

NEWBIRTH

RUSH

RECEIVING UNLIMITED SUPERNATURAL HELP

FEBRUARY 22 - APRIL 6

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It's time for our annual Lenten Season fast.

This year God has challenged our Pastor to prepare us to journey through a 40-DAY R.U.S.H.

The word of the Lord to New Birth is prepare to Receive Unlimited Supernatural Help (R.U.S.H)!

Each year, we center our hearts, habits, and holistic person to God sacrificially through fasting. The Lenten season is our time of self-denial and personal sacrifice.

During this 40-day journey, we will hold a daily prayer Monday – Saturday, twice a day, at 7:00 am and again at 7:00 pm. Dr. Bryant will facilitate the prayer moment every Tuesday on our social platforms. The collective involvement of every member, partner and friend will position all of us for the supernatural.

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PRAYER SCHEDULE

Days: Monday – Saturday

Times: 7:00 am & 7:00 pm

Phone Number: (609) 663-5452

Prayer Call Start Date: February 23

RUSH FAST SCHEDULE

Monday - Sunday

NOON – 8:00 PM

YOU CAN EAT

8:01PM-11:59AM

During this time, we will not intake solid foods, only water, coffee,
and other calorie-free beverages .

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WHEN & WHAT CAN I EAT?

We recommend you eat:

Fermented Foods

Leafy greens

Cooked vegetables

Vegetable juices

Raw fruits

Nut butters

Fish, poultry, eggs, meats

Bone broth and soups

Healthy fats (coconut oil, olive oil, avocado,
grass-fed butter, and ghee)

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FEBRUARY 22, 2006

WHAT IS FASTING

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast; God rewards fasting.

According to the Bible, fasting means to voluntarily reduce or eliminate your food intake for a specific time and purpose. Non-believers may see this custom as unusual and unnecessary, but fasting has several benefits, both to the body and the soul. We will participate in intermittent fasting, which is to abstain from eating for a period of time every day.

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WHY WE FAST...

Fasting gives you more time for prayer. You can use the time you'd normally spend eating as time in prayer for what God wants to do among us during this Campaign. In the Bible, fasting is always connected with prayer.

"While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off." (Acts 13:2-3, N.I.V.)

Fasting demonstrates the depth of your desire when praying for something. It shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.

a. "Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord." (Joel 1:14, N.I.V.)

b. "Even now," declares the Lord, "return to Me with all your heart, with fasting and weeping and mourning." (Joel 2:12, N.A.S.B.)

Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!

a. "So we fasted and prayed about these concerns. And he listened." (Ezra 8:23, Msg)

b. "God says, 'Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?' Isaiah 58:6 (N.I.V.)

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BENEFITS OF FASTING

FASTING AND DECISION MAKING

We have all been at a crossroads at some point in our life. Usually, the choices we make every day are not significant, so we make them without a second thought. But some decisions aren't easy. If struggling with a spiritual matter, one may turn to God for guidance, but without a clear head, it can be difficult. By fasting, you physically deny your body of nourishment and ignore your hunger, allowing yourself to focus on your mental needs instead. Having achieved this mental clarity, it may be much easier to decide on important matters.

FASTING AND DISCIPLINE

Without discipline, life can quickly become chaotic. Many rely on discipline to stop themselves from making poor choices. Becoming disciplined is no simple matter, though, and most can't find the willpower to adopt this new way of life. One way to bring discipline into your life is through fasting. Denying your body of food is no easy task, and that's the point; if you manage to get through a day without eating, you have successfully conquered your body's need for food. That definitely requires significant discipline!

FASTING AND GRATITUDE

We live in such an advanced society that anything we desire is at our fingertips. It's easy to forget how lucky we are. If we are hungry, we go to the store and have our pick from thousands of food products. For entertainment, we have all sorts of gadgets at our disposal. But sometimes we need to take a step back and be grateful that we're not living in a place where people don't even have clean drinking water. Try going a day without food, and you'll realize that you're incredibly fortunate to have access to an abundance of resources.

"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 (N.C.V.)

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CAUTION!!!

Intermittent fasting is generally considered safe. However, it is best to use caution when beginning or following an eating routine. Restricting your calorie intake for an extended period of time could be dangerous for:

- CHILDREN AND ADOLESCENTS
- PEOPLE WHO ARE PREGNANT OR BREASTFEEDING
- PEOPLE WHO HAVE DIABETES
- PEOPLE TAKING CERTAIN MEDICATIONS
- PEOPLE WITH A HISTORY OF EATING DISORDERS

Before embarking on intermittent fasting or making any other drastic changes to your diet, consult a trusted healthcare professional to help you get started safely.

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HOW CAN I TARGET MY R.U.S.H. PRAYER TIME?

Monday – Pray to RECEIVE Grace

- John 1:16 – Out of his fullness we have all received grace in place of grace already given.
- Isaiah 40:31 - but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

Tuesday – Pray to RECEIVE Wisdom

- Proverbs 4:7 - The beginning of wisdom is this: Get wisdom.
Though it cost all you have, get understanding.
- James 1:5 - If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.
- Philippians 4:6 - Do not be anxious about anything,
but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Wednesday – Pray for UNLIMITED Access

- 1 Chronicles 4:10 - Oh, that you would bless me and enlarge my territory!
Let your hand be with me and keep me from harm so that I will be free from pain.
- Deuteronomy 28:2 And all these blessings shall come upon you and overtake you,
because you obey the voice of the LORD your God.

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HOW CAN I TARGET MY R.U.S.H. PRAYER TIME?

Thursday – Pray for the SUPERNATURAL

- DOUBLE PORTION (Joel 2:23)
- FINANCIAL ABUNDANCE (Joel 2:24)
- RESTORATION (Joel 2:25)

Friday – Pray for the SUPERNATURAL

- MIRACLES (Joel 2:26)
- DIVINE PRESENCE (Joel 2:27)
- BLESSING'S UPON YOUR FAMILY (Joel 2:28)
- DELIVERANCE (Joel 2:32)

Saturday – Pray for HELP

- Psalm 34:7 - The angel of the Lord encamps around those who fear him, and he delivers them.
- Isaiah 41:10 - Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
- Exodus 14:14 - 'The Lord will fight for you, and you have only to be silent.'
- Psalm 28:7 - The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

Sunday - Join us for corporate worship, live or online



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