

# True Love **Missionary Baptist Church**

*Rev. Dr. R. Charles Hemphill, Jr., Senior Pastor*

## 2023 HOLY SEASON CONSECRATION GUIDE



### 40-Days of Fasting & Prayer

Begin: February 22, 2023 at 7:00 pm

End: April 8, 2023 at 7:00 am

#### Key Focus Verse:

**“By the sweat of your brow will you have food to eat  
until you return to the ground from which you were made.  
For you were made from dust, and to dust you will return.”**

– Genesis 3:19 (NLT)

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Your Name

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Your Accountability Partner

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Order of Worship

**Ash Wednesday**  
**February 22, 2023**  
**7:00 p.m.**

*“Today, I give up who I’ve been to become who God created me to be!”*

**Gathering**

**Call to Worship** **Minister or Deacon**

**Opening Prayer** **Minister or Deacon**

**Hymn - *“Pass Me Not, O Gentle Savior”***

**Old Testament - Joel 2:1-2, 12-17** **Minister or Deacon**

**Gospel Reading - Matthew 6:1-6, 16-21** **Minister or Deacon**

**The Lord’s Prayer** **ALL**

**Hymn - *“Jesus, Keep Me Near the Cross”***

**Offering** **Minister or Deacon**

**Music Ministry**

**Sermon** **Pastor Hemphill**

**Psalm of Confession – Psalm 51:1-17 (*Read Responsively*)**

**Application of Anointing Oil** **Pastor Hemphill**

**Doxology - *“Total Praise”***

**Benediction** **Pastor Hemphill**

**What is Fasting?**

1. Fasting is the discipline of abstaining from food or other creature comforts and delights for a specified time or season for spiritual purposes.
2. Fasting is a time of focused praying and spiritually humbling oneself for the purpose of being sensitive to the Holy Spirit. *Fasting without praying is dieting.*
3. Fasting is the denial of the appetites of our flesh. One can fast from food, sex, television, sports, shopping, social media, or etc. Whatever gives you “fleshly” delight and pleasure are areas from which you can “fast.” We must give up something that we crave and like in order for God to honor our fast.
4. Fasting was an established practice in the Old Testament as well as in Christ’s day and the early church. To ensure the greatest benefit, it is important that fasting be voluntary and not forced (Matthew 9:14-15; Mark 2:18-20).

**List items that give you great joy in this life:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Can you give up these items so they never own you? Why or why not?**

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**Why Do We Fast?**

1. To gain spiritual alertness to overcome temptation.
  - a. Jesus was led to fast for forty days (Matthew 4:2).
2. To seek God's will in a specific matter.
  - a. The Israelites fasted for direction in battle (Judges 20:26).
  - b. Paul and Barnabas prayed and fasted before choosing elders (Acts 14:23).
3. To repent of sin.
  - a. The Israelites fasted and repented and put away false gods (I Samuel 7:6).
  - b. David fasted and repented of his sin (II Samuel 12:16).
  - c. Daniel fasted and repented of his sins and the sins of the nation (Daniel 9:3-5).
4. To accomplish the work of God.
  - a. Nehemiah fasted over the condition of Jerusalem and the work that needed to be done to restore the people (Nehemiah 1:4).
5. To receive deliverance or protection.
  - a. Jehoshaphat and Judah fasted for deliverance (II Chronicles 20:3).
  - b. The Jews fasted after King Ahasuerus' decree (Esther 4:3,16)
  - c. Ezra and the people fasted for deliverance (Ezra 8:21-23).
6. To aid worship.
  - a. Anna served God with daily prayers and fasting (Luke 2:37).
  - b. The early church fasted worshipping God (Acts 13:2-3).
7. To overcome deep sorrow.
  - a. Over Saul and his son's death (I Samuel 31:13, II Samuel 1:12).
  - b. King Darius fasted when Daniel was in the lion's den (Daniel 6:18)
8. To humble ourselves
  - a. David denied himself by fasting (Psalm 35:13).

**How Do I Fast?**

- 1. One can engage in a *“partial fast”* – limiting particular foods or substances as in Daniel 1:6-19. Daniel and his friends refused to eat the “king’s meat” or the delicacies and fine food offered to them. Instead they ate vegetables and drank water for 10 days.

**KEEP PLENTY OF WATER ON HAND**

- 2. One can engage in an *“absolute fast”* – abstaining from all food and liquid for a defined period of time as in Exodus 34:28, Daniel 9:3 and Acts 9:9.

*Note: Moses (40 days), Daniel (unknown) and Paul (three days) neither ate nor drank.*

- 3. One can engage in a *“specific fast”* – which includes fasting from some specific pleasure, desire, habit, or other activities as well as food as in I Corinthians 7:5. Paul says husbands and wives can fast from intimate relationships with consent for a specified time. Daniel fasted from rich food and used no fragrant lotions for three weeks (Daniel 10:3).

**Note:** Please look your best during the Fast (Matthew 6:16-18). And please remember to carry breath mints or some other breath freshener with you. If not for your sake, do it for the sake of others. Let the Church say, “Amen!”

**What is your greatest challenge to fasting? Why?**

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**How Long Should I Fast?**

There is no clear biblical direction for how long to fast in every occasion. If you have never fasted, please check with your doctor. Then, start slow. As you learn what to expect, you can increase the length of your fast. Fast a meal or two before going on a 24-hour fast or longer.

**What Are the Benefits of Fasting?**

1. It will help bring your body (flesh) under control.
2. It will help you become more sensitive to the Holy Spirit’s leading.
3. It is a primary means of restoration. By humbling your body, it releases the Spirit in you to be revived for your specific call.
4. Fasting reduces self for a more intense working of the Holy Spirit within us.
5. Fasting helps purify us spiritually and increases our spiritual reception by quieting our minds and emotions.

*Please remember that fasting does not change God! God is the same before we fast, while we fast and after we fast. Fasting helps us see God’s vision versus ourselves or our problem(s).*

**Please list your expectations from this fast:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Fasting for the Wrong Reason**

It is possible to fast for the wrong reason. Fasting should never be for selfish motives. We should fast so that God’s will is revealed and that we surrender to His will personally and corporately.

Be cautioned about fasting to “*defeat the devil.*” Jesus has already defeated the devil. Jesus told His disciples, “... *this kind does not go out except by prayer and fasting*” Matthew 17:21 (NKJV). Fasting helps us become sensitive to the Holy Spirit, the things in the spiritual world and give us power to rely on God for victory.

We should never fast to “appear unto men” as spiritual. *This is unacceptable and has no life changing power.* If you fast for form and fashion, it will be rejected by God (Isaiah 58:3-5).

**Summary**

The pastor, bishop, or spiritual leader of the local church can call a Fast. Everyone should participate in some way. Fasting can be from one to many days. Only the Holy Spirit and your medical condition should determine how long and how often you fast. It can be from food(s) or certain pleasurable activities or desires (i.e. television, music, sports, shopping, computers or sex). Godly fasting brings our body under subjection and helps us become more sensitive to the leading of the Holy Spirit.



## 2023 Fasting Guidelines

Please consult your doctor before participating in the Fast. Follow your doctor's orders concerning your health, especially if you have to eat food before taking medication. This does not violate the fast. Commit at least one hour daily to devotion to God in Prayer and Bible reading.

***Remember: Sundays are Free Days during Lent***

### Days 1-20

**February 22<sup>nd</sup> @ 7:00 pm to March 16<sup>th</sup> @ 7:00 am**

- No pork and no fried foods during entire fast
- No alcoholic beverage of any sort during the fast
- No smoking at any time during the fast
- No food or drinks of any kind between 7:00 pm and 7:00 am
- Maximum of four hours of television or movies per day
- Drink plenty of water 24 hours a day, every day

### Days 21-40

**March 17<sup>th</sup> @ 7:00 pm to April 8<sup>th</sup> @ 7:00 am**

- No pork, no fried foods, no beef and no *\*white foods* for the remainder of the fast
- No alcoholic beverage of any sort during the fast
- No smoking at any time during the fast
- No food or drinks of any kind between 7:00 pm and 7:00 am
- Maximum of two hours of television or movies per day
- Drink plenty of water 24 hours a day, every day

**Remember: If you cannot fast from food, then fast from items you enjoy like television, the phone, social media, desserts, soda or *\*white foods* (i.e. white sugar; salt; white pasta; white rice; white beans; anything made using white flour; white solid fats (i.e. butter, cheese, Crisco, etc.); and white potatoes or corn).**

## **Daily Prayer Focus Areas**

The following should be the content of your 40-days of Prayer:

### **RESTORATION**

- Acknowledgement of Sin; Repentance; Assurance of Forgiveness; Homeless Christians; and Backsliders.
- Scripture: Colossians 1:14; Proverbs 28:13; I John 1:9; Psalms 51, 103:12, 40:103; Isaiah 1:18; I Corinthians 11:17-33; Romans 7:7-25; James 5:13-20; and Hebrews 10:24-25.

### **HEALING**

- Physical, Mental, Spiritual, Individuals, Marriage, Family, Siblings, Friends, Broken Relationships, Finances, Addiction and the Bereaved. And Peace, Prosperity, Protection and Provision in every home.
- Scripture: Matthew 22:37-39; III John 2; Exodus 15:26; James 5:14-16; Genesis 2:18-25; Ephesians 5:22-33; I Corinthians 7; I Corinthians 9:27 and I Thessalonians.

### **LEADERSHIP/MEMBERSHIP**

- Pastor Charles Hemphill, Lady Stephanie Hemphill and family, Pastor-Emeritus Willie Jacobs, Sister Minnie and Family; the Ministers and Deacons and their Families; ALL TLMBC Executive Board Members, Ministry Leaders and Members; all Local, Regional, National and International Church Leaders; and all Local, Government, and Global Leaders.
- Scripture: I Kings 3:1-15; Jeremiah 3:15; I Corinthians 12; Romans 13:1-7; Ephesians 4:1-16; I Timothy 3:1-13; Titus 1:7-11; and Titus 2:1-10.

### **STEWARDSHIP**

- Faithfulness with our Tithes, Time, Talent and Temple.
- Scripture: Matthew 6:33; Proverbs 3:9; John 14:12-14; Luke 6:38; II Corinthians 9:6; Romans 12:1-8; I Corinthians 6:19-20; Ecclesiastes 3:1-11; and Matthew 25:14-30.

### **THE WORK OF THE MINISTRY**

- The Church Universal; True Love Missionary Baptist Church and Uncommon Commitment to Christ for the fulfillment of the “Luv’n Out Loud” Ministry Vision; the Progressive National Baptist Convention; Nevada State Convention of the PNBC; Churches in the Las Vegas Valley; Greater Las Vegas; the Salvation of Souls; Spiritual and Numerical Growth of our Membership; Faithful Increase in Worship and Word Study Attendance; and the Empowerment of the Holy Spirit.
- Scripture: Ephesians 4:11-16; Acts 1:4-8; Acts 2:1-47; Matthew 16:13-19; Ephesians 6:6; Matthew 25:31-46; Matthew 28:18-20; and Colossians 3:22-23.

**2023 Member Challenges**

1. Accept or reaffirm your salvation.
  - a. Romans 3:23, 6:23, 5:8; Ephesians 2:8-9; John 10:25-30)
2. Read your Bible and pray every day for at least one hour.
  - a. I Thessalonians 5:16-18
3. Accept the Bible Reading Challenge.
  - a. Deuteronomy 17:19; Nehemiah 8:8; Habakkuk 2:2; Ephesians 3:4; Colossians 4:16
4. Pursue continual spiritual and mental growth.
  - a. II Corinthians 3:18
5. Memorize at least one Bible verse every week.
  - a. Psalm 119:11
6. Be a faithful steward of your time, temple, talent and treasure (giving at least 10% of your gross income).
  - a. Malachi 3:8-10; Proverbs 3:9-10; Hebrews 7:4-10; I Corinthians 6:19-20
7. Be active in a ministry and a growing disciple maker
  - a. James 2:18-26; Exodus 17:8-15; Exodus 18
8. Attend Sunday Worship and Word Study every week.
  - a. Hebrews 10:24-25
9. Take responsibility for promoting church unity and the encouragement of the saints.
  - a. Acts 2:42
10. Pray for the unchurched and commit to winning one soul per quarter.
  - a. I Thessalonians 5:16-18; Matthew 28:18-20

## RELEASING GOD'S SUPERNATURAL POWERS

### “The Secret of Successful Prayer”

Simply, prayer is communication with God. Anyone can pray, but those who walk in faith and obedience to Christ can expect to receive supernatural answers to prayers!

Praying with a clean heart is vital to successful prayer (Psalm 66:18-19). We cannot expect God to answer our prayer if there is unconfessed sin in our life.

Praying with a forgiving spirit is vital to successful prayer (Mark 11:25). One of the most common hindrances to miraculous answers to prayer is an unforgiving spirit.

Praying in faith is vital to successful prayers (Matthew 21:22, Matthew 9:29). Faith is the key to receiving answered prayer and being expectant about miracles for your life.

Fasting can't be separated from prayer. Fasting without praying is dieting.

Before fasting and praying, be prepared and commit to God given changes. God wants to direct us.

While praying, we should expect God to answer and reveal His will, His plans and His purposes.

Expect supernatural resistance from satan and his demonic forces during times of prayer and fasting.

Expect supernatural signs, wonders and miracle answers from God and a manifestation of the Holy Presence of Christ during times of fasting and prayer.

Expect lukewarm members to catch on fire and for things to never be the same as God's glory takes us from one level to the next.

## Daily Bible Reading and Devotions

*Start on February 22<sup>nd</sup> so we are all reading together*

### Reading Tips

- Choose a Bible translation that you are comfortable reading and will commit to reading from (i.e. KJV, NKJV, NASB, NIV, or NRSV).
- Remember that as we read our daily Bible readings, we should be reflecting on the passage of scripture and jotting down our reflections and what the Lord is saying to us.
- If reading uninterrupted for 45-60 minutes is too burdensome, then try breaking your reading up into two or three daily sessions. BUT, Do Your Reading Every Day!
- Pray at the beginning and end of each reading session. Remember to pray:
  - That you stay focused
  - That the Lord blocks all distractions
  - That the Holy Spirit brings all things to your remembrance, in due time
  - For ALL who have also accepted this challenge
  - Offering God thanksgiving for each daily accomplishment and blessing, as well as for success in subsequent days.

## The Holy Season Bible Plan

My Bible Translation: \_\_\_\_\_

**Starting Date:** February 22, 2020

**Date of Completion:** April 8, 2020

***Remember: Sundays are Grace Days during the Holy Season and have been included in our schedule***

### WEEK 1: ALL HAVE SINNED

- February 22<sup>nd</sup> – Genesis 3:14-19
- February 23<sup>rd</sup> – Romans 3:9-12
- February 24<sup>th</sup> – Ephesians 2:1-3
- February 25<sup>th</sup> – Luke 5:29-32

### WEEK 2: CALL TO REPENT

- February 27<sup>th</sup> – I Chronicles 7:14
- February 28<sup>th</sup> – Joel 2:12-13
- March 1<sup>st</sup> – Matthew 3:1-3
- March 2<sup>nd</sup> – Hosea 14:1-2
- March 3<sup>rd</sup> – Acts 2:37-39
- March 4<sup>th</sup> – Acts 5:27-32

### WEEK 3: TRUE REPENTANCE

- March 6<sup>th</sup> – Psalm 51:1-13
- March 7<sup>th</sup> – Job 42:1-6
- March 8<sup>th</sup> – Ezekiel 18:21-22
- March 9<sup>th</sup> – Jonah 3:4-5
- March 10<sup>th</sup> – II Corinthians 7:5-10
- March 11<sup>th</sup> – Matthew 16:24-28

### WEEK 4: WE NEED A SAVIOR

- March 13<sup>th</sup> – Micah 7:18-20
- March 14<sup>th</sup> – Zephaniah 3:14-17
- March 15<sup>th</sup> – Matthew 7:21-23
- March 16<sup>th</sup> – Matthew 25:31-46

March 17<sup>th</sup> – Psalm 118:25-29

March 18<sup>th</sup> – Romans 3:19-20

### WEEK 5: OUR SAVIOR HAS COME

- March 20<sup>th</sup> – Luke 2:8-14
- March 21<sup>st</sup> – John 1:14-17
- March 22<sup>nd</sup> – Matthew 16:21-28
- March 23<sup>rd</sup> – John 3:16-17
- March 24<sup>th</sup> – Philippians 2:5-8
- March 25<sup>th</sup> – Hebrews 7:25-27

### WEEK 6: WHO WE ARE IN CHRIST

- March 27<sup>th</sup> – I John 3:12
- March 28<sup>th</sup> – I Peter 2:9-10
- March 29<sup>th</sup> – Ephesians 2:8-10
- March 30<sup>th</sup> – I Corinthians 6:19-20
- March 31<sup>st</sup> – II Corinthians 5:17-19
- April 1<sup>st</sup> – Philippians 4:4-7

### WEEK 7: JESUS' FINAL WEEK

- April 3<sup>rd</sup> – Mark 11:1-10
- April 4<sup>th</sup> – Luke 19:45-48; Luke 22:1-6
- April 5<sup>th</sup> – Mark 14:3-9
- April 6<sup>th</sup> – John 17
- April 7<sup>th</sup> – Matthew 27:45-54
- April 8<sup>th</sup> – Matthew 28:1-10

***\*The second half of the fast now begins.***

## Consecration Devotional Hymn

### I SURRENDER ALL

1

All to Jesus I surrender,  
All to Him I freely give;  
I will ever love and trust Him,  
In His presence daily live.

*Refrain:*

I surrender all, I surrender all;  
All to Thee, my blessed Savior,  
I surrender all.

2

All to Jesus I surrender,  
Make me, Savior, wholly Thine;  
Let me feel Thy Holy Spirit,  
Truly know that Thou art mine. [Refrain]

3

All to Jesus I surrender,  
Lord, I give myself to Thee;  
Fill me with Thy love and power,  
Let Thy blessing fall on me. [Refrain]

Source: Baptist Hymnal 1991  
Author: Judson W. Van DeVenter

