

A Note from the Pastor,

Dedication and Consecration  
  
 In alignment with the teachings of Ezra 8:23 (NIV):  
  
“So, we fasted and petitioned our God about this, and he answered our prayer.”  
  
We are embarking on a period of spiritual dedication and consecration  
to separate ourselves from unclean things, dedicating ourselves to  
God’s service, and seeking His guidance. In the Bible, there is a  
clear connection between our physical actions and God’s spiritual  
releases.  
  
Biblical fasting requires discipline and strength, which come from  
God. As Jesus reminds us in Matthew 6:18-19, private discipline in  
fasting is rewarded by our Father in Heaven. As believers, we are  
called to uphold this essential Christian practice. By dedicating the  
beginning of the year to God through fasting, prayer, and giving, we  
set the spiritual tone for the entire year. Prayer is our link to  
God—a channel through which everything He is and has is made available  
to us (Mark 11:24). Combining fasting with prayer and scripture  
reading is a powerful formula for spiritual success.  
  
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What is a Fast?  
  
Fasting is the voluntary reduction or elimination of food intake for a  
specific time and spiritual purpose.  
Types of Fasting

Full Fast:  
Abstain from solid food but consume liquids such as fruit or vegetable  
juice and broth. Drink plenty of water (aim for a gallon a day).  
  
Partial Fast:  
Abstain from specific foods for a prolonged period or all foods for  
part of the day (e.g., fasting until 3:00 p.m.). This is an excellent  
starting point for those new to fasting.  
Examples:  
Daniel Fast: Eat no meat, sweets, or bread; focus on fruits,  
vegetables, and water.

Other Options: Give up a specific food item, such as caffeine or  
sweets, or replace one meal with prayer.  
Fast from 6:00 a.m. to 3:00 p.m. or sun-up to sundown, adjusting for  
work and sleep schedules.  
  
Media Fast:  
  
Abstain from television, entertainment, social media, or non-essential  
technology. Use this time for prayer and scripture reading.  
  
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Fasting Schedule  
  
January 11th – January 31st  
Join us on this transformative journey as we humble ourselves before  
God and seek His guidance for our families, possessions, and Lift  
Church.  
  
**January 11th – 17th:**  
  
6:00 a.m. to 3:00 p.m.  
Water\* and/or 100% all-natural fruit juices.  
Foods allowed: fruits, vegetables, and liquids only.  
Limit TV, internet usage, and social media.  
  
**January 18th – 24th:**  
6:00 a.m. to 3:00 p.m.  
Liquids only: juice, water, and liquid soups.  
Suggested: distilled water to quiet the digestive system.  
  
**January 25th – 31st:**  
  
Continue fasting with personal adjustments based on spiritual guidance  
and physical capability.  
  
 Foods to Avoid:  
  
Fried foods, breads, sweets, and high-fat products.  
Carbonated beverages and processed foods with preservatives.  
Tobacco, caffeine (e.g., coffee, soda, tea), and alcohol.  
Meat and heavy carbohydrates (e.g., pasta, potatoes).  
  
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Define Your Purpose: Start with a clear spiritual goal, such as  
drawing closer to God or seeking His guidance.  
Plan Prayer Times: Replace mealtimes with prayer and Bible study to  
deepen your focus on God.  
Stay Hydrated: Drink plenty of water to maintain physical and mental well-being.  
Prepare for Discomfort: Be ready for mild symptoms like hunger or  
fatigue as your body adjusts.  
Break Your Fast Wisely: Ease back into regular meals with light,  
nutritious foods such as fruits and vegetables.  
Avoid Fasting for Show: Focus on your relationship with God, not on  
outward appearances.  
Reflect and Pray: After fasting, take time to reflect on the  
experience and seek God’s guidance for the lessons learned.  
  
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Scriptural References for Fasting:  
  
Matthew 6:16-18, Matthew 9:14-15  
Luke 18:9-14  
1 Samuel 1:6-8  
Nehemiah 1:4  
Daniel 9:3, 20  
  
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Fasting is more than abstaining from food; it is a sacred opportunity  
to draw closer to God. It resets our souls, rejuvenates our spirits,  
and opens us to His blessings. Let this time of fasting challenge and  
grow you spiritually, while also considering your physical needs.  
  
Prepare your heart for the blessings of 2025.  
  
In prayer and dedication,  
Pastor Robert Sanders