, consult your physician for the proper foods to supplement a modified version of the fast.
4. If you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments or discontinue the food portion of the fast. Always use wisdom.

Be apart of the Bishop Eddie Long International Prayer Call

Monday - Friday at 6:30am

641 . 715 . 3573

641 - 715 - 3572

FOODS THAT ARE GOOD DURING THE FAST

All Whole Grains, including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn. All Nuts and Seeds, including sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter. All Legumes. These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyes peas, kidney beans. All Quality Oils such as olive, canola, grape seed peanut and sesame. Beverages such as spring water, distilled water or other pure waters. Other such as tofu, soy products, vinegar, seasonings, salt, herbs, and spices, honey is also permitted.

ALL FRUITS

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, figs, kiwi, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, blackberries, tangerines, watermelon.

ALL VEGETABLES

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

FOODS TO AVOID DURING THE FAST

All Meat and Animal Products, beef, lamb, pork, poultry and fish. All Dairy, milk, cheese, cream, butter and eggs. All Sweeteners, sugar, raw sugar, syrups, molasses and cane juice. All Refined and Processed Foods, artificial flavorings, food additives, chemicals, white rice, white flour and foods with artificial preservatives.

All Leavened Bread, Ezekiel Bread (because it has Yeast and Honey) and baked goods. All Deep Fried Foods, potato chips, French fries, and corn chips.. All Solid Fats like margarine, lard and foods high in fat. Beverages like coffee, tea, herbal teas, carbonated beverages, energy drinks and alcohol.

Isaiah 58:5-12 (NKJV)

⁵ Is it a fast that I have chosen, A day for a man to afflict his soul? *Is it* to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the LORD? ⁶ *“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*

⁷ *Is it* not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? ⁸ Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. ⁹ Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I *am.*’ “If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,

¹⁰ *If* you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall *be* as the noonday. ¹¹ The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. ¹² Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

DAY ONE

Prayer: I will make knowing God highest priority in my life.

Scripture: Matthew 6:33; I Corinthians 2:9; I Corinthians 10:13; Isaiah 6:1-8; Psalm 27:7-8

Fast: Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Relationship with God : Luke 12:30

Refocus: Focus on God: Psalms 34:5; Matthew 10:39

Detox: Social media, idle conversation, gossip

Declutter: Home (clothes/shoes) Luke 12:15-21

ACTIVITY - Watch the movie **WAR ROOM**; Family Prayer AM & PM; Family walk

DAY TWO

Prayer: I desire God’s spiritual enlightenment and revelation.

Scripture: Psalm 46:10; Eph 1:17-20; 1John 2:1-2; Thessalonians 5:5-6

Fast: Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Relationship with God: Matthew 6:33

Refocus: Focus on Eternal Life: 2 Peter 3:13; Roman 6:23; Psalm 39: 1-7

Detox: social media, idle conversation, gossip

Declutter: Home (closet/garage/old furniture)

ACTIVITY: Dinner with no devices (i.e. cell phones, tablets etc.); Go walking

DAY THREE

Prayer: The restoration of broken relationships, natural & spiritual; forgiveness of self and others.

Scripture: Matthew 6:9-15; Psalm 93:1-2; Jeremiah 10:23-24; I Timothy 4:7-8

Fast: Liquids Only (All Day)

Realignment: Renewing Of the Mind: Romans 8:5-6; Romans 12:2

Refocus: Focus on Things Above: Colossians 3:2 ; Matthew 16:23

Detox: Negative thoughts, Resist the reactive (Ask yourself how you can respond differently next time), Unhealthy attitudes, Unhealthy relationships

Declutter: Purses (clean out papers,), Wallet (rid of old papers, line up money in order by denominations, get a new wallet if necessary), and Vehicle (clean your car in & out)

ACTIVITY: Life Empowerment at New Birth Savannah Church

“Fasting... opens the way for the outpouring of the Spirit and the restoration of God’s house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, ‘Behold, the bridegroom! Come out to meet him.’ It will be too late then to fast and to pray. The time is now.”

— God’s Chosen Fast, Arthur Wallis

DAY FOUR

Prayer: I pray to receive spiritual direction.

Scripture: I Peter 1:6-7; Roman 12:2; Proverbs 6:16-19; Nehemiah 1:11

Fast: Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Renewing of the Spirit (**Psalm 51:10; Eph 4:23**)

Refocus: Focus on the Right Path: Proverbs 23:19; Proverbs 4:26-27

Detox: Temperamental (liable to unreasonable change of mood) Titus 2:1-14; Proverbs 16:32

Declutter:Work space

ACTIVITY: Research your purpose and your vision.

DAY FIVE

Prayer: I decree and declare wholeness, peace, abundance, favor, and land.

Scripture: Proverbs 30:5; Jeremiah 10:23-24; I Timothy 4:7-8

Fast: Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Renewing of the Body

Refocus: Focus on His Decrees: Psalm 119:112 ; Isaiah 33

Detox: The spirit of Offense (Luke 17:1-4)

Declutter: Chunk and Chip.” Take one “chunk” at a time, whether clothes from a closet, shoes, toys, paper piles, etc. and then “chip” away at it until you’re done.

ACTIVITY: Family Fun Night (i.e. bowling, movies, dinner, go carts etc.)

DAY SIX

Prayer: I acknowledge the danger of sin and damage of guilt.

Scripture: Romans 8:1-11; 1 John 1:8-10

Fast: Liquids Only (All Day)

Realignment: Repentance (2 Chronicles 7:14-16)

Refocus: Focus on Jesus, Not your Sin (Roman 3:23)

Detox: Unforgiveness (Psalm 32:11; Matthew 18:23-35; Romans 8:1)

Declutter: Resentment, hurt and anger

ACTIVITY: Spend time praying and confessing specifics areas of sin that come to mind that need to be surrendered to Him and cleaned out.

DAY SEVEN

Prayer: Lord create in me a pure heart

Scripture: Psalm 139:23-24; Ephesians 4:31-32

Fast:Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Your Heart

Refocus: Focus on God’s love and forgiveness - Ephesians 2:4-5

Detox: Bitterness - Hebrew 12:15

Declutter: Your heart - speak words of encouragement to others

ACTIVITY: Sunday Worship Gathering 9:30am; Corporate Prayer 8:30am

DAY EIGHT

Prayer: I will walk in the love of God and express God’s love to others.

Scripture: Nehemiah 9:5; Psalm 41:4; Psalm 143:8

Fast:Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Walk with Christ (Romans 6:4)

Refocus: Salvation with God

Detox: Anger - Psalm 4:4

Declutter: Emotional pain, Self-absorbed people

ACTIVITY: Help a family in need (i.e. Food, gas, clothing, pay one (1) utility bill, etc.)

DAY NINE

Prayer: I will trust You Lord to direct all aspects of my life.

Scripture: Genesis 1:26; Proverbs 3:5-8; 1John 5:20;

Fast: Liquids Only (All Day)

Realignment: Accepting The Father's Love; Relationship, Oneness

Refocus: Adoption and Sonship (Romans 8:12-17; Galatians 3:26-29)

Detox: Pride/Perfection/Approval (Galatians 1:10)

Declutter: Mental Abuse, Manipulating people(Manipulators always want something from you, and if you look back on your relationships with them, it's all take, take, take, with little or no giving.)

ACTIVITY: Send words of encouragement to loved ones and even some former enemies. Help a family in need (i.e. prayer, lead them to Christ, small group Bible Study, etc.)

DAY TEN

Prayer:I will speak life and peace into every area of my life!

Scripture:Lamentations 3:24-26; Isaiah 54:7-8; Joshua 1:9

Fast:Fruits, Vegetables, Whole Grains, Nuts/Seeds, and Legumes

Realignment: Accepting The Father's Love; Relationship, Oneness

Refocus: Adoption/Sonship (2 Corinthians 6:18; Galatians 4:4-7)

Detox: Insecurity and Inferiority (Psalm 139;12-18; Jeremiah 29:11 James 5:16)

Declutter: Dementor and Arrogant people. Dementors suck the life out of the room by imposing their negativity and pessimism upon everyone they encounter.Arrogance is false confidence, and it always masks major insecurities.

ACTIVITY: Celebration of End of Fast at Life Empowerment

BOOKS SUGGESTIONS:

Deliver Me From Adam - Bishop Eddie Long

Taking Over - Bishop Eddie Long

The Principles and Power of Vision - Dr. Myles Munroe

Kingdom Principles: Preparing for Kingdom Experience and Expansion (Understanding the Kingdom) - Dr. Myles Munroe

The L.I.F.E. Curriculum - Pastor Kenneth K. Law

Release Blessings Unto The Church

I release growth into my Church. May the fire of evangelism be burning in the heart of every member of my Church in the name of Jesus, I release fresh anointing upon the ministry of my Church. May the Lord clothe my Pastor with a double portion of His anointing, I release the spirit of desire for corporate prayer, fasting and studying of the Word of God into my Church in Jesus name. I release the love of God that covers a multitude of sins into my Church. I call forth the spirit of forgiveness into the life of every member of my Church in the name of Jesus. I release favor, integrity, humility, and purity into the life of my Pastor, First Lady and church family. May the Lord cover our entire church family with the blood of Jesus. I release signs and wonders to backup the messages from my Pastor in the name of Jesus. I release into my Church, special open doors for the proclamation of the Word, in Jesus Name, Amen.