



Consecration Information 2014

Message from our Pastor:

Fasting is not commanded by Christ or required by Scripture as a part of salvation but is always recommended as a part of our spiritual growth. The Book of Acts records believers fasting before they made important decisions (Acts 13:4; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33).

Our fast should not be focused on abstinence from food only but an abstinence from worldly and mundane mindsets.

The goal of this fast is to specifically reveal the path, methodology and principles of this dimension of precision that I believe God is requiring of us in 2014.

Fasting always shows God that you are serious about your relationship with Him. It always acts as a purifying agent, ridding you of things that will hinder you from reaching the next dimension in your life or causing you to be ineffective once you get there. Before stepping out into any work for God you must always "count the cost," always ensure that;

- *You have the materials necessary to build*
- *Your spiritual strength is at optimal performance (deal with your issues before they deal with you)*
- *You have the blueprint for what you are establishing*
- *Timing is perfect (being out of time is the same as being out of God's will)*

Isaiah reveals that fasting is more than denying ourselves - it's a sacrificial lifestyle before God. Isaiah 58 reveals that the "true fast" is not just a one-time act of discipline or denial; but involves an attitude of service to others.

"Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am' (Isaiah 58:8-9).

Grace & Peace to each of you as we seek the face of our God for wisdom, purpose and understanding at this critical junction in KCLC, your sacrifice and labor in the Lord is not in vain or without reward.

In Christ, in Love,

Pastor Richard J. Brown

Fasting Guidelines:

- **Fasting for KCLC**

- The Fast will commence on Monday January 13th and will conclude on February 2nd 2014
- Fasting hours are between 12am – 5pm.
- Please note this is a partial fast, therefore not all types of food/liquids can be consumed during the Fasting period.
 - During the first week of the fast water, fruits and vegetables smoothies and juices will be consumed.
 - During the second week of the fast water, fruits and vegetables will be consumed.
 - During the third week of the water, fruits, vegetables, nuts and grains can be consumed.
 - Note: Meat (ie. Chicken/Beef) should not be consumed during anytime of the Fast.
 - Water can be consumed anytime of the fast.

- **Fasting for the Students in the Congregation**

- Fasting hours are between 6am – 5pm.
- Please note this is a fast where water can be consumed during the day. All foods can be consumed after 5pm everyday during the Fasting period.

- **Fasting for those on medication in our Congregation**

- Fasting hours are between 6am – 5pm.
- Please note this is a fast where **liquids are consumed during the day**. All foods can be consumed after 5pm everyday during the Fasting period.

Breakdown of the KCLC Fast: is a 3-week fast that involves 3 components:

- Juicing
- Intermittent Fasting
- Daniel Diet

Juicing

This is the process of extracting juice from plant tissues such as fruit or vegetables. There are many different methods of juicing from squeezing fruit by hand to extraction with more sophisticated equipment.

There are several different types of juicers

Centrifugal

This is the most common and most affordable type of juicer. It uses a fast spinning metal blade that spins against a mesh filter. It separates the juice from the flesh using centrifugal force.

Advantages

- Most affordable
- Quick juicing speed
- Great for juicing hard fruits and vegetables like carrots and apples
- Usually have large feed chutes so you can juice larger pieces of fruits and vegetables

Disadvantages

- Not great for extracting juice from green leafy vegetables such as spinach, lettuce and kale
- Fast spinning generates heat which can oxidize nutrients from the juice
- Fast juicing speed causes a great deal of oxygen to dissolve into the juice which can cause it to spoil quickly.
- Can't really be stored for long periods of time without a loss of nutritional value
- Wetter pulp

Masticating/Single Gear (cold-press juicer)

This uses a single gear driven by a motor that chews fruit and vegetable fibres and breaks up the plant cells. They extract the juice by first crushing and then pressing fruit and vegetables for the highest yield of juice with more fibre, enzymes, vitamins and minerals. They don't produce as much heat and they keep more of the ingredients intact. They can often extract more juice with the same amount of food juiced. They operate at a slower speed resulting in less foam and heat which MAY mean a higher nutrient content. The low speed can increase the shelf life of the juice.

Advantages

- Great for juicing leafy greens
- Less foam and heat produced resulting in more nutrients retained
- Longer shelf life; juice can be stored for a few days
- Higher amount of juice; less waste
- Drier pulp

Disadvantages

- Higher price compared to centrifugal juicers
- Not great for extracting juice from hard fruits and vegetables
- Takes a longer time for juice to be extracted
- Can't really be stored for long periods of time without a loss of nutritional value
- Smaller feed chutes; fruits and vegetables need to be cut into smaller pieces

Twin Gear (Triturating) Juicers

These are the most expensive type of juicers but they offer the most benefits. They turn at slower speeds than single gear juicers resulting in less oxidation from foam and may result in less destruction of nutrients from heat.

Advantages

- Great for juicing leafy greens
- Less oxidation from and less destruction of nutrients from heat

Disadvantages

- Higher price compared to single gear and centrifugal juicers
- Not great for extracting juice from hard fruits and vegetables

- Longer shelf life; juice can be stored for a few days
- Higher amount of juice from fruits, vegetables, wheat grass, spinach and other greens and herbs
- Drier pulp
- Takes a longer time for juice to be extracted
- Can't really be stored for long periods of time without a loss of nutritional value
- Smaller feed chutes; fruits and vegetables need to be cut into smaller pieces

Blending (technically not juicing)

Used to mix, puree or emulsify foods and other substances. There are several different types of blenders with those containing larger more powerful motors able to grind grains, cook soups, create ice cream and make purees and juice blends from whole foods.

Intermittent Fasting

This involves a pattern of eating that alternates between periods of fasting and non-fasting. Both periods are variable. For the Kingsway Fast we will be utilizing a period of fasting from 12 am to 5 pm.

The Daniel Fast

This is a plant-based vegan diet consisting of whole grains, fruits, beans, nuts, seeds and vegetables. No animal products, processed foods, white flour products, preservatives, additives, sweeteners, flavourings, caffeine or alcohol are permitted during this time period.

3 Week KCLC Fasting Plan

Week 1: Juicing All Day

- Water can be consumed
- Green tea (or other herbal teas) with no sugar or milk can be consumed
- No coffee or black teas
- No processed foods, preservatives, artificial sweeteners or alcohol are permitted
- No solid foods

Week 2: Intermittent Fast with Fruits and Vegetables During the Eating Period

Week 3: Intermittent Fast with Fruits, vegetables, nuts, seeds, legumes and whole grains

Health Benefits of the KCLC Fast

- Reduced blood pressure
- Reduced cholesterol and LDL ("bad") cholesterol
- Lower blood pressure
- Lower insulin levels
- Lower levels of inflammation
- Increased cell turnover and repair

- Increased fat burning
- Increased metabolic rate
- Better appetite control
- Increase blood sugar control

Fasting Food List

It's important to ensure you're consuming foods with the highest nutritional value

Food category	Foods to Enjoy!!	Foods to Avoid
Carbohydrates	Brown rice, basmati rice, Thai (jasmine) rice, wild rice, and rice products such as rice cakes, rice crackers, rice based pancake mix, breads and pasta made from rice flour (read the label to make sure there is no wheat) If you need a break from rice, try the grains quinoa, amaranth, and millet	Sugar, honey, molasses, artificial sweeteners and all the products that contain them Corn and all products made with corn Wheat and all products made with wheat or containing wheat gluten
Legumes	Mung beans, bean thread noodles, miso	All other beans and products made with beans
Fats and Oils	Extra virgin olive oil or unheated flaxseed oil	All other oils and forms of fat, including butter and margarine
Beverages	Herbal teas, green tea, water, lemon water, diluted fruit juices, vegetable juices, water	Coffee, black teas, and all forms of alcohol
Condiments	Vegetable salt, sea salt, vinegar, naturally fermented soy sauce or tamari, any culinary spices, and miso	Ketchup, mayonnaise, Worcestershire sauce, barbecue sauce, and all packaged relishes, dressings and seasonings

Guidelines to Follow

Vegetables – can be steamed, baked, lightly sautéed in a small amount of virgin olive oil, eaten raw or juiced.

- 1* Leafy green vegetables – lettuce (romaine, red, bib, mixed leaf), spinach, endive, kale, chard, bok choy, escarole, arugula
- 2* Root vegetables – carrots, **beets**, potatoes, sweet potatoes, yam, celery root, parsnips, parsley root, radishes, turnips, rutabagas
- 3* Cruciferous vegetables – cabbage, cauliflower, **broccoli**, brussels sprouts, mustard greens
- 4* Vine vegetables – cucumbers, zucchini, and all varieties of squash
- 5* Onion family – shallots, garlic, onions, leeks
- 6* Others – asparagus, celery, okra, **artichoke (Jerusalem and globe)**, eggplant, string beans, red, green, yellow or orange peppers, seaweed, kelp, naturally fermented sauerkraut with no added vinegar or preservatives

Fruits - Enjoy all the fruits you want

For the best results on this fast avoid the following foods:

- 7* Alcohol
- 8* Chocolate
- 9* Coffee and black teas
- 10* Dairy products
- 11* Fats and oils (other than extra virgin olive oil or flax-seed oil)
- 12* Goods made with flour from wheat, corn, and
- 13* Grains (other than rice, quinoa, amaranth, and millet)
- 14* Grapefruit
- 15* Meat, fish, poultry, and eggs
- 16* Sugar

Prayer Services during the Fast and Half Night Prayer

Prayer meetings will be held at the following locations

East end: TBD

Central: Canada Christian College

West End: 106 Dwyer Dr, Brampton. Ont.

All are encouraged to attend.

- **Time:** All prayer meetings during the fast will be held from 7:00pm to 8:00pm.

Half Night Prayer Meeting on Friday January 31st - 10:00PM to 2:00AM

What You May Experience During the Fast

- Headache, nausea, dizziness – these will subside after the third day.
- The stomach will cease to feel hungry after the third day.
- You may experience constipation during a fast. Water consumption in the evening will help.
- Decrease in weight, pulse, and blood pressure. You may feel cold because the body is not taking in the usual calories. The process of digestion warms the body, as does activity and movement. Daily sunlight will warm your core temperature.
- Fasting may uncover pathology and reveal weaknesses that were previously sub – clinical.
- Discomfort experienced during the fast is due to the withdrawal of stimulants, hypoglycaemia, acidosis, elimination of wastes, and enhancement of repair.

Caution:

- **Diabetic- If you are diabetic, consult your doctor & believe for healing**

Do not fast if:

- Pregnant/ Lactation
- Suffer from an eating disorder
- Severe anaemia, porphyry, serious malnutrition, anorexia, bulimia
- Children (partial fast under parental supervision)

The importance of breaking a fast properly

- Breaking your fast is a crucial aspect of fasting which prolongs the fasting benefits into the evening
- The mind may develop abnormal cravings for food, be careful to resist these impulses.
- Do not consume heavy food suddenly.
- Exercise is discouraged while fasting.
- 10-20 minute/day sunlight exposure.
- Rest is the most important aspect of the fast. Less sleep is common at night due to decreased daily activity and increase in daytime rest.
 - **Fuel conservation is necessary to allow maximal healing.**
 - Short walks or light stretching is advisable.
- Renew and invigorate the body with healthy food choices, such as:
 - Freshly squeezed root juices: Carrot, apple, celery, beet (avail at Booster Juice) – these juices will not spike your blood sugar levels following a day of fasting.
 - Nuts and seeds- high in protein and essential fatty acids.
 - Light dinner: fresh fruit, raw/steamed veggies, whole grains, nuts, seeds, and legumes.

Scriptural Reading for the fasting, The New Testament.

- **Week One: Faith Reading: The Book of Hebrews**
- Repentance and rebuilding our altars
- Rehearse all incomplete projects before God for direction in the New Year.
- Pray for Senior Pastor and Family
- Pray for our associate Pastors and Families
- Prayer for the Elders of KCLC, Ministers, Team Leads and all ministries KCLC
- Pray for increased faith in KCLC
- Pray for personal needs
- **Week 2: Family Reading: Book of 1 Corinthians**
- Pray for KCLC to be a place of Love and Family

- Pray for the evangelistic arm of Kingsway (OASIS)
- Prayer for your a soul winning house
- Pray for Revival in our city with God using KCLC as a catalyst for the movement.
- Pray for Growth, Miracles, Wisdom, Knowledge, Understanding, Favour and Influence for KCLC and personally
- Pray increased sense of family in KCLC and our personal lives
- Pray for Personal needs.
- **Week 3: Finances Reading: Book of Genesis**
- Pray for increased wealth and influence for KCLC
- Pray for Personal needs, our nation Canada and our political leaders.
- Pastors in our cities and missionaries around the world
- Pray for a breaking of bad cycles and habits and addictions.
- Pray to have our own church building this year
- Pray for increased finances in KCLC and our personal lives
- Pray for Personal needs.

Fruitful Fasting

THE PURPOSE OF FASTING

DISCIPLINE

DISCERNMENT

DELIVERANCE

THE PRACTICE OF FASTING

PERSONAL

POSITIVE

PRUDENCE

THE PROMISES OF FASTING

REWARD

RECOGNITION

RELATIONSHIP

THE PRINCIPLES OF FASTING

CONVICTION

COMMITMENT

COMMUNION

THE POWER OF FASTING

WORD

WITNESS

WORSHIP

THE PRODUCT OF FASTING

OBEDIENCE

ONENESS

OPPORTUNITY