

The Worship Center of Queens

Bishop Andrew Jagessar
(718) 846 5577
www.twcq.nyc



Pastor Grace Jagessar
(646) 220 7126
www.twcq.nyc

Taking the Full Gospel of Jesus to the Nations!

CONSECRATION WEEK – 2024

A Normal / Regular Fast Traditionally, a regular fast means refraining from eating all food. Most people *still drink water or juice* during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

A Partial Fast This type of fast generally refers to *omitting a specific meal from your diet or refraining from certain types of foods* for a particular time. From sun-up to sun-down during the fast.

A Full / Absolute Fast These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "For three days he was blind, and did not eat or drink anything." Esther also called for this type of fast in Esther 4:15-16: "Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'" *It is recommended that this type of fast be done with extreme caution* and not for extended periods.

The Daniel Fast In this fast you eat no meat, no sweets, and no bread or rice. Drink only water and juice and eat fruits and vegetables. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; until the three weeks were over." In Daniel 1:12, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."

WHY FAST AND PRAY: ***PRAYING, FASTING, AND BIBLE READING WILL RESULT IN SPIRITUAL GROWTH AND DEVELOPMENT.***

Spiritual – Fasting positions our spirit to receive from the Spirit of God.

Spiritual – Fasting helps us to confront and eliminate unbelief.

Spiritual – Fasting helps us to discern the intentions of the devil.

Spiritual – Fasting positions the believer in a place of power and authority.

Physical – Detoxifies the body of impurities.

THINGS TO DO DURING THE FAST:

1. ***Reflect*** on what God has done and thank Him.
2. ***Inspect*** where you are and how you got there – commitment (Time, Talent and Treasure)
3. ***Project*** into the future and do more for God in fulfilling His Will for your life.

FOODS TO AVOID ON THE DANIEL FAST

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including but not limited to potato chips, French fries, and corn chips.

All solid fats including shortening, margarine, lard, and foods high in fat.

Beverages such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

ISAIAH 58 MENTIONS THE BENEFITS OF FASTING WHEN DONE IN OBEDIENCE TO GOD:

- GOD WILL **SATISFY YOUR NEEDS** EVEN IN A SUN-SCORCHED LAND!
- THE LORD WILL **STRENGTHEN** YOUR FRAME.
- YOU WILL **INCREASE** IN FRUITFULNESS!
- HE WILL **MEET** YOUR NEEDS.
- YOUR **HEALING** WILL QUICKLY APPEAR.
- YOUR **LIGHT** WILL SHINE! IT WILL **BREAK FORTH** LIKE THE DAWN.
- WHEN YOU CALL, **THE LORD WILL ANSWER.**
- WHEN YOU CRY OUT FOR HELP, HE WILL SAY, "**HERE I AM.**"
- YOUR LIGHT WILL **RISE** IN THE DARKNESS!
- YOUR NIGHT WILL BECOME LIKE THE NOONDAY.
- LOOSE THE **CHAINS OF INJUSTICE** AND SET THE OPPRESSED FREE.
- THE LORD WILL **GUIDE** YOU ALWAYS.