

New Direction Bible Fellowship

“Becoming a 2020 Church” 40-Day Consecration, Corporate Fasting & Prayer Overview Joshua 3:4-5

Overview

Throughout Scripture God has chosen the number 40 to impact nations, generations, the world, and personal ministries. The flood of Noah’s days that destroyed the Earth lasted 40 days and 40 nights. Moses remained on Mt. Sinai in God’s presence for 40 days and 40 nights without food or water, twice as He was waiting for the Ten Commandments.

The spies were sent by Moses to explore the Promise Land of Canaan for 40 days. Israel wandered in the wilderness for 40 years for their sin of unbelief and a new generation entered the land with Joshua and Caleb after 40 years of wandering in the wilderness.

Jesus fasted and prayed for 40 Days in preparation for His public ministry. Jesus taught his disciples 40 days after He rose from the dead and ascended into the heavens on the 40th day.

After miraculously going without food or water for 40 days, God revealed to the prophet Elijah his successor Elisha.

In each instance, personal sacrifices were necessary to receive the expected and desired outcome from God. Yokes were broken, people were set free, and generations were transformed for the glory of God.

As we move into a new decade, we need to prepare for the journey spiritually. Pastor Benson and the Leadership of New Direction invite you to participate in a 40-Day Churchwide Consecration & Fast (Joshua 3:4-5).

The word consecration refers to the act of dedicating oneself to a specific purpose or intention to wholly dedicate yourself to God’s purpose, without restraint.

Vision

- To see a church experiencing a transformational shift in disciple making, through a unified, surrendered and obedient church, that will impact generations

Outcomes

- Greater surrender to Christ
- Unity and focus as a church
- Generational impact through discipleship making

Scriptural Basis

Joshua 3:4 & 5 ESV

Yet there shall be a distance between you and it, about 2,000 cubits in length. Do not come near it, in order that you may know the way you shall go, for you have not passed this way before.” Then Joshua said to the people, “Consecrate yourselves, for tomorrow the LORD will do wonders among you.”

Fasting Participation & Preparation

Note: Seek medical advice before the fast, especially if you have any existing medical concerns or conditions. If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting.

FASTING TIMELINE: JANUARY 2, 2020 – FEBRUARY 10, 2020

1. **READ** Matthew 28:18-20 for 40 Days
2. **ABSTAIN** from something in your life as a sacrifice offering to Christ, including & especially life-dominating sin
 - a. Food, sugars, sodas
 - b. Social Media/Technology (Facebook, Snapchat, IG, YouTube)
 - c. Sports, Music, Entertainment
 - d. Gossip
 - e. Smoking
 - f. Negativity/Complaining/Comparison
 - g. Sexual sin
 - h. Arguing
 - i. Pornography
 - j. Drinking (Alcohol)/Drugs
 - k. Lying
 - l. Cursing
 - m. Snacking
 - n. Secular Music/Reading
 - o. Shopping
 - p. Sweets
 - q. Hitting the Snooze Button
 - r. Fast Food/Junk Food
3. **FAST** from all food for ONE meal per day, for 40 Days
4. **PRAY** with a prayer partner for 40 Days

Things to do during your fast (making fasting fruitful):

- **Pray diligently for our church’s needs and families, your family and yourself**
- **Pray for the lost daily**
- **Visit the sick and shut-in, write/mail cards**
- **Serve the needs of others (cooking a meal, babysitting, giving)**
- **Refrain from announcing your fast to others (Matthew 6:16)**

Go to www.ndbf.church for additional fasting background and helpful guidelines.