

Fasting and Prayer — January 3-31, 2022.

To the saints and faithful in Christ Jesus

We are in the posture of moving from overflow. Our lives and families are flourishing. Our businesses are flourishing. Our church is flourishing. Our island is flourishing. VAV Global is flourishing. We are prospering in our mission fields that are ripe and ready for harvesting. We are the remnant — the Chosen, the Called, the Elect! The host of heaven is with us. We gird up our loins. 2022 is the best year we've ever experienced. A new year, new beginnings, new people, new relationships, new businesses, new ideas, new projects. 'Newness has come'.

If this is your first digital fast it will be a shock to you how much time you actually spend on social media. *Please use discernment & discretion!* You are taking the ultimate vacation time to be in God's glorious presence. This fast is about quieting our selves to hear from His Spirit and keeping ourselves full to overflow. Full meals (your regular meals) are acceptable from January 3rd up to and including January 15th.

First week: Jan 3 - 8. Regular meals. however, drink tea and water as beverages throughout this fast. No sugary items this week and onward. Fruits are acceptable and encouraged. Cut your time on social media in half. Some helpful tips - You have voicemail so you don't have to keep your phone on 24/7. Turn off the TV. Decide to stop going on social media just to see what someone is up to.

Second week: Jan 9 - 15. Regular meals. Continue with specific beverages as noted in the first week. No sugary items this week and onward. Fruits are acceptable and encouraged. Continue working towards cutting your time on social media in half or more.

Third week: Jan 16 - 22 Continue with specific beverages. No sugary items this week and onward. Fruits are acceptable and encouraged. No meats. No chicken or types of bird. No sea creatures except fish. Continue cutting your time on social media in half; disconnect totally from one (1) media platform - your choice.

Fourth week: Jan 23 - 29. Continue with specific beverages. No sugary items this week and onward. Fruits are acceptable and encouraged. No meats. No chicken or types of bird. No sea creatures except fish. Disconnect totally from two (2) media platforms. Keep cell phone use to minimal. Trust God - no news feed this week.

Wrap up: Jan 30-31 Continue from last week's specifics these two last days, giving God all our praise and worship. He is Father Goodness.

Moving from the place of overflow:

Blessed be the God and Father of our Lord Jesus Christ who has blessed us with every spiritual blessing (our inheritance) in the heavenly places in Christ — Ephesians 1

We are ALIVE together with Christ; We are RAISED up together with Christ; We are sitting together with Christ. We move from God's economy and not the world's system. Ephesians 2.

'We were born for such a time as this' purposely and intentionally positioned. Grace, peace and revelation. Ephesians 3

Every gathering has a purpose (a vision). Walk worthy of the calling with which you were called - individually and collectively. We are one body, one Spirit 'having then gifts differing according to the grace that is given to us, let us use them.' Ephesians 4

'Be strong in the Lord and in the power of His might.' We worship the King in our service to Him and to others. 'Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship'. You are entrusted to 'Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses'. Ephesians 5&6

Your walk, our walk, is from the place of perfect peace and rest.

Revelation is key to progressing. 'For the LORD God is a sun and shield; The LORD will give grace and glory; No good thing will He withhold from those who walk uprightly. Lord of Hosts, how blessed is the man who trusts in You!'

As we go through the bulleted points on these days of fasting, repentance, meditation, consecration, dedication, recommitment and prayer, Holy Spirit will bring other scriptures to your mind other than the ones listed. Feel free to add to the list below and use them throughout the year.

Esther 4:14

Psalms 23

Psalms 84:11-12

2 Timothy 1:12

Isaiah 49:1

Psalms 62:58

Romans 8:29

2 Corinthians 5:17

PRAYER:

Father God we pray and declare:

That You, Lord God is using every unique, special, talented, and gifted individual to bring about an outpouring of Your Holy Spirit and a new consuming fire of revival.

That You, Lord God is pouring out Your Holy Spirit upon all flesh who inhabit these Virgin Islands and to all the parts of the world that our local body of Christ will touch.

May the gospel that comes forth from us individually and collectively, be confirmed with many born into the kingdom of God accompanied with the operation of the gifts of the Spirit and MIGHTY signs and wonders following.

May countless believers grow and mature in the Lord and realize their calling and place of ministry within this ministry and the body of Christ.

May true spiritual discipleship and mentoring be a mighty force and reality for this ministry and the body of Christ. In the name of Jesus Christ,

Amen