
The Fast of
Re-imagination
January 9- January 29
2023
MT. Calvary Pentecostal Church
Bishop C. Shawn Tyson, Senior Pastor

CONTENTS

Contents

GENERAL INFORMATION 3
Thematic Scripture (What does it say?): 3
Meaning of Thematic Scripture (What does it mean?): 3
Purpose (What does it say and mean to us?): 4
LETTER FROM THE PASTOR 5
FASTING AND PRAYER INFORMATION 6
Week 1 (January 9-15): "Focus" 6
Week 2 (January 16-22): "Revelation" 7
Week 3 (January 23-29): "Favor and Distinction" 7
BEFORE, DURING, AND BREAKING THE FAST 8
FASTING AND PRAYER 9
A Means of Grace 9
What is Fasting? 9
What is Prayer? 9
The ACTS Prayer Model 10
Why Fast? 10
Types of Fasts Involving Food 11
FREQUENTLY ASKED QUESTIONS 12
DAILY CONFESSIONS: WHO/WHAT I AM IN CHRIST 13

GENERAL INFORMATION

Consecration Dates: Monday, January 9, 2023 - Sunday, January 29, 2023

Thematic Scripture (What does it say?):

Daniel 1:8,15-17 ESV

[8] But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself. [15] At the end of ten days it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's food. [16] So the steward took away their food and the wine they were to drink and gave them vegetables. [17] As for these four youths, God gave them learning and skill in all literature and wisdom, and Daniel had understanding in all visions and dreams.

Daniel 10:1-3,12 ESV,

In the third year of Cyrus king of Persia a word was revealed to Daniel, who was named Belteshazzar. And the word was true, and it was a great conflict. And he understood the word and had understanding of the vision. [2] In those days I, Daniel, was mourning for three weeks. [3] I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks. [12] Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words.

Meaning of Thematic Scripture (What does it mean?):

The book of Daniel opens with a brief review of the subjugation of Jerusalem by King Nebuchadnezzar, setting the stage for the narratives that follow. The protagonists of the story are introduced by their Hebrew names: Daniel, Hananiah, Mishael, and Azariah (Daniel 1:6). Their names are changed in v. 7, signaling a shift in place from Jerusalem to Babylon. Now that the Jews are in Babylon, they need leaders who will act and speak on behalf of God. The four youths from v. 6 fill this role. Verses 8–21 provide the first demonstration of God's favor on the exiles. Daniel and his friends determine to eat according to the standards of the Law, and God provides for them by granting them success in a challenge to the palace master. By the end of the challenge, all four men are distinguished before the king, foreshadowing what will take place in the remaining chapters.

Daniel Chapter 10 leads into the vision of chapters 11 and 12; the three chapters compose one unit. This final revelation in chapters 10–12 further elaborates upon the visions of chapters 7–9 (see passage overview in 9:24–27). This chapter recounts Daniel's encounter with an angelic figure. It describes his initial meeting and subsequent terror. The angel touches him and gives him strength before proceeding with the revelation, which is recounted in chapters 11–12.

Purpose (What does it say and mean to us?):
Historically, the Daniel Fast receives much of its attention, particularly for the eating patterns Daniel submitted himself during in these two passages of Scripture. The first days for Daniel's fast were ten days, and the second was twenty-one days. This understanding yields us the understanding that the focus and primary purpose of Daniel's time of fasting was not upon its duration or even its dietary allowances. Instead, the purpose of Daniel's time of fasting include

1. *Focus on God*
2. *Revelation from God*
3. *Favor from God*
4. *Distinction for God*

Our adoption of Daniel's time of fasting during our consecration is inclusive of the duration and his purpose. Throughout these days of fasting, we will be participating in three other forms, including Daniel's specific eating pattern; however, during these 21 days, the Lord desires us to reimagine the discipline of consecration. So often our attention is drawn to what one can or cannot eat (particularly when discussing the Daniel Fast) we miss the opportunity for focus, revelation, favor, and distinction. Thanks be to God for granting us understanding and knowledge of his word to pursue his desires for our lives in 2023!

LETTER FROM THE PASTOR

Welcome to 2023, and our first time of Spiritual consecration, "***THE FAST OF RE-IMAGINATION***".

I am grateful for another opportunity for us to partner with God in Kingdom and community building in 2023, and for the precious privilege of partaking once again of the Lords Supper. Through revelation by the Holy Spirit and confirmation of the Scriptures, I have an overwhelming expectation for *REFORMATION*, transformation, alignment, and empowerment. In short, I expect GOD!

Just as Daniel allotted twenty-one days for fasting and prayer, let us posture our hearts and minds to *"Reimagine*!"

The purpose of a time of consecration is to set apart a person, thing, or place as sacred or holy or to dedicate to a higher purpose. Historically, the Daniel Fast receives much of its attention, particularly for the eating patterns to which Daniel submitted himself.

The first days for Daniel's fast were ten days, and the second was twenty-one days. This understanding yields us the understanding that the focus and primary purpose of Daniel's time of fasting was not upon its duration or even its dietary allowances. Instead, the purpose of Daniel's time of fasting include:

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Our adoption of Daniel's time of fasting during our consecration is inclusive of the duration and his purpose.

Throughout these days of fasting, we will be participating in three other forms, including Daniel's specific eating pattern; however, during these 21 days, the Lord desires us to reimagine the discipline of consecration. So often our attention is drawn to what one can or cannot eat (particularly when discussing the Daniel Fast) that we miss the opportunity for f*ocus, revelation, favor, and distinction.* Thanks be to God for granting us understanding and knowledge of his Word to pursue his desires for our lives in 2023!

The following pages serve as a guide in our time of corporate fasting. I have shared what we are corporately anticipating, but I want you to consider your personal expectations for this time of consecration. Journal, voice record, or meditate on them through this experience. Exercise your means of chronicling and retaining your faith goals and specific prayer requests for you, your family, friends, church, and the future.

I encourage your commitment to becoming all that God has dreamed you to be. Let us bring our spirit, mind, and body into alignment during "***THE FAST OF RE-IMAGINATION***".

Expect the great!

+C. Shawn Tyson

FASTING AND PRAYER INFORMATION

"In those days I, Daniel, was mourning for three weeks." (Daniel 10:2 ESV)

For inspirational videos and encouragement, please view the "21-Days of Consecration" on the Christ Church Apostolic YouTube Channel or click the link:
Reimagine: 21 Days of Consecration Inspiration and Encouragement Playlist - YouTube

Note: Bible Studies will remain on Tuesdays at 12:00 pm (online or in-person) and 7:00 pm EST (Calvary Ministries International YouTube Channel)

Week 1 (January 9-15): "Focus"

Devotional Scriptures: Proverbs 4 (entirety), Colossians 3:2, Matthew 6:33, Proverbs 16:3, Ecclesiastes 9:10, 1 Peter 1:13

***Be sure to consult your doctor, especially if you have any medical condition.

Corporate Fasting Guidelines

Type of Fast	Prayer and Teaching Opportunities
6:00 am – 3 pm (EST) Water ONLY After 6pm - Daniel Fast and water only (Daniel 1:12, "vegetables" in the Hebrew is translated vegetation that is grown from seeds, as opposed to other propagation techniques. Therefore, you may eat only what grows from the ground.)	Monday – Friday 5:00 am – 5:45 am Online ONLY Mt. Calvary Pentecostal Church Facebook Page Thursday 6:00 pm – 7:00 pm In-person Mt. Calvary Pentecostal Church 1812 Oak Hill Ave., Youngstown, OH 44507

Week 2 (January 16-22): "Revelation"

Devotional Scriptures: Matthew 5:8, Matthew 16:17, John 14:6, Exodus 20:1-26, Psalm 119:18

***Be sure to consult your doctor, especially if you have any medical condition.

Corporate Fasting Guidelines

Type of Fast	Prayer and Teaching Opportunities
6:00 am – 6:00 pm - Liquids ONLY until 6 pm. After 6pm - One Meal of choice after 6 pm. Primary beverage: Water and Juicing	Monday – Friday 5:00 am – 5:45 am Online ONLY Mt. Calvary Pentecostal Church Facebook Page Thursday 6:00 pm – 7:00 pm In-person Mt. Calvary Pentecostal Church 1812 Oak Hill Ave., Youngstown, OH 44507

Week 3 (January 23-29): "Favor and Distinction"

Devotional Scriptures: Psalm 90:17, Genesis 6, Daniel 1, Genesis 39:4, Proverbs 3:4

Corporate Fasting Guidelines

Type of Fast	Prayer and Teaching Opportunities
*Your choice *Fasting from food may not be your sacrifice or the means of discipline God uses to draw you to him. Choose a fast that will challenge your spiritual discipline and increase your internal strength. Primary beverage: Water	Monday – Friday 5:00 am – 5:45 am Online ONLY Mt. Calvary Pentecostal Church Facebook Page Thursday 6:00 pm – 7:00 pm In-person Mt. Calvary Pentecostal Church 1812 Oak Hill Ave., Youngstown, OH 44507

- ***PLEASE NOTE: The Lord's Supper will be SUNDAY, FEBRUARY 5, 2023 (Following morning worship)***

BEFORE, DURING, AND BREAKING THE FAST

Planning Your Fast

"Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." Joshua 3:5

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat—plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

While Fasting

[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Matthew 4:4

Focus—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1 John 5:14–15

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Do not stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

FASTING AND PRAYER

A Means of Grace

John Wesley, the founder of the Methodist Movement in the Church of England, described fasting and prayer in his 1746 sermon as a "Means of Grace." Wesley defined the means of grace as "outward signs, words, or actions, ordained of God, and appointed for this end, to be the ordinary channels he could convey to men preventing, justifying, and/or sanctifying grace." These are practiced privately and collectively, establishing and advancing "the mind that was in Christ" (Philippians 2:5).

What is Fasting?

Fasting is primarily defined as refraining from eating food; however, when fasting is exercised as a means of grace, it is beyond food. It is the abstinence from what is pleasurable to the flesh and what satisfies and keeps actively alive the natural appetite. For example, money, social media, shopping, food, and others feed the natural appetite. Fasting and prayer transform from simply abstinence and communication to having spiritual implications when the Spirit of God is infused in the process. That is why Jesus said in Matthew 17:21 KJV, "Howbeit this kind goeth not out but by prayer and fasting." Fasting must be accompanied by prayer to transition it from natural to supernatural. You can go without food, but it will not be spiritual fasting. Fasting can never be spiritually meaningful without prayer.

What is Prayer?

Prayer is the believer's means of communication and contact with God, which helps strengthen and develop our relationship with Him. Prayer is two-way communication: we speak to God, and then we listen to hear from Him, sitting quietly in His presence.

Types of Prayer: There are different types of prayer for different circumstances. Jesus used different prayers for different needs and circumstances. We must be intentional as well to reap the best prayer benefits.

1. *Prayer of Agreement* – Matthew 18:19
2. *Prayer of Faith* - Mark 11:24
3. *Prayer of Repentance* – 2 Chronicles 7:14
4. *Prayer of Intercession* - Romans 8:26
5. *Prayer of Praise* – Psalm 100:1-2
6. *Prayer of Submission* – 1 Peter 5

The ACTS Prayer Model

This method of prayer serves as an outline or guide for prayer so you can organize your thoughts and requests. The acronym ACTS stands for adoration, confession, thanksgiving, and supplication. This model of prayer prioritizes our time with God, so we first approach Him with reverence (adoration), then repent of the sin in our life (confession), then express our gratitude to Him for all He has done (thanksgiving), and finally submit to Him our requests (supplication).

Why Fast?

In Matthew 6, Jesus gave us specific directions on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying, and Fasting. Jesus said, "When you give," "when you pray," and "when you fast." He clarified that fasting, like giving and praying, was a normal part of the Christian life.

Unless it is an intentional discipline, many do not engage in a spiritual fast unless it is called corporately. Realistically, no one, however, can "put" you on a fast. Fasting is a self-imposed abstinence for a period of time. It must be voluntary, or it is ineffective. This is why many of our attitudes are upside down when it is time to fast because our perspective of this time of discipline is wrong. The attitude of the faster should be one of anticipation. We cannot view fasting as simply afflicting the body but as freeing the spirit to hear, see, and understand God's things. Bishop Norman Wagner once wrote, "To engage in a fast unto God against your will is a contradiction of terms; it is not an acceptable sacrifice." Fasting must be accompanied by resolve.

What Do I Need to Get During This Fast?

1. *God* - Without Him and his direction, this time of consecration is not a spiritual sacrifice.
2. *Faith Goals* – State your primary goal, then your secondary, natural, or temporal goal. What do you believe the Lord for?
3. *Established Prayer Times* – I strongly urge you to try to pray not less than three times per day. First, pray in the morning; second, pray sometime in the afternoon; and finally, pray sometime in the evening. If eating three square meals daily is good for your health, praying and feeding your spirit three meals per day has to be better for your spiritual health and wellness.
4. *The Bible* – The Bible is God's operation manual for human life. When fasting, one should read the Bible more at this time than at any other time. Therefore, if you read the Bible ten minutes a day, when you are fasting, you should read it not less than 30 minutes a day. Consider downloading the You Version Bible App for daily devotionals, Scriptures, and topical studies.

5. *An Appropriate Posture* – "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:16-18 ESV)

Types of Fasts Involving Food

FULL FAST. Drink only liquids – especially water. On this type of fast, you may also take in clear broth and 100 percent fruit or vegetable juices to maintain your strength. You
establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

SELECTIVE FAST. This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast (Daniel 10), during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST. This fast involves abstaining from eating any type of food in the morning and afternoon. This can correlate to specific times of the day, such as 6:00 am to 4:00 pm or from sunup to sundown.

FREQUENTLY ASKED QUESTIONS

Here are some of the most-asked questions:

What if I have a medical condition?
Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

Can children fast?
The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

What if I start and cannot finish out the fast . . . have I fasted for nothing?
Seeking God through prayer and fasting is never a waste of time. When you make an effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Alternatively, try finishing up with a partial fast.

I forgot and ate something that was not on my fast . . . do I need to start again?
No, think of fasting as a marathon rather than a sprint. Do not give up! If you fall, get up and keep trying. Conquering "king stomach" is difficult, but you will make it.

Do I continue to exercise while fasting?
Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

What if I have a manual labor job?
If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

Can my spouse and I be intimate during our fast?
Read I Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time . . . that you may give yourselves to fasting and prayer. So, the answer is yes. Scripture allows this for fasting and prayer, BUT only with mutual consent.

And when you fast…" (Matthew 6:16 ESV) "

DAILY CONFESSIONS: WHO/WHAT I AM IN CHRIST

- I am reigning in life by Jesus Christ (Romans 5:17)
- I am not looking at the things that are seen, but at the things which are not seen
- (II Corinthians 4:18)
- I am walking by faith and not by sight (II Corinthians 5:7)
- I am casting down imaginations and every high thing that exalts itself against the
- knowledge of God (II Corinthians 10:5)
- I am the righteousness of God in Christ Jesus (II Corinthians 5:21 and Romans 6:14) I am rooted and grounded in love because Christ dwells within me (Ephesians 3:17)
- I am the workmanship of God, created in Christ Jesus for good works (Ephesians 2:10) I am a partaker of God's divine nature (II Peter 1:4)
- I am prosperous and in good health because my soul prospers (III John 2)
- The renewing of my mind is transforming me to prove the perfect will of God (Romans 12:2)
- I am healed by the stripes of Jesus Christ (1 Peter 2:24)
- I am more than a conqueror through Jesus Christ (Romans 8:37)
- I am the salt of the earth, and the light of the world (Matthew 5:13a, 14a)
- I am complete in Christ (Colossians 2:10) • I am strong in the Lord and the power of His might (Ephesians 6:10)
- I am taking the shield of faith and quenching all the fiery darts of the enemy (Ephesians 6:16)
- I am praying for my desires and receiving them (Mark 11:24)
- I am like a tree planted by the rivers of water, and everything that I do prospers (Psalm 1:3) I am a temple of the Holy Ghost (I Corinthians 6:19)
- I am given exceeding great and precious promises, and by them I partake of the divine nature, having escaped the corruption that is in the world through lust (II Peter 1:4)
- The spirit of God leads me; therefore, I am a son of God (Romans 8:14) I am not walking after the flesh but after the Spirit (Romans 8:1)
- I am receiving all my needs met according to His riches in glory by Christ Jesus (Philippi- ans 4:19)
- I am casting all my cares upon Him because I know He cares for me (I Peter 5:7) I am blessed with all spiritual blessings in Christ Jesus (Ephesians 1:3)
- I am blessed when I come in and blessed when I go out (Deuteronomy 28:6) I am an heir of God and a joint-heir with Jesus Christ (Romans 8:17)
- I am increasing and abounding in love (I Thessalonians 3:12)
- I am being made perfect in every good work to do God's will (Hebrews 13:21) I am showing forth the praise of God (Psalms 51:15)


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