

January 2012

National Book Month”

01.01 New Year's Day

- 01.01 Hugh Chin's BD
- 01.02 Brenda Humphries' BD
- 01.03 Nadia Chin's BD
- 01.06 Javontae Hall's BD
- 01.06 Charm Stirgus' BD
- 01.06 Kevin Stone's BD
- 01.07 Celeste Bilkerdyk's BD
- 01.08 Jeremiah Guess' BD
- 01.09 Angelia Hayes' BD
- 01.09 Gwen Jordan's BD
- 01.10 Save the Eagles Day
- 01.11 Robert Johnson's BD
- 01.12 De'Juan Andrews' BD

01.14 Jules & Shakira Lewis's WA

- 01.15 Eboni Gay's BD

01.16 M L King Day

- 01.16 Jayla McClure's BD
- 01.16 JoAnne Williams' BD
- 01.18 Tony Daigle's BD
- 01.19 Jason Dobbs' BD
- 01.20 Mary Holmes' BD
- 01.20 Derrick White's BD
- 01.21 David Calhoun's BD
- 01.22 Julia Lewis' BD
- 01.22 Angel Webster's BD

01.23 Lynn & Diona Swinney's WA

- 01.25 Charles Solomon's BD
- 01.26 Alanah Lewis' BD
- 01.26 Erica Nelson's BD
- 01.26 Darryl Warner's BD
- 01.29 Anthony Burks' BD
- 01.29 Susan Jackson's BD
- 01.29 Shirley Kelly's BD
- 01.30 Nicole Lee's BD

01.30 Dea. Keith & Cheryl Williams' WA

- 01.31 Rachelle Harrell's BD

Much Prayer...Much Power

Healing & Complete Wholeness

- Baby Broderick** (Feagin's great nephew)
- Baby London** (Heather's granddaughter)
- Ms. Naomi Baker** (Patrena's mother)
- Mr. Fred Barber** (Terri Davi's Father)
- Mrs. Lether Calhoun** (David Calhoun's mother)
- Samuel & Pearl Chin** (Hugh's Parents)
- Albert & Dora Collins** (Sherry Collins' parents)
- Ray Coursey**
- Rodric Dotson** (Janice Dotson's husband)
- Rev. Willie Edwards** (Recovering from Surgery)
- Theodore Edwards** (dear friend of the Langs)

- Renae Flennoy** (The Edwards' cousin)
- Monica Gaskin**
- Doris Grady** (Sis. Calhoun's Sister)
- Tranell Gordon**
- Tranell Gordon's family** (Ms. Freddie Words, Willie Smith, & Mae Moss)
- Greer Handy & her mother-in-law** (Roy Handy's mother)
- Crystal Hunter** (Dr. Ringfield's friend)

- Sha Jackson**
- Mother Mary Jones** (Sam Clemons' mother)
- Linda Jones** (Sister-in-law & grandson)

- Ms. Gloria Marshall** (Demetria's mother)
- June Norman** (Tammy O's mother)
- Kimberly Phillips** (The Longs' relative)
- Mother Pippins'** daughter, Deloryce
- Georgia McSwain's family**
- Andruett Miller & her Aunt Miriam**
- Cheryl Shelton** (Gwen Brackin's sister)

- Telisa Simpson**
- Robert Smith** (Rufus Smith's brother)
- Lolita Trotter Watson & Family**
- Cheryl Williams** & her Aunt Carolyn
- Lucy & Cassandra Zellars** (Denise Jones' mother & aunt)

Prayer Concerns

- 1. **Denise Jones'** civilian deployment to the Middle East (January 20, 2012)
- 2. **Alan & Glenda Long's** sons deployed as civilian to the Middle East
- 3. **Coach Torres** as he prepares to leave for the Middle East.

Mothers of Cornerstone

- 1. Mamie Christmas
- 2. Nan Lindsey
- 3. Winifred Pippins
- 4. Mary White

Military

- Our men and women who serve this country, especially our members:
- 1. Meguel Fredericks
 - 2. Jeremy Garrett
 - 3. Darryl "DJ" Jordan (is on a 6 month stateside leave),
 - 4. Yolanda Taylor
 - 5. Nikki Walton
 - 6. Marlon Washington, Jr

Our Spirit-Directed Gatherings

- January 8**—Couples' Ministry @ 5:45 p.m.
- January 11**—First day of Church Fast
- January 12**—Men's Ministry @ 7:00 p.m.
- January 14**—Men's Ministry @ 7:00 a.m.
- January 15**—Sanctity of Life Sunday
- January 15**—Women's Ministry @ 5:45 p.m.
- January 28**—Outreach Ministry. See Mother Pippins
- February 11**—Family Movie Night . More details to come.

Coordinated by Sis. Iris Pickett

“Worship before Work’
Fasting & Praying Guide



40-Day Walk though His Word with Prayer & Fasting
January 1-February 9, 2012

Cornerstone Baptist Church

7167 S. Sweetwater Road
Lithia Springs, GA 30122

(770) 941-2923

Pastor Benjamin Lang

January 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The Cornerstone Baptist Church 21-Day Consecration

Cornerstone will be partaking in a 21 day consecration starting **Wednesday, January 11th**. This 21-day fast is a type of “first fruits” offering. Here participants devote the

first days of the New Year to God by meditating, spending time in prayer and fasting, and in personal times of praise and worship.

Participants will fast from specific food and beverage items during the consecration. Multi-media consumption may be altered. This will be a great challenge for some and a real sacrifice, but the reward will be overwhelming once it is over. On **Wednesday, February 1st**, there will be a culminating celebration, prayer- praise and worship service to celebrate the manifestation of the many prayers lifted before God during the consecration.

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food or some other pleasurable item for a specific time and purpose. “When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth; those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you.” Matthew 6:16-18

My Growth In Four Areas (Based on Luke 2:52)

Jesus grew (increased) In:	My 2012 Christ-like Growth Plan
Wisdom: <ul style="list-style-type: none"> Intellectually Academically 	
Stature: <ul style="list-style-type: none"> Physically Emotionally 	
Favor With God: <ul style="list-style-type: none"> Spiritually Biblically In Your Faith-walk; In Your Financial Stewardship 	
In Favor With Mankind: <ul style="list-style-type: none"> Socially Relationships with F.R.A.N. (Friends, Relatives, Associates, Neighbors) 	

The Acts 1:8 Challenge Two ways Of Looking At Acts 1:8

Jesus said that “You shall be my witnesses”

My Commission In:	Theologically	Geographically
Jerusalem	Where Christ was rejected; and places where we are rejected	Local Missions
Judea	Where Christ was crucified; and places and where are persecuted	State Missions
Samaria	Where Christ was not wanted; places where we are not wanted	North American Missions
Ends Of the earth	Where Christ is not known; and places where we need to make Christ known	Overseas Mission

Based on the Acts 1:8 Challenge (above), identify areas in your life (theologically and geographically). How can you pray for and become involved in:

- Your Jerusalem (Self, Home, & Immediate Family)
- Your Judea (My Extended Family, Church & Neighborhood)
- Your Samaria (My job, school, city & county)
- Your Uttermost Parts of the World (My state, country, and the world)

PRAYING FOR THE LOST

1. Ask God to open their spiritual eyes (2nd Corinthians 4:4)
2. Ask God to set them free from spiritual captivity (2nd Timothy 2:25-26).
3. Ask God to give them ears to hear (Matthew 13:15), faith to believe (Acts 20:21), and the will to respond (Romans 10:9).
4. Ask God to send people into the person's life to witness to them (Matthew 9:38).
5. Ask God for ways to build caring, relationships (1st Corinthians 9:22).
6. Ask God for opportunities to witness (Colossians 4:3).
7. Ask God for boldness to witness (Acts 4:29).
8. Ask God for an opportunity to invite them to Prayer & Testimonial Service on Wednesday, **February 1, 2012** (Luke 14:23).

TWO CAUTIONS

1. **Remember** that fasting is not "earning" an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer.
2. **Fast** only if your health allows it at this time. If you are able only to do a partial fast -do it in faith and God will honor your intentions.

CONSECRATION SPECIFICS

- **Curtail** secular multi-media use to only 2 hours daily- TV, radio, MP3 players, video games, and internet. Christian stations, Christian media, and Christian games are fine.
- **Use** TV time for personal or family prayer; to read a specific chapter of the Bible (see selected reading).
- **Read:** The Book of Acts, Daniel 10, or see list of scriptures on Prayer and Fasting.
- **Pray** about your involvement in the five Functions of the church (Worship, Discipleship, Fellowship, Evangelism, Ministry/Missions)
 - A. Pray about your growth based on the Luke 2:52 table
 - B. Pray about your involvement in the Acts 1:8 Challenge
 - C. Make a serious concerted effort to refrain from sinful acts during this time.
 - D. No carbonated drinks for the duration of the fast.

WHY FAST & PRAY?

1. Because of God's command (1st Timothy 2:1-3)
2. Because our country, which is engulfed in humanism, immorality, superficial religion, and unbelief needs revival. And revival flows from the fountain of prayer (2nd Corinthians 4:3-4)
3. Because those without Christ are eternally separated from God (John 3:36)
4. Because we know family, friends, neighbors, and co-workers who need to be reached with the "Good News" of Christ.
5. Because some things cannot be moved without prayer and fasting (Matthew 17:20-21)

THE IMPORTANCE OF FASTING & PRAYING

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

- **Moses fasted before he received the Ten Commandments.** "Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments." Exodus 34:28
- **The Israelites fasted before a miraculous victory.** "Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah." 2 Chronicles 20:2-3
- **Daniel fasted in order to receive guidance from God.** "So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes." Daniel 9:3
- **Nehemiah fasted before beginning a major building project.** "When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of Heaven."
- **Jesus fasted during His victory over temptation.** "For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry." Luke 4:2

PROGRESSIVE FASTING SCHEDULE

Week 1 (January 11-17)

Food: Eliminate desserts, sweets, candy, and sodas. Consume plenty of water.

Media: Start fasting from all media you know that is displeasing to God.

<u>Dates</u>	<u>Suggested Reading Scheduled</u>
Jan 11	Ezra 8:21-22
Jan 12	Nehemiah 1:3-6
Jan 13	Nehemiah 9:1-3
Jan 14	Esther 4:2-4
Jan 15	Psalms 35:12-14
Jan 16	Psalms 109:2-4
Jan 17	Isaiah 58:1-3

Prayer & Praise for this Week:

Week 2 (January 18-24)

Food: Eliminate red meats (pork, beef, lamb, etc.), cut all starches such as pastas, rice, potatoes, and continue to eliminate items from Week 1. Consume plenty of water.

Media: Start fasting from any media with which takes you from studying God's Word.

<u>Dates</u>	<u>Suggested Reading Scheduled</u>
Jan 18	Jeremiah 36:5-7
Jan 19	Daniel 6:10-23
Jan 20	Daniel 9:1-4
Jan 21	Zechariah 7:1-14
Jan 22	Matthew 6:15-17
Jan 23	Matthew 6:17-18
Jan 24	Matthew 9:14-15

Prayer & Praise for this Week:

Week 3 (January 25-31)

Food: Continue to eliminate items from Weeks 1&2. Start eliminating poultry and dairy products. By January 29-31, eliminate all meats, poultry, fish and dairy products. Only consume clear soups, juices (natural), and plenty of water

Media: Fast all media

<u>Dates</u>	<u>Suggested Reading Scheduled</u>
Jan 25	Matthew 17:20-22
Jan 26	Luke 2:36-38
Jan 27	Acts 10:29-31
Jan 28	Acts 14:21-23
Jan 29	1st Corinthians 7:4-6
Jan 30	2nd Corinthians 6:1-10
Jan 31	2nd Corinthians 11:22-33

Prayer & Praise for this Week:

Things to Do to get the Most out of this Fast:

1. Fast
2. Fill out your Prayer List and pray over it daily.
3. Identify an accountability partner and speak with him/her daily about your progress and encounters during your time with God. If you are married, your partner should be your spouse.
4. Remember to pray for the lost as well as your own list of concerns.
5. Attend the Prayer & Testimonial Service on Wednesday, **February 1, 2012**, celebrating the end of the Consecration period.

While I encourage all members to participate, those with medical needs, such as diabetes, high blood pressure, enema, etc... should modify this list to fit their doctor's recommendations.

God will honor any earnest effort to offer a sacrifice unto him.

*In His Steps,
Pastor Benjamin Lang*