



*Where all are welcome, loved
and united in Christ!*

**McKINNEY FIRST
BAPTIST CHURCH**

“ALL IN: Time Talent and Gifts Puts You All IN”



The occasion has now arrived when we are given the privilege to do something about our church's needs. Effective August 27 – September 2, 2014 consecrate yourself for 7 days while being dedicated to prayer and fasting that we may hear from God and make a sacrificial faith pledge in regards to our Capital Improvement Campaign. Allow Haggai 1:2-7 to be a guiding light Scripture text throughout your 7 day journey of faith.

What does it mean to be Consecrated?"

Consecration refers to persons or things being separated to or belonging to God for His purposes. They are holy and set apart for the service of God. Leviticus 19:2 says, "You shall be holy, for the Lord your God am holy."

TMFBC members you are requested to do the following during the 7 days of prayer and fasting:

1. Dedicate at least 10 minutes (per day) to read God's word
2. Dedicate at least 10 minutes (per day) in prayer
3. Strive to attend your church's weekly corporate prayer meeting
4. Strive to attend your church's mid-week Bible Study (Wednesday Noonday or 7pm)
5. Strive to attend your church's weekly Sunday Morning Bible Study
6. During the 7 days of prayer and fasting you will refrain from going to any type of night club, casino, nor consume alcohol/tobacco.
7. Ask God to reveal to you how much you will pledge towards the Capital Improvement Campaign

Personal Inspection

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" – 1 John 1:9

- Is my greatest affection more for things on earth than spiritual growth and serving God? Have I failed to center my thoughts and actions on reaching the lost and unchurched?
- Do I tend to worry and fret more than believe and trust God? Am I failing to claim God's promises and cast my cares upon Him?
- Is my home a testimony for Jesus?
- Am I robbing God by not grace giving and/or tithing?

- Am I willing and ready to forgive any wrong against me or against my family? Have I forgiven everyone?
- Am I stunting my spiritual growth by not consistently having a quiet time with God (reading the word, praying, listening to God, meditating on what I have read, and being obedient to what God is calling me to do or stop doing)?
- Have I resented God’s pruning by complaining about my sufferings and trials?
- Do I know what my spiritual gift(s) is and am I using it to glorify God? Pray that God reveals to you your gift(s) if you do not know it.
- Do I have a right attitude toward my fellow church members? Am I jealous of other member’s gift(s)?
- Do I have any relationship(s) that are questionable or have the “appearance of evil?” Do I engage in any conversations or rendezvous I wouldn’t want my spouse or pastor to know about (either in person, by internet, texting, or telephone)?
- When one desires to receive the best from the Lord one must totally surrender to God – you must be willing to say to the Lord:
 - Lord I am Willing to Receive what You Give
 - Lord I am Willing to Lack what You Withhold
 - Lord I am Willing to Relinquish what You Take
 - Lord I am Willing to Suffer what You Inflict
 - Lord I am Willing to Be what You Require

Fast & Pray Guidelines

A biblical definition of fasting is a Christian’s voluntary abstinence from food for spiritual purposes. Fasting is a spiritual discipline and one that goes so radically against the flesh and the mainstream of the culture we live in. Fasting as a purifying discipline, helps us draw closer to Jesus Christ and surrender our will to His ways. Without a spiritual purpose for your fast it’s just a diet. There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer.

The great saints of the bible fasted. Moses (Deut. 9:9, 18, 25-29), Ezra (8:21-23), Elijah (1 Kings 19:8), Daniel (Daniel 9:3), and Paul (2 Corinthians 6:5 and 11:27) were men of faith and action who fasted for spiritual growth. The greatest example for any of us to follow Jesus Christ fasted – Matthew 4:2. When we separate ourselves from the daily routine of eating food, preparing food, or whatever desired activity (watching TV, playing video games, golf, etc.) in our lives, then we can devote the extra time to prayer and reading/studying/meditating on God’s Holy word. The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. When we take time to put God first in any endeavor, we are preparing well for whatever lies ahead. The result of sincere fasting and praying is that God responds bringing deliverance and blessing.

Tips For Fasting

1. Do not jeopardize your health
2. If you are physically unable to fast (i.e. you’re diabetic) then substitute refraining from a desired activity (golf, TV, video games, etc.) if you must break your food abstinence
3. Pray for strength and focus before you start
4. Make a list of specific things to pray for
5. Increase your prayer time, especially in the early mornings when you have the most time to pray and/or can create the most time to pray
6. Establish a regular quiet time and location to pray
7. Regarding fasting on Wednesday – we are fasting from solid foods; consume only water or liquid products (i.e. juice, milk, water, broth, malts, etc.) from 5am – 5pm

8. **If your flesh weakens pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" because you can encourage and pray for each other. This is not a competition or test – there is no failing – trust and pray unto God throughout this endeavor – follow your heart**
9. **Remember Jesus' teaching about fasting – it should be a normal part of a Christian's life and need only to be seen by God. Jesus wants his people to adopt spiritual disciplines for the right reason; not from a selfish desire for praise. Matthew 6:16-18 says "Moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting, assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly"**

"So we fasted and entreated our God for this, and He answered our prayer." (Ezra 8:23)

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August 27th – September 2nd

Day 1 – Wednesday, August 27th

- Read Nehemiah chapters 1-2
- Pray for at least 10 minutes include in your prayer: pray God will open the spiritual eyes of each Christian and their family to all sinful actions/habits and turn our hearts to Him; pray the Holy Spirit will convict our hearts over the unsaved and we begin witnessing to unsaved family, neighbors, co-workers, and friends consistently; and pray every Christian would devote themselves to spiritual disciplines like Bible Intake, prayer, fasting, worship, and evangelism
- Attend Wednesday Bible Study (12pm – 1pm or 7pm – 8pm)
- Read the Guide to Fasting (pages 3-5)
- Fast from all solid foods from 5am – 5pm (if you cannot fast from food due to health reasons then fast from 5am – 5pm from a favorite food, dessert, or activity)
- Fast from TV all day

Day 2 – Thursday August 28th

- Read Nehemiah chapters 3-4

- Pray for at least 10 minutes include in your prayer: pray God will reveal to you a specific amount of money for your family unit to pledge in regards to our capital improvement campaign; pray God will reveal any hidden idols in your life and show you areas you need to grow; and pray for breakthroughs for those who are in need of one
- Ask God to grant you a divine appointment to witness to an unsaved person
- Fast from the internet and texting – only use it for work or key communication needs nothing recreational

Day 3 – Friday, August 29th

- Read Nehemiah chapters 5-6
- Pray for at least 10 minutes include in your prayer: pray each TMFBC member will be a good steward over all that God allows them to possess; pray each TMFBC member discovers and utilizes their spiritual gift(s) to advance God’s kingdom; and pray God grant you the will and desire to pursue a life of holiness
- Read and Meditate on 1 Corinthians 10:13 and then confess to God those things that tempt you and ask God to strengthen you to overcome your “signature sin(s)”
- Fast from your favorite hobby (i.e. shopping/going to the mall to window shop, movies, golf, tennis, etc.)

Day 4 – Saturday, August 30th

- Read Nehemiah chapters 7-8
- Pray for at least 10 minutes include in your prayer: pray for the sick and shut in on your church bulletin; pray God will mightily use our Sunday Morning Bible Study Teachers, ministers, and servant leaders; and pray more members of our church who are not active in a ministry will be encouraged to join a ministry where they can use their spiritual gift
- Read your Sunday Morning Bible Study lesson
- Listen to the following song and reflect on your commitment to living a Christian life – [“Withholding Nothing”](https://www.youtube.com/watch?v=nfRIhtrCaZE)
<https://www.youtube.com/watch?v=nfRIhtrCaZE>

- Fast from listening to secular music all day

Day 5 – Sunday, August 31st

- Read Nehemiah chapters 9-10
- Pray for at least 10 minutes include in your prayer: the spirit of the living God moves powerfully in the worship experience; pray the unsaved come to know Christ, backslidden return to Christ, and the spiritually mature continue growing in Christ; pray for Pastor Louis Rosenthal, First Lady Rosalind Rosenthal and their daughters; pray for the annual Women’s Day service and the speaker - Min. Donna Edwards
- Attend and participate in Sunday Morning Bible Study and attend both of our worships (7:30am and 10:15am) giving God praise
- Be still and know that He is God (find some quiet time and just reflect on His purpose for your life and the amount God desires your family unit will pledge regarding our capital improvement campaign

Day 6 – Monday, September 1st

- Read Nehemiah chapters 11-12
- Pray for at least 10 minutes include in your prayer: pray the Lord will teach you not to be anxious for anything but to pursue Him with a relentless commitment to praying without ceasing; pray God will unveil to Pastor Rosenthal and the ministers the specific text He desires to be preached at TMFBC weekly; and pray God will provide every human, material, and financial resource needed for our church to execute the capital improvement campaign plan
- Ask God to grant you a divine appointment to witness to a unsaved person and/or encourage a saved person today
- Fast all day from your favorite beverage (i.e. coffee, tea soda, sports drinks, smoothies)

Day 7 – Tuesday, September 2nd

- Read Nehemiah chapter 13 and Jude (one chapter)
- Pray for at least 10 minutes include in your prayer: thank God in advance for His blessings of a well-executed capital improvement campaign; thank God for all the people who will give of their time, talents, and financial gifts; and thank God in advance of the new members He will bring to our church as we obediently follow Him
- Attend and participate in S.H.O.P. (Sweet Hour of Prayer – 7pm – 8pm)
- Complete your faith pledge envelop with the amount God desires for your family unit to sacrificially give towards our Capital Improvement Campaign and thank God in advance for providing you the resources to honor your faith pledge

TMFBC membership – you made it! If you have any questions or comments as it relates to the Capital Improvement Campaign 7 days of prayer and fasting guide you may contact Pastor Louis Rosenthal via email at lrosenthal@tmfbc.com

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I commit to participating in the “7 days of prayer and fasting” August 27 - September 2, 2013.

(Your Signature and Date)