

Why Do We Fast As A Church?

Fasting is a discipline that helps to shift our priorities. It puts Him first and allows us to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work—putting God first is the key.

When God is our first priority, He can use us to help others. God hears the cry of the oppressed and the unsaved. Take a moment and read The words of Isaiah 58:6-14; it gives us insight into how significantly God views the power of fasting.

General Directives:

~ **Seek God for specifics regarding your personal fasting times. Many of us will be on a Daniel Fast or Partial Fast. (See Fasting 101 for details).**

~ **Join us for:**
the Worship Celebrations & Prayer Daily Devotional w/ Pastor -9am FB Live)
Corporate Prayer: Saturdays - 9am (8th & 15th)
Wednesdays 5th & 12th @7pm

~ **Please submit your Prayer Request through your *Family Connection Leaders* or directly to our Website or FB Prayer Group Page.**

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation. If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach and appetite that less food is acceptable. Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

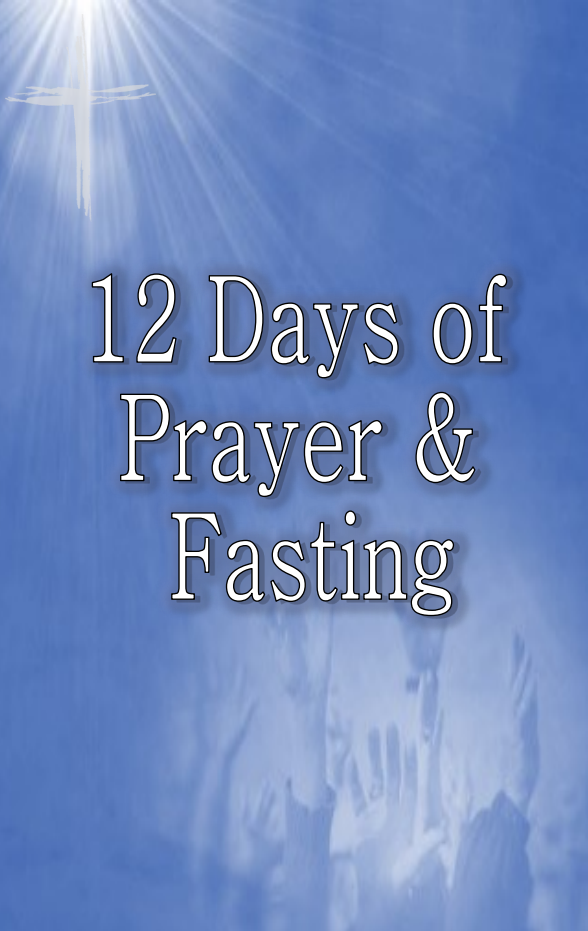
*For more information on Fasting, See our *Kairos Consecration Fasting 101 Guide*.

The information provided is given with the understanding that Redeeming Love Family Church (RLFC) is not engaged in the practice of medicine or any other health-care profession. The information and opinions provided herein are believed to be accurate and sound at the time of publication. DO Not rely on information in this publication to replace the advice of health-care professionals or fail to consult with healthcare professionals, should the need for medical attention arise.

Redeeming Love Family Church. WWW.RLFC1.ORG



KAIROS CONSECRATION 2022



12 Days of Prayer & Fasting

JANUARY 5TH ~ JANUARY 16TH

“Your Next is Now!”
REDEEMING LOVE FAMILY CHURCH

The start of a new year is the perfect time to give God the first and pray for the year ahead.

A Call to Consecration

To Consecrate means to make or declare something; to dedicate formally to a religious or divine purpose. In 2019 the Lord spoke to our Pastor, Tony McKinney about challenging the Body of Redeeming Love Family Church to join together at the beginning of the year for 12 days of devotion. We designate one day for each month of the year. In this time we are not only asking for God's Hand to cover and prosper us, but certainly that our hearts would be in sync with His as never before. We come into agreement for our families, our health, our finances, our friends but we don't stop there. We want His heart for souls, His anointing to draw, His presence to saturate every area of our lives, and an all out AWAKENING for the Church & REVIVAL for our world. Our relationship with HIM impacts everything as it feeds every area of our life, so we seek to love Him more in this year of 2022!

What does Kairos Mean?

In the Greek "Chronos" refers to a chronological time such as minutes, hours, days, months, years, etc., while "Kairos" refers to a divinely set time - an appointed time... a time when conditions are right for the accomplishment of crucial actions. This is a divine call of great opportunity when decisive action is required

Prayer Focus

Day 1 – January -Vision/ Fresh Start/ Fortitude/ Consistency/Habits/ Healing for our Land -Joy

Day 2 - February -Singles/Families/ Restoration/ Race Relations / For More Committed Believers – Love

Day 3 - March – Healing (Mind & Body)/ Students/World Events/ That we stand when our faith is tested – Peace

Day 4 – April – That the Body of Christ will not falter in the midst of this great shaking. That we see & walk in the Spirit. -Strength

Day 5 -May - Women, Mothers, Girls/ that the Esthers, Deborahs, and Marys would arise – Boldness

Day 6 –June –Men, Fathers, Boys/ Faithful men added to the Body – Courage

Day 7- July –Nation, Leaders, Religious Liberty – Exposure of Corruption / Return to God

Day 8 –August –Educators, Breakthrough in our Education System. Children, Young Adults, Godly Provision- Radically saved generation

Day 9 –September –Military, Their Families, Veterans, Those forced out due to mandates. Young service members

Day 10 –October –Prayer for every Godly Agenda, Pastors, Churches, Direction & wisdom to navigate for this end time season.

Day 11 - November –Prayers of Thanksgiving/ Supernatural increase, Nations Economy, the unemployed & poor

Day 12 –December - Bereaved Families / Declarations & Confessions of His Goodness. (Write your own confession)

Fasting Tips

As a precautionary measure, check with your doctor before beginning your first fast; particularly if you have a history of health challenges.

1. Drink Lots of Water
Water transports nutrients, carries, away waste, and hydrates cells. So drink up, and remember to drink distilled water if you are not eating.
2. DID YOU KNOW:
Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you feel tired. To help preserve energy, consider drinking beverages at room temperature.
3. WHAT TO EXPECT
When you fast, your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. You may need to restrict some of your physical activity during the fast, especially rigorous exercise. Naturally, you will have hunger pain. When this happens, redirect your focus.

Things to do that can ease your discomfort and replace meal time:

- ⇒ Praying
- ⇒ Resting
- ⇒ Reading the Word
- ⇒ Finishing a project
- ⇒ Family activity
- ⇒ Journaling
- ⇒ Visiting a friend or family member