

**3 Days CONSECRATION**



The **Power** of  
& **Prayer**  
**Consecration**

# Family Life Church Three Days of Consecration

## “THE POWER OF PRAYER & FASTING”

*Suggestion/Request for Every Household to participate in a 3 day Fast*

### ***Time Frame***

6am to 6pm or any 12 hour period is permissible if you have some physical limitations.

### ***Specific Prayer Agenda:***

#### ***30 or 60 minutes each day in prayer/meditation***

2 Chronicles 7:14, “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.”

In this consecration the Lord told me that there are four things you must do to experience consecration results.

**Position #1:** You must humble yourself. **Position #2:** Pray, talking to God about you. **Position #3:** Seek his face and not things. **Position #4:** Repent & turn from it...

### **THIS IS OUR PRAYER FOCUS:**

Father, the Greatest Days of our lives are coming to my household, and my family is taking advantage of the promises during these next seven years of PLENTY. According to Hebrews 6:12, ...through faith and patience we will inherit the promises! Thank You Father, that we have access to supernatural restitution, we have supernatural restoration, we have a supernatural recovery plan, we have supernatural resources and we have supernatural opportunities to RELOAD. I decree and declare, that these next seven years are our best seven YEARS in Jesus name!

### ***Fast Objectives:***

- 1) Cultivate faith that is alive and capable of receiving even in “difficult times.”
- 2) Revelation and conviction on plans of (works) that will produce kingdom success.
- 3) Revelation of God’s plan for us going forward – with clarity.
- 4) Cultivate a lifestyle of prayer/fasting that produces consistent kingdom success.
- 5) Release the Supernatural power that comes from corporate fasts (2 Chronicles 20).

### ***Focused Prayer Opportunities***

- ❖ Prayer telephone conference (PTC) call @ 6am for 3 days.
  1. Dial 1-712-432-0080
  2. Enter Access Code & press # (access code 658327#)
- ❖ Monday - Wednesday Night – 90 minutes focused prayer during Empowerment Service.

- ❖ Conclude with Communion during Sunday Morning Worship
- ❖ Suggest praying 3 times a day (Morning/Afternoon/Evening) for a total of 30 or 60 minutes per day.

### **Keys To Three Days of Consecration**

- ❖ Restrict your flesh. (food and worldly influences)
- ❖ Limited Television.
- ❖ Distribute some resources to the poor/need. (*Focused Benevolence Actions & Offering*)
- ❖ Don't amplify your affliction. (continue to operate normally where you have to)
- ❖ Be involved in losing the afflicted – helping others find the Lord.
- ❖ Spend significant time seeking God.

### **What to Expect** (7 Key Results based on Isaiah 58)

- 1) Revelation. (*God will illuminate situations*)
- 2) Accelerated health. (*manifestation of health comes quickly*)
- 3) Favor going before you. (*raising up someone, somewhere, to help you*)
- 4) Answered prayer. (*responses to petitions, intercessions and faith requests*)
- 5) Clear guidance and direction.
- 6) Confusion in the camp of the enemy & battles fought before we arrive. (*2 Chronicles 20*)
- 7) Rewards & Spoils in answer to our faith and praise. (*2 Chronicles 20*)

## **MAKING THE DECISION TO FAST**

### **THE PARTIAL FAST (Daniel Fast)**

Refrain from food for a designated period of time (Daniel 10:3). We suggest 6:00 a.m. -6:00 p.m. During the hours of 6:00 p.m. – 12:00 p.m., we eat one meal and drink plenty of liquids. "Gather my saints together unto me; those that have made a covenant with me by sacrifice." (Psalm 50:5 KJV)

### **PREPARING FOR YOUR FAST**

1. Begin drinking plenty of water (squeeze fresh lemon juice in your water).
2. Begin cutting back on caffeine and sugar. Drinking plenty of water will help you get over the cravings for these two things.

### **BREAKING YOUR FAST**

1. Please do not eagerly seek to eat everything you want at one minute past midnight on the final day of the fast. Slowly break the body in.
2. Begin with soft foods that are not heavy, such as Jell-O, Applesauce, etc. Do this for at least two days.

3. Continue drinking plenty of liquids. Water is recommended.

4. Once you feel your body has adjusted, begin eating small quantities of healthy foods.

**PLEASE NOTE:**

*Pastor Nard and the Word of Deliverance Family Life Church advise 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.*

**Theme of the fast—fasting and prayer:** Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Increase your prayer life during this time. Study the Scriptures with a new intensity. When the fast is over, you should have a new spiritual strength from overcoming the cravings that usually control your life and from dedicating yourself to God.

**Biblical model:** Do a personal study of fasting. In the book of Daniel, chapter's 2:10, Daniel describes two examples of his personal fasting and the dramatic results. Isaiah described God's chosen fast in Isaiah 58. Jesus fasted in the wilderness (Matthew 4, etc.) and spoke of the necessity of fasting for believers. It was a normal part of early church life. Fasting is one way we respond to the admonition throughout the Scriptures to die to our self-will and not to accommodate the desires of the flesh.

**Following your own conscience:** The precise details of your fast are between you and God. In Romans 14, the apostle Paul describes how we should relate in love to one another in the matter of what we eat or choose not to eat. He says, "Each person is free to follow the convictions of his own conscience" (Romans 14, The Message Bible). If you fast often, you may need to turn up your fasting another level during this time. If this is your first fast, you may not be able to endure as many restrictions as someone else who fasts frequently. In the future, live a "fasted lifestyle," increasingly accommodating God and not the flesh.

You can also pray for others including your family members, your neighbors, your friends, the nation as well as those in authority and leadership. This can also include praying for the salvation of souls, for opportunities to introduce others to Christ and for the fulfillment of the Great Commission.

**HERE IS HOW EVERYONE CAN PARTICIPATE**

**AS A SINGLE PERSON,** You are in good company. Jesus, a life-long single, often sought time to pray and to seek guidance from heaven. Single people can often find more time to speak with God. Singleness is a privilege. If you believe it will be difficult for you to pray alone, connect with another single person from the congregation as often as you are able. Be careful with your choice.

**AS A MARRIED COUPLE,** Prayer as a couple will keep God at the center of your marriage. It will also help you develop a deeper ability to communicate with each other. As you use this guide with your spouse, commit to reading and reflecting on the meditations as you continue to place God at the center of your covenant relationship.

**AS A FAMILY,** It is through joining together in prayer that God's Will and power for His Church and kingdom will become real in our hearts and homes. Set aside a time when you know your family will be free from distractions. Pray together 1 Corinthians 3:6-9a daily.

**WITH YOUR CHILDREN (Single Parent),** Know that God will S T R E T C H each of us during the week of increase. This exercise is not designed to leave the children out. Children too, will grow in their faith when they see how God answers their prayers. Our children need to know that God will hear their prayer as they focus on others through prayer in this experience. Be sure that the participating children know that the purpose of prayer is to talk to God. Encourage your children to pray boldly during this experience and, if necessary, teach them to begin with sentence prayers like: "I thank God for....." or "I pray for ....." or "Lord, please ....." Discuss the daily meditations with your children.

#### **FOR YOUR PERSONAL SPIRITUAL GROWTH**

Many believers keep journals of their conversations with God. Journaling gives us a way to reflect upon the work of God; what we pray and how God responds. A prayer journal helps us to remember what God told us and can help us to learn about both ourselves and God.

**Accountability and support groups:** You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. You may want to form a group of five to seven people who meet occasionally or talk by phone. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy.

**Restricting television and entertainment:** It will be difficult for you to consecrate yourself if you feed yourself on television and movies during this time.

**Overview of the fast:** The Daniel fast drastically restricts normal food intake by cutting away many of the foods you commonly eat to satisfy your appetite. During the Daniel fast, there will be a sense of hunger much of the time and a sense of sacrifice even when we eat. We recommend that you restrict yourself to only one meal a day, leaving a small hunger.

**Types of food included in this Daniel fast:** Vegetables, preferably fresh or frozen vegetables. Vegetable soup such as potatoes, beans, carrots and soybeans will help provide substance. (no meat) Preferably drink water daily after 6pm throughout the fast. This is very important.

**Foods not included in this Daniel fast:**

1. Sugar and sugar products. (desserts, soft drinks, etc.)
2. Drinks including caffeine. (coffee, tea, etc.)
3. Bread, grains, and rice.
4. Meats, fish, poultry, dairy products, eggs.

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

**Important exceptions:** Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor. 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. Also, 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. This is not a failure of will, but is wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives. *"God's kingdom isn't a matter of what you put in your stomach. It's what God does with your life as he sets it right, puts it together, and completes it with joy. Your task is to single-mindedly serve Christ."* (Romans 14, The Message)

**A GUIDE FOR PRAYER: HOW WE REACH FOR GOD**

Prayer is a way of communicating with God; expressing our devotion to and our adoration of our Heavenly Father and inviting Him to talk to us as we talk to Him. If we want to have meaningful interaction with God, we must communicate.

God's word commands us to "Pray." (Luke 18:1; Acts 6:4; Mark 14:38; Philippians 4:6; Colossians 4:2; I Timothy 2:1 & 2). Prayer releases God's great power to change the course of nature, people and nations. Prayer touches the heart of God, releases the power of God and moves the hand of God in our direction.

God's word commands us to "pray without ceasing" (I Thessalonians 5:17). We can be in prayer throughout the day; expressing and demonstrating our devotion to God as we go through our daily tasks. It is not always necessary to be on our knees or even to be in a quiet place to pray. God wants us to be in touch with Him wherever we are!

Although prayer cannot be reduced to a formula, certain basic elements should be included in our regular times of communication with God: Adoration, Confession, Thanksgiving and Supplication (A C T S).

**ADORATION:** To adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.

**CONFESSION:** When our discipline of prayer begins with Adoration, the Holy Spirit has the opportunity to reveal any sin in our lives that needs to be confessed.

**THANKSGIVING:** An attitude of thanksgiving to God for who He is, and for all of His benefits that we enjoy because we belong to Him enables us to recognize that He controls all things, not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.

**SUPPLICATION:** Supplication means to petition God for our own needs and to intercede on behalf of others. For example, you can pray that your "inner-man" be renewed and empowered by the Holy Spirit.

Whether you are a single person, single parent, married couple or family you can grow in your faith over this 3 day period. To prevent the enemy from blocking you and causing you to face this period with a time of serious commitment to effort and results, you should choose a definite time, make a specific plan and choose a specific place during this time of S T R E T C H I N G.

### **A DEFINITE TIME**

Find when prayer works for you. For example, if you are a morning person, don't choose the time just before you go to bed. Find a time that works for you and your family.

### ***Pastor Nard's Advice***

**2 Chronicles 7:14,** As we embark upon this journey with God from dimension to dimension, God is requiring the commitment of His sons and daughters. This includes a commitment to prayer and fasting. Prayer and fasting moves God to action. Today commit to meditating and following the direction given by the Holy Spirit. Prayer and fasting is also an entry way into the realm of the spirit. As a nation and the nations of the world are perplexed on every side, solutions will not come from the ingenuity of man, but from the Spirit of revelation. Commit to a lifestyle of prayer and fasting. Approach God's Throne with boldness. Know that what you ask for in prayer you already have!

**Zechariah 12:8, "In that day....."** As your Pastor, I declare & decree today is that day. In your weakest time know that you will be like David. David was a mighty king who took on challenges that others feared. From this day forward declare that your weaknesses will not keep you from moving higher with God. Face the giants of life with tenacity and faith in a risen Christ. Family Life, I declare that when we come together with a corporate anointing, we shall be like God. Let's Exalt His Name Together!

**Luke 2:18-19; Romans 8:18-19, "The Spirit of the Lord is upon Me....."** In 3 Days we will have completed our consecration, corporate prayer and fasting. It is my sincere desire that this time of consecration will lead you to a consistent time for prayer and fasting as we go higher in Christ. Remember that the Spirit of the Lord is upon you for He has anointed you! He has anointed us corporately to move and shake nations. The suffering of this present

time cannot compare to the glory that is being revealed through us, His sons and daughters. Let us stay near His throne in order to manifest His authority in the earth!

**Psalm 24:3-4; Colossians 3:1-3, "Come up here!"** God has given us an invitation to come up higher to a new dimension in Him. This invitation is to come near His throne. He is calling those that are tired of church and life as usual to make the commitment to separate from carnal thinking, and carnal people. The journey up the mountain of the Lord begins with the renewing of our thinking. Commit today to follow the command of Philippians 4:8 "Finally, brethren whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things."

### **FINAL WORD...**

When you complete the consecration, I want you to put your imagination to work. Imagine moving into a place with God where He begins to work for you! That is what He promises. He is bringing us out of the familiar to the unknown, into a place where He works for us. Don't forget to participate at the level that YOU can. 100% participation will release hundredfold blessing!



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