



New Solid Rock Church Ministries
Pastors Terrence and Taunya Melvin

POWERFAST 2012

On Monday, February 6, 2012, New Solid Rock Church begins a 21- Day Corporate PowerFast. We are fasting so that we may “Position Our Faith” and our lives for the manifestation of the promises of God. This is a great time for consecrating our lives unto the Lord Jesus Christ. Consecration simply means to be SANCTIFIED or set apart for God’s purposes. During the PowerFast we will turn from our regular routines and give our undivided attention to God, Jesus Christ and the Holy Spirit through a season of prayer, fasting and meditation.

Remembering the scripture that says “This kind can come out only by prayer and FASTING” (Mark 9:29), the PowerFast helps us to escape the hustle and bustle of our busy lives and hit the RESET button. The spiritual power of Fasting, afford us a golden opportunity to experience real TRANSFORMATION and receive BREAKTHROUGHS instead of going through the motions of trying to make a change in our lives. Mature Christians understand that “our times are in God’s hands” (Psalms 31:15). Many of you have been praying about different issues like family, health and finances. Still others are seeking God for direction in life and are waiting for the VISION & PLANS God has already given them to come to pass. Fasting is a tool God has given His children to use to gain access to all of these REWARDS (Matthew 6:16-18). The Bible contains about 92 passages mentioning Fasting. Many heroes of the Faith including Moses, Esther, Nehemiah, Daniel and Paul fasted at crucial times in their lives. Jesus also taught, modeled and encouraged His followers to fast (Matthew 4:1-11).

During the PowerFast you are encouraged to increase your time and frequency of PRAYER. Prayer and Fasting work hand in hand. Prayer is one of the great Christian disciplines that is often a casualty of the hustle and bustle of our busy lifestyles. Jesus taught and modeled for His followers that we should ALWAYS PRAY (Luke 18:1). The PowerFast is a great opportunity for many of us to revisit and shore up our prayer lives. This PowerFast is also designed to expose God’s people to healthier lifestyle choices – those that will help us feel better, live longer, and become more effective servants for Jesus Christ. It is God’s Will that “you may enjoy good health and that all may go well with you, even as your soul is getting along well” (3 John 1:2 NIV).

This PowerFast is a great time to eliminate addictive habits like smoking, drinking and the consumption of other mood-altering substances (including caffeine). If you have been unsuccessfully trying to lose weight and exercise, this is a great time to TRY AGAIN. Remember that with the Lord’s help “I can do all things through Christ which strengthenth me” (Philippians 4:13 KJV). In his book “The Maker’s Diet,” Dr. Jordan S. Rubin writes that Fasting is to the body what rebooting is to a personal computer. “Many seemingly serious problems with a computer can be fixed by simply turning it off.” Dr. Rubin also writes, “Likewise, the body heals itself while it fasts – it undergoes an important regeneration process during our break from eating.” Everyone can participate with New Solid Rock in this PowerFast, but please consult your doctor before you join us in the PowerFast if you have chronic illnesses, heart or liver disease, take insulin for diabetes, are pregnant or nursing, or suffer from anemia.

During weeks 2 and 3 of the PowerFast when we resume eating meat, you are encouraged to eat only lean meats that are baked, broiled or grilled. During the PowerFast it is recommended that you increase water consumption to at least 8 to 10 glasses a day. On each day of the PowerFast meditate on the chapter of Proverbs that corresponds with the given day. For example, on February 6th we will meditate on the 1st chapter of Proverbs; on February 10th we will meditate on the 5th chapter of Proverbs.

Be careful not to boast about your participation in the PowerFast. This is a very personal, sacred, Spiritual and serious undertaking that should not be used as an occasion to gain glory for one's self. Remember the Words of Jesus when He said "when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will REWARD you" (Matthew 6:17-18 NIV).

We will consecrate each individual that is participating in the fast on Sunday, February 5th during our Sunday Morning Service. The PowerFast will start on Monday February 6th on Sunday, and will conclude at the benediction of our Worship Service on Sunday, February 26th.

Fasting Schedule

Week 1 (February 6-12) — No Meat, Poultry, Eggs or Fish Products

Week 2 (February 13-19) — No Grain, Bread products, Rice (i.e. oatmeal, cereals, crackers, popcorn, noodles, pastas)

Week 3 (February 20-26) — No Dairy Products (i.e. milk, butter, cheese, yogurt, ice cream, dairy dressings)

All 21 days (February 6-26) — eliminate all fried foods, sodas, caffeine, sodas and sugary sweets (i.e. candy, cakes, pastries, chocolate, donuts and cookies).

All 21 days (February 6 - 26) — Add to your diet healthy alternatives like: fruits and vegetables, nuts and seeds, pretzels, nut butters such as almond, peanut and cashew. Please drink more water, 100% juices (vegetable and fruit) and herbal teas.

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PowerFast - Adopted from City of Zion Church, Pastor Gregory Strong