



A Time of Consecration

Back to the Basics

Repentance, Restoration, & Reclamation

Christ the Healer's
Fasting Guide
2022

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Letter from the Bishop

Christ The Healer Church Community,

I greet you in Jesus' Name. Welcome to the Year 2022—A Year of Greater Glory and The Season of the Aftermath. It is our prayer that this correspondence finds you prospering and in good health as your souls prosper (3 John 2). In Isaiah 58, The Lord asked the prophet a question regarding the fasts they observed—“Is it a fast that I have chosen...” (**Isaiah 58:5 NKJV**).

This question was a reminder to God's people in all generations—past, present, and future—those fasts are chosen by God and He establishes the rules and the regularities of the fasts His people are to observe. While many in the body are starting the year with a 21-Day fast, The Lord directed me to have our church begin 2022 with a 7-Day Daniel fast. Our fast will begin on Monday, January 3rd and commence on Sunday, January 9th with the prohibitions of no meats, sweets or bread until after our worship service next Sunday morning (January 9th). We will be intentional in praying three times a day on our conference call line as well as supporting all scheduled ministry events to include prayer inside our sanctuary on Tuesday, January 4th, @ 6:30 pm and our Leaders and Ministry Workers Training on this Wednesday Night beginning with prayer at 6:45 pm.

I encourage everyone to utilize this guide and its instructions. Our fasting guide not only gives instructions but unifies us in our Bible reading and times of prayers. While in prayer about the year, The Lord ministered the following Word to me: “2022 demands that worship on all platforms—personal, private, and public go to another level. And because our worship is going to another level, His Glory is going to manifest at another level.” In the Old Testament, a common symbol of God's Glory was The Cloud. In the Old Covenant, God's glory led His people in the manifestation of a pillar of cloud by day and a pillar of fire by night. The Bible says that Moses would meet and have encounters with God in the Cloud (Exodus 24:15-18). Just like Moses would encounter God, it is our hearts' desire and prayer that the next seven days will be filled with supernatural encounters with The Lord that will set the compass for 2022 and launch us into a place in our relationships with God that we've never been.

Heaven's intentions and our proclamation for our 7-Day Fast is that God would **Revive Us Again!** Our focus for this fast is that God will **Revive our Prayer lives; Restore our Passions; Renew our Spirits;** and **Reveal His Purpose** as we **Repent** and **Rededicate our Lives** to Him. We are intentionally praying and fasting that God will send a Revival! The wonderful thing about praying for revival is that the heart God usually revives first belongs to the person praying. Our prayer is that God will revive every heart, that the world will draw nearer to God, and that salvation and the joy of the Lord will be our portion.

In closing, let's all agree with this petition: “Lord, send a Revival and let it begin in me!”

Sincerely,

Calvin B. Lockett
Senior Pastor
Christ the Healer Church

Christ the Healer Church Fast Calendar January 3 – January 9, 2022

Conference Call Prayer Daily @ 6:00 am, 12noon, & 9:00 pm

Dial in # (727) 731-7745

(No Pass Code required. If not already muted, please mute your phone upon entering the system)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 7 Day Fast Begins Prayer via Conference Call(6am, Noon, 9pm)	4 Prayer via Conference Call(6am, Noon, 9pm) Corporate Prayer @ 6:30 pm to 7:30 pm	5 Prayer via Conference Call (6am, Noon, 9pm) Bible Study/Leaders & Workers Training @ 6:45 pm	6 Prayer via Conference Call (6am, Noon, 9pm)	7 Prayer via Conference Call (6am, Noon, 9pm)	8 Prayer via Conference Call (6am, Noon, 9pm) Wailing Women Win @ 7 am
9 7 Day Fast Ends After 9 am Worship Service Close Out Prayer via Conference Call at 9pm	10	11	12	13	14	15
16	17	18	19	20	21	22
23 _____	24 _____	25	26	27	28	29
30	31					

Scriptural References:

The Purpose of Fasting

Joel 1:14 (KJV) Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD,

Joel 2:12 (KJV) Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

Joel 2:15 (KJV) Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: **16** Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet. **17** Let the priests, the ministers of the LORD, weep between the porch and the altar, and let them say, Spare thy people, O LORD, and give not thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?

2 Chronicles 7:13 (KJV) If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; **14** If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

Questions about Fasting

What kind of fast will we observe?

We will observe a partial fast—commonly known as a Daniel Fast based upon the fast that Daniel observed in Daniel 1.

What is the fasting schedule?

The fast will begin on Monday, **January 3rd** and will go through our Sunday Worship service on Sunday, **January 9th**. We will fast for the entire 24-hour period each day.

Who should or should not fast?

All believers who are physically able (and medically cleared) to fast should do so periodically to bring their bodies into submission to the spirit of Christ. Anyone with physical or medical conditions that could be aggravated by fasting should consult their physician before participating in a fast. If you are medically unable to fast or abstain from the prescribed food/beverage, then find something else you enjoy doing and choose to fast from that – television, social networking sites, etc.

****Youth may choose to participate in a limited fast under supervision of parents or guardian.*** The limited fast includes selecting 1-3 days a week to participate in the prescribed Daniel fast and/or eliminating activities they enjoy during the specified time, such as social networking sites (face book, twitter, etc.), video games, television, cell phone usage (texting, phone conversations, etc.). During these times youth would seek God in prayer, listen to worship songs, join youth prayer groups, etc.

****Youth under the age of 12 are not encouraged to participate.***

What if I have never fasted?

God is pleased at our desire to want to connect with Him. We encourage you to step out on faith and if necessary, gradually build up to the specified time. Each week do at least 1-3 days of fasting by skipping a meal. Do not become discouraged if you feel tempted to eat outside the prescribed Daniel fast parameters; God will give you the strength to overcome your temptation. Ask the Lord to identify someone that can hold you accountable and encourage you during this journey.

Journaling: Charting Out the Journey

A Christian journal helps you preserve the thoughts, prayers and promises of God that come to you throughout the day. It can be as significant as your spiritual companion or your annual reminder of how God's promises have come to pass in your life. Whatever the reason, journaling is an important part of our Christian life. Many times we need to reflect on our circumstances to gain a clearer understanding of God's Will for us. Writing something down brings clarity to those thoughts.

The wonderful thing about keeping a Christian journal is that you can write about anything that touches you while reading the Scriptures, fasting, and praying. That is exactly what you are asked to do during this fast and there are pages in this booklet set aside to start you on your journey of journaling for the year 2020.

In the space provided, respond to the following prompts:

Bad habits I need to break...

What do we do while we fast?

While you are fasting, you are encouraged to spend focused time in reading the Word, praying, and listening to The Voice of God. Prayer and listening to God is just as important as abstaining from food. We encourage you to journal what you hear God speaking. While at work or doing your daily chores, utilize break times as times to focus and mediate on God. Throughout the fast, use this time for focused meditation on God's direction for you, your family and our church.

What should I expect? A natural response to fasting and prayer is an increase in hunger. As a result, you may experience hunger pangs, headaches, bad breath, and strong odor from your body as you are eliminating toxins from your body. For this reason, please consider personal hygiene and take extra care of your body. It is perfectly normal that you experience these things therefore, breath mints are acceptable.

What is the purpose of fasting?

Because fasting and prayer is aimed at breaking the bonds of evil on a person's life, a loved one's life, or on a body of believers, including a family, church, or ministry, expect distractions from the enemy. The bible tells us to be alert and vigilant for your adversary the devil is seeking whom he may devour. **(1 Peter 5:8)** When fasting and praying, it is vital to be alert to the tricks, assaults of the enemy. This keeps you from "reacting" to the enemy instead of "responding" the way God desires.

What are the benefits of fasting?

Fasting...

- ⇒ helps to develop humility.
- ⇒ intensifies the power of prayer.
- ⇒ improves our worship of God.
- ⇒ removes doubt and unbelief.
- ⇒ make our witness bolder and stronger.
- ⇒ gives us mastery over the flesh.
- ⇒ helps us to break sinful habits.
- ⇒ enlarges our spiritual capacities.
- ⇒ rids the body of poisonous toxins.
- ⇒ helps us to develop patience
- ⇒ aids us in the prevention of disease
- ⇒ brings revival to our church

The 7-Day Fast

As we journey through this time of fasting and prayer, follow these day-by-day instructions.

Day 1 – January 3, 2022	
Daily Focus	REPENTANCE
Scripture References	<p>2 Chronicles 7:14, NKJV “...if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.</p> <p>Acts 3:19, NIV Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,</p>
Reading Plan	Genesis Chapters 1 - 3
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<p>No sweets, no meats, no breads</p> <ul style="list-style-type: none"> ▪ Exercise at least 3 times during the fast (highly recommended); DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 2 – January 4, 2022	
Daily Focus	RESTORATION
Scripture References	<p>Joel 2:25, NKJV “So I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, my great army which I sent among you.</p> <p>Psalm 51:12, ESV Restore to me the joy of your salvation, and uphold me with a willing spirit.</p>
Reading Plan	Genesis Chapters 4 - 7
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<ul style="list-style-type: none"> ▪ No sweets, no meats, no breads ▪ Exercise at least 3 times during the fast (highly recommended); DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 3 – January 5, 2022	
Daily Focus	WALK IN UNCONDITIONAL LOVE
Scripture References	<p>Matthew 22:37-39, ESV “And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself.”</p> <p>John 13:34-35, ESV “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. 35 By this all people will know that you are my disciples, if you have love for one another.”</p>
Reading Plan	Genesis Chapters 8 - 11
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<ul style="list-style-type: none"> ▪ No sweets, no meats, no breads ▪ Exercise at least 3 times during the fast (highly recommended); DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 4 – January 6, 2022	
Daily Focus	RECLAMATION
Scripture References	<p>Matthew 18:18, ESV “Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”</p> <p>Galatians 6:9, ESV “And let us not grow weary of doing good, for in due season we will reap if we do not give up.”</p>
Reading Plan	Job Chapters 1 - 6
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<ul style="list-style-type: none"> ▪ No sweets, no meats, no breads ▪ Exercise at least 3 times during the fast (highly recommended); DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 5 – January 7, 2022	
Daily Focus	MARRIAGES AND FAMILIES
Scripture References	<p>Genesis 2:18, KJV “And the LORD God said, it is not good that the man should be alone; I will make him an help meet for him.”</p> <p>Ephesians 5:25, KJV “Husbands, love your wives, even as Christ also loved the church, and gave himself for it;”</p> <p>Genesis 17:7, KJV “And I will establish my covenant between me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee.”</p>
Reading Plan	Job Chapters 7 - 9
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<ul style="list-style-type: none"> ▪ No sweets, no meats, no breads ▪ Exercise at least 3 times during the fast (highly recommended); DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 6 – January 8, 2022	
Daily Focus	ONE SPIRIT AND UNITY
Scripture References	<p>John 17:20-21, NKJV “I do not pray for these alone, but also for those who will believe in Me through their word; 21 that they all may be one, as You, Father, <i>are</i> in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.”</p> <p>Psalms 133:1, NKJV “Behold, how good and how pleasant <i>it is</i> For brethren to dwell together in unity!”</p>
Reading Plan	Job Chapters 10 - 13
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<p>No sweets, no meats, no breads</p> <ul style="list-style-type: none"> ▪ Exercise at least 3 times during the fast (highly recommended); ▪ DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)

Day 7 – January 9, 2022	
Daily Focus	PRIORITIZE GOD BEFORE ANY AND EVERYTHING
Scripture	Exodus 20:3 Thou shalt have no other gods before me.
References	Matthew 6: 33-34, NKJV “But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day <i>is</i> its own trouble.”
Reading Plan	Job Chapters 14 - 16
Diet Restrictions/ Exercise/Financial Discipline/ Instructions	<p>No sweets, no meats, no breads</p> <ul style="list-style-type: none"> ▪ Exercise at least 3 times during the fast (highly recommended); ▪ DRINK WATER ▪ Limit the amount of time spent watching secular television and on social media to less than 2 hours a day (each) ▪ Spend an increased amount of time reading your Bible, Christian books, listening to Christian podcasts, viewing RightNow media, and watching Christian television ▪ Spend money only on necessary purchases (highly recommended)



CHRIST THE HEALER
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