

Mid-Year Battle Ready Fast and Consecration Guide

Monday 7/29/2024 (Midnight) *through* Sunday 08/04/2024 (12 noon)

Focuses: Clarity, Endurance & Action

Target: It is important to note that our target is two-fold, the collective (TNC) and the personal (YOU). Simply put, we are seeking God for both TNC and ourselves! Under each descriptor, there are action steps for both TNC and ourselves that we are committing to take.

I. CLARITY

Truth and clarity are the opposite of confusion. Confusion destroys while truth builds up. Do you feel that your confusion about what you should believe in this world is eating you alive? You may feel helpless or that no one really knows what truth is anymore. The world is filled with voices, opinions, possibilities and directions. Which way do you go and whom do you believe? It can be very confusing.

It's different for those that have put their faith in Jesus Christ. The Bible says that Jesus is the way, the TRUTH and the life; not just that He speaks truth, but that He IS truth. Everything about Jesus is clarity and understanding. Jesus is the Son of God. He is one with God and, therefore, is absolutely perfect in every way.

The Bible speaks of truth over 230 times, as to suggest that God wants us to know the truth. We do not need to be confused about the trials of this world. God is the author of truth "God is not a God of confusion, but of peace" (**1 Corinthians 14:33**). God desires truth, understanding and clarity for all God's children.

The Collective Application: For the collective, spend some time during the fast and consecration reflecting on how you can enhance your commitment in terms of living Out Loud for God and supporting the vision of TNC. Trust God to give you the energy to be a more consistent and committed partner of TNC.

The Personal Application: What are some specific things in your life you need clarity on? This is a wonderful time to seek God, reflect and plan your approach to live out the clarity responses that God will give you during this fast and consecration.

II. ENDURANCE

Endurance is the ability to rely on God for strength and continue through life's challenges without wavering or giving up. It's a core value that recognizes life can be difficult and painful, but it's important to not give in to adversity; "laying aside sin and weights, and running the race set before us" (**Hebrews 12:1-2**); "enduring hardness "as a good soldier of Jesus Christ" (**2 Timothy 2:3**).

The Collective Application: For the collective, spend some time during the fast and consecration praying for the power to endure the temptation of becoming lethargic with your attendance and timeliness at the Weekend Worship. Ask God to send the Holy Spirit as a constant reminder that everything starts at the WEEKEND WORSHIP!

The Personal Application: As an individual, write down specific things that are frustrating you in this season of your life that is possibly hindering you from pursuing your purpose. Trust God to give you the insight to develop an endurance statement or statements that you can read/quote when those frustrations appear. Your endurance statement should at minimum include how strong you are in God and why those frustrations will not stop your progress.

III. ACTION

Action: Advancing the Kingdom, seeing people come to know Jesus and grow in their relationship with him. Taking the message of the Kingdom to more people and places thereby making more people come in.

How Can You Advance the Kingdom of God?

1. Be Born Again!

Give your life to Jesus to see the Kingdom. “Jesus answered and said to him, ‘Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God’” (**John 3:3**). Jesus also said, “Do not marvel that I said to you, ‘You must be born again’” (**John 3:7**). Receive the message of the Kingdom with the simplicity and humility of a little child. This is how to enter the Kingdom. “Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it” (**Mark 10:15**). Only those who are in the Kingdom can advance it. You must first be in the Kingdom of God to be able to advance it.

2. Pray for the Kingdom of God!

Pray for the Kingdom to come and for more workers into the harvest field (**Matthew 6:10; 9:37-38**). Pray for the ministers of the gospel and other workers in the Kingdom. Pray for more grace, utterance, boldness, open doors, favor, protection, etc. (**1 Thessalonians 5:25; 2 Thessalonians 3:1-2; Hebrews 13:18-19**).

3. Preach/Share the Gospel!

Advancing the Kingdom of God is different from advancing the interests of a denomination. To advance the Kingdom of God means to expand the sphere and influence of the Kingdom on earth by taking the message of the Kingdom to more people and places thereby making more people come into the BELIEVERS family. This is soul-winning (**Mark 16:15-16; Matthew 28:19-20**).

4. Represent the Kingdom of God Well!

Being a Kingdom Ambassador is essential as the scripture declares, “Let your light so shine before men, that they may see your good works and glorify God in heaven” (**Matthew 5:16**).

5. Join the Kingdom Workforce!

Don't be a bystander or an onlooker in the Kingdom of God. Don't be idle but serve. Be a worker for the Kingdom of God (**Colossians 4:11**). Put your hand to the plow and don't look back. “But Jesus said to him, ‘No one, having put his hand to the plow, and looking back, is fit for the kingdom of God’” (**Luke 9:62**).

6. Support Kingdom Projects with Your Money and Other Resources!

The early church also advanced the Kingdom of God with its resources (**Acts 4:33-37**). The early church was a giving church (**Acts 11:28-30; 2 Corinthians 8:1-5; 11:8-9; Philippians 4:15-19**). It is biblical to give your resources to advance the Kingdom of God. Believers in the early church were taught to give (**2 Corinthians 9:6-13**). God will reward you both here on earth and in heaven. The generous soul will be made rich, and he who waters will also be watered himself (**Proverbs 11:25**).

7. Use Your God-given Position for the Benefit of the Kingdom of God.

See yourself as a servant of God in any position you occupy whether in church or outside the church. The earth is the LORD'S, and all its fullness, the world and those who dwell therein (**Psalms 24:1**). Use your God-given position to advance the Kingdom of God. How is the Kingdom of God benefitting from your position? Advancing the Kingdom of God is not for Pastors alone. It is for every child of God.

The Collective Application: For the collective, spend some time during the fast and consecration writing down names of individuals you want to put before God for salvation and/or to invite to the Weekend Worship Experience. Then really pray over those names, trusting God to prick their hearts to be receptive to your invite. Additionally, if you are serving in a ministry, reflect on ways you can be more diligent with helping that ministry execute its purpose. If you are not on a ministry team, make the commitment through this fast and consecration that you will commit to joining a team. Finally, if you are a 10% tither, ask God for the continued strength to maintain this discipline and to honor your sacrifice. If you have yet committed to be a 10% tither, through this fast and consecration, ask God to help you make the commitment to become one.

The Personal Application: Write down and/or revisit action steps that are geared towards accomplishing personal goals, pray over those steps and trust God to give you the fortitude to execute those action steps as a result of this fast and consecration.

Fasting Blueprint

FOODS/DRINKS YOU CAN CONSUME

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, and wild rice.
- **Beans and legumes:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.
- **Nuts and seeds:** Almonds, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products including tofu.
- **Water**
- **Tea (Unsweetend)**
- **Black Coffee**
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.

FOODS/DRINKS YOU CANNOT CONSUME

- **Animal products:** All meat, dairy, seafood, and eggs.
- **Sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- **Bread:** White bread, cakes, pies, and donuts, No sweet treats
- **Refined and processed foods:** Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- **Deep-fried foods:** All fried foods.
- **Solid fats:** Butter, lard, margarine, and shortening.
- **Chocolate:** Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- **Beverages:** Alcohol, Soda

Social Media/TV/Movies/

- For Church Posting or Work Only (NO JUST BECAUSE SCROLLING)

Media/TV/Movies/Streaming

- Work related, News, Spiritual, or Personal Development ONLY

Additional Supplements During the Fast

1. Pray Morning & Evening
2. Meditate on Scripture throughout the day
3. Set a time for worship at least 1 song daily
4. Set alone time to journal
5. Be on the Tuesday Morning Prayer Call (5:25 a.m.)
6. Attend Prayer Night (08/01 @ 6:50 p.m.)
7. Listen/Watch at least one of the teachings on TNC's YouTube Channel