



A Time of Consecration

Christ the Healer's
Fasting Guide
2021

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Letter from the Bishop

Members, Partners, and Friends of Christ the Healer Church,

In Isaiah 58, The Lord asked the prophet a question regarding the fasts they observed, and it is: **Isaiah 58:5 NKJV** “Is it a fast that I have chosen...”

This question was a reminder to them and to us that God establishes the rules and the regularities of the fasts His people are to observe. This means that fasts are called or chosen by God. The Holy Spirit is the catalyst behind any fasts that the church observes. This is a season where The Lord is requiring that our church observes the discipline of fasting on a more frequent basis.

Each Tuesday we are observing a liquid fast until 4 pm—not just to loose the bonds of wickedness, not just to undo heavy burdens and break the yokes off those in bondage, not just for the deliverance of the oppressed—but also for corporate and individual direction and obedience.

We will observe a 7- Day Fast from **August 23rd** thru **August 29th** where we will eat **no meats, no sweets, and no bread**. We will be intentional in connecting our ministries together, praying three times a day on our conference call line, and gathering together in support of all currently scheduled ministry events.

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 life; Restore our Passions; Renew our Spirit; and Reveal His Purpose** to us 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 would revive every heart, that the world would draw nearer to God, and that salvation and the joy of the Lord will be our portion. Lord, send a Revival and let it begin in me! We are culminating our fast with our 1st Rededication Service where we’re recommitting ourselves and our ministry back to the Lord.

In closing, as God shifts His church, thank you for committing to this 7-day journey with me—I’m confident that you’ll be glad you did.

Sincerely,

Calvin B. Lockett
Senior Pastor
Christ the Healer Church

Christ the Healer Church Fast Calendar August 23-August 29, 2021

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	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Friends & Family 9 am Worship Service (CTH Tee Shirts)	23 7 Day Fast Begins Prayer via Conference Call (6am, Noon, 9pm)	24 Prayer via Conference Call (6am, Noon, 9pm)	25 Prayer via Conference Call (6am, Noon, 9pm) Corporate Prayer @ 6 pm prior to In House & Virtual Bible Study @ 7 pm	26 Prayer via Conference Call (6am, Noon, 9pm)	27 Prayer via Conference Call (6am, Noon, 9pm)	28 Prayer via Conference Call (6am, Noon, 9pm)
29 7 Day Fast Ends 9 am Rededication Worship Encounter (Clergy & Church Attire)	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, **August 23rd** and will go through our Sunday Re-dedication service on Sunday, **August 29th**. 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.

Good habits I need to begin...

My Remaining Goals for 2020 are...

Spiritual—

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 – August 23, 2021	
Daily Focus	REPENTANCE
Scripture References	<p>2 Chronicles 7:14 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>1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.</p>
Reading Plan	Ezekiel Chapters 5-8
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 2 – August 24, 2021	
Daily Focus	REVIVAL
Scripture References	<p>Psalm 85:6 Will You not revive us again, That Your people may rejoice in You?</p> <p>Hosea 10:12 Sow to yourselves in righteousness, reap in mercy: break up your fallow ground: for it is time to seek the LORD, till he come and rain righteousness upon you.</p>
Reading Plan	Ezekiel Chapters 9-12
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 – August 25, 2021	
Daily Focus	WALK IN UNCONDITIONAL LOVE
Scripture References	<p>Matthew 22:37 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 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	Ezekiel Chapters 13-15
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 – August 26, 2021	
Daily Focus	BE SPIRIT LED
Scripture	We will be Spirit led believers
References	<p>Romans 8:14 “For as many as are led by the Spirit of God, these are sons of God.”</p> <p>Galatians 5:16 “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.”</p>
Reading Plan	Ezekiel Chapters 16-17
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 – August 27, 2021	
Daily Focus	MARRIAGES AND FAMILIES
Scripture References	<p>Genesis 2:18 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 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;</p> <p>Genesis 17:7 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	Ezekiel Chapters 18-19
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 – August 28, 2021	
Daily Focus	ONE SPIRIT AND UNITY
Scripture References	John 17:20-23 "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. 22 And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.
Reading Plan	Ezekiel Chapters 20-21
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 7 – August 29, 2021	
Daily Focus	PRIORITIZE GOD BEFORE ANY AND EVERYTHING
Scripture References	Exodus 20:3 Thou shalt have no other gods before me. Matthew 22:36 Master, which is the great commandment in the law? 37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment.
Reading Plan	Ezekiel Chapters 22-23
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)



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