

# *K*AINOS International Church



*Dr. Carol E. Dixon, Chief Apostle*

40 Days of Purpose

*Clarity, Conviction, and  
Consecration*

February 17th – March 28th 2021

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# *Meaning and Purpose*

To fast, as seen in scripture, is to refrain from specific food and beverages for spiritual purposes. Fasting, in the Bible, is known to provide clarity on God's will, courage for spiritual work, and strength for spiritual tasks. Fasting as a spiritual discipline is distinctly different from fasting for other reasons. What makes fasting a spiritual discipline is the accompaniment of intentional, intensive, and purposeful prayer? A fast without a prayer is just a diet.

For 40 days, we will fast and pray as a church, from Ash Wednesday leading up to Palm Sunday. This fast is not intended to be a religious ceremony. I hope it will be a transformative development in your walk with God. For that reason, I urge you to take the fast seriously not lightly. Give it your best commitment. Remember, if you think you can then you will. If you think you cannot then you won't. Just to be clear, this is free-will and is meant to be a celebration of discipline. If you are called on a trip or celebrating the birthday of a loved one and find it appropriate to break your fast for that special occasion, know that this is a choice between you and God.

We are not judging anybody.

Our 40 Day fast will focus on 3-C's: Clarity, Conviction, and Consecration. Many of us have decisions to make. There are open doors before us, career paths to determine, contracts to accept or decline, moves that need to be made and relationship decisions to be confirmed.

For some of us, there are matters from which we need to excuse ourselves. Others of us have relationships from which we need to walk away or cities to or from which we should relocate. Bottom line is that we need clarity. One way to get it is to push the plate away, pray and seek God's face without distraction. Fasting has a way of eliminating the satisfaction of our flesh. It strikes at our passion to give ourselves everything we want. That helps us with clarity.

Conviction and consecration are indispensable for Christian growth. We need to know that we know. In this fast, we are deepening our faith. During the fast, we are setting ourselves aside for God's special use. Consecration is to close the door to profanity and surrender to purity. For that reason, I am asking you to monitor what you feed your mind and your body.

Let's eliminate any questionable entertainment from

- Social Media
- Television
- Movies
- The Internet
- Music
- Literature

“Obscene stories, foolish talk, and coarse jokes – these are not for you. Instead, let there be thankfulness to God.” Ephesians 5:4 (New Living Translation).

Some within our congregation will need to close relationships that lead to ungodliness. During the fast we will also refrain from alcohol, marijuana and any other non-prescription drugs.

“As always with Meaning and Purpose for **CLARITY, CONVICTION, AND CONSECRATION**”!

In His Service,

Dr. Dixon



# FASTING GUIDE

This fast will begin as a partial Mediterranean diet and conclude with a diet of fruit vegetables, water and juice. We will not be eliminating all foods. Instead of thinking about what you will not be eating consider this fast as a celebration of the healthy food God has provided naturally from the ground. The guidelines for the dietary portion of the fast are as follows:



**Wednesday, March 24<sup>th</sup> ~ Sunday, March 28<sup>th</sup>**

**Wednesday, February 17<sup>th</sup> ~ Tuesday, March 23<sup>rd</sup>**

## Tuesday's & Thursday's

Refrain from eating from 6am - 6pm. Only water.  
"Unless under Doctor's Care-You must follow your prescribed order from the Doctor"

### Beverages

Drink lots of water No Carbonated drinks (if it fizzes, don't drink it) No alcohol All 100% fruit and vegetable juices or almond milk are permitted Coffee and herbal tea are permitted

### Sugars | Breads

Read the labels. No bread you can eat whole grain pasta, brown rice, oats, oatmeal, corn, popcorn, wheat etc.

### Meat

You can eat Fish (not Tilapia), Seafood, and Poultry (chicken and turkey) as long as it is NOT fried. Bake it, grill it, broil it, rotisserie it, but don't fry it! During this fast, try to eat more fish than poultry.



### Enjoy

Daily consumption of fruit, vegetables, whole grains and healthy fats are encouraged. Weekly intake of fish, poultry, beans, and eggs are encouraged. Eat pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts. Eat all the fruit and vegetables you can take.

## Thursday

Refrain from eating from 6am - 6pm. Only water

### Beverages

Drink lots of water No Carbonated drinks (if it fizzes, don't drink it) No alcohol All 100% fruit and vegetable juices or almond milk are permitted Coffee and herbal tea are permitted

### Meat

No Meat

### Other

Eat lentils, rice, hummus, chickpeas etc.



Enjoy corn chips and corn tortillas



# February 17<sup>th</sup> – February 23<sup>nd</sup>

# PRAYER FOR THE WEEK

## WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

Read Psalm 42 each day

**Wednesday, February 17<sup>th</sup>:**

Matthew 5:1-16

**Thursday, February 18<sup>th</sup>:**

Matthew 5:17-30

**Friday, February 19<sup>th</sup>:**

Matthew 5:31-48

**Saturday, February 20<sup>th</sup>:**

Matthew 6:1-15

**Sunday, February 21<sup>st</sup>:**

Go to Church Virtually!

**Monday, February 22<sup>nd</sup>:**

Matthew 6:16-34

**Tuesday, February 23<sup>rd</sup>:**

Genesis 1



Lord, High and Holy, Meek and Lowly, Thou hast brought me to the valley of vision, where I live in the depths but see thee in the heights; hemmed in by mountains of sin I behold thy glory. Let me learn by paradox that the way down is the way up, that to be low is to be high, that the broken heart is the healed heart, that the contrite spirit is the rejoicing spirit, that the repenting soul is the victorious soul, that to have nothing is to possess all, that to bear the cross is to wear the crown, that to give is to receive, that the valley is the place of vision. Lord, in the daytime stars can be seen from deepest wells, and the deeper the wells the brighter thy stars shine; Let me find thy light in my darkness, thy life in my death, thy joy in my sorrow, thy grace in my sin, thy riches in my poverty, thy glory in my valley.

In the Name of Jesus I Pray – Amen

Dr. Dixon Praying for you!





## February 24<sup>rd</sup> – March 2<sup>nd</sup>

### WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

Read Psalm 63 each day

**Wednesday, February 24<sup>th</sup>:**

Matthew 7:1-12

**Thursday, February 25<sup>th</sup>:**

Matthew 7:13-29

**Friday, February 26<sup>th</sup>:**

John 9:13-41

**Saturday, February 27<sup>th</sup>:**

John 10:1-21

**Sunday, February 28<sup>th</sup>:**

Go to Church Virtually!

**Monday, March 1<sup>st</sup>:**

John 11:1-27

**Tuesday, March 2<sup>nd</sup>:**

Genesis 2

## PRAYER FOR THE WEEK



O God, Thou hast helped me to see and know Christ, though obscurely, to take Him, receive Him, to possess Him, love Him, to bless Him in my heart, mouth, life.

Let me study and stand for discipline, and all the ways of worship, out of love for Christ; and to show my thankfulness; to seek and know His will from love, to hold it in love, and daily to care for and keep this state of heart.

Thou hast led me to place all my nature and happiness in oneness with Christ, in having heart and mind centered only on Him, in being like Him in communicating good to others; This is my heaven on earth, But I need the force, energy, impulses of Thy Spirit to carry me on the way to my Jerusalem

I Thank You Lord, I Receive it, I Consider it Done, In Jesus Name – Amen

Dr. Dixon Praying for you!



# March 3<sup>st</sup> – March 9<sup>th</sup>

## WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

**Read Psalm 66 each day**

**Wednesday, March 3<sup>rd</sup>:**

John 11:28-36

**Thursday, March 4<sup>th</sup>:**

John 11:38-57

**Friday, March 5<sup>th</sup>:**

John 12: 1-19

**Saturday, March 6<sup>th</sup>:**

John 12:20-36

**Sunday, March 7<sup>th</sup>:**

Go to Church Virtually!

**Monday, March 8<sup>th</sup>:**

John 12: 37-49

**Tuesday, March 9<sup>th</sup>:**

Genesis 3

# PRAYER FOR THE WEEK



GLORIOUS GOD,

It is the flame of my life to worship Thee, the crown and glory of my soul to adore Thee, heavenly pleasure to approach Thee. Give me power by Thy Spirit to help me worship now, that I may forget the world, be brought into fullness of life, be refreshed, comforted, blessed.

Give me Jesus , Son of Man, Son of God, that I might not be terrified, but be drawn near with filial love, with holy boldness ; He is my Mediator, Brother, Interpreter, Branch, Daysman, Lamb; Him I glorify, in Him I am set on high.

Let me live wholly to my Saviour, free from distractions, from carking care, from hindrances to the pursuit of the narrow way.

In the Name of Jesus I Pray – Amen

Dr. Dixon Praying for you!



# March 10<sup>th</sup> – March 16<sup>th</sup>

## WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

Read Psalms 16 each day

### Wednesday, March 10<sup>th</sup>:

Matthew 21:1-10

### Thursday, March 11<sup>th</sup>:

Luke 19:39-44

### Friday, March 12<sup>th</sup>:

Matthew 21:33-46

### Saturday, March 13<sup>th</sup>:

Luke 20:27-47

### Sunday, March 14<sup>th</sup>:

Go to church Virtually!

### Monday, March 15<sup>th</sup>:

Luke 21:1-9

### Tuesday, March 16<sup>th</sup>:

Isaiah 6

## PRAYER FOR THE WEEK



O MY SAVIOUR,

Help me. I am so slow to learn, so prone to forget, so weak to climb; I am in the foothills when I should be on the heights; I am pained by my graceless heart, my prayerless days, my poverty of love, my sloth in the heavenly race, my sullied conscience, my wasted hours, my unspent opportunities.

Make it my chiefest joy to study Thee, meditate on Thee, gaze on Thee; sit like Mary at Thy feet, lean like John on Thy breast, appeal like Peter to Thy love, count like Paul all things dung.

May I never seek in the creature what can be found only in the Creator; Let not faith cease from seeking Thee until it vanishes into sight. Ride for thin me, thou King of kings and Lord of lords, that I may live victoriously, and in victory attain my end.

In the Name of Jesus I consider it Done – Amen

Dr. Dixon Praying for you!





# March 17<sup>th</sup> – March 23<sup>rd</sup>

## WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

Read Psalms 20 each day

**Wednesday, March 17<sup>th</sup>:**

Matthew 22:34-46

**Thursday, March 18<sup>th</sup>:**

Matthew 24:1-14

**Friday, March 19<sup>th</sup>:**

John 13:1-20

**Saturday, March 20<sup>th</sup>:**

John 13:21-30

**Sunday, March 21<sup>st</sup>:**

Go to church Virtually!

**Monday, March 22<sup>nd</sup>:**

John 14:1-17

**Tuesday, March 23<sup>rd</sup>:**

Daniel 7

# PRAYER FOR THE WEEK



O LORD, MY LORD,

This is Thy day, the heavenly ordinance of rest, the open door of worship, the record of Jesus ' resurrection the seal of the Sabbath to come, the day when saints militant and triumphant unite in endless song I bless thee for the throne of grace, that here free favor reigns; that open access to it is through the Blood of Jesus; that the veil is torn aside and I can enter the holiest and find thee ready to hear, waiting to be gracious , inviting me to pour out my needs, encouraging my desires, promising to give more than I ask or think.

Give me in rich abundance the blessings the Lord's Day was designed to impart; May my heart be fast bound against worldly thoughts or cares; Flood my mind with peace beyond understanding; may my meditations be sweet, my acts of worship life, liberty, joy, my drink the streams that flow from thy throne, my food the precious Word, my defense the shield of faith, and may my heart be more knit to Jesus.

In Jesus' Name – Amen

Dr. Dixon Praying for you!



# March 24<sup>th</sup> – March 28<sup>th</sup>

## WEEKLY READING SCRIPTURE

Here are some passages to read and pray through this week.

Read Psalms 22 each day

**Wednesday, March 24<sup>th</sup>:**

Mark 14:22-31

**Thursday, March 25<sup>th</sup>:**

Matthew 26:36-48

**Friday, March 26<sup>th</sup>:**

Luke 23:13-32

**Saturday, March 27<sup>th</sup>:**

Matthew 27:33-54

**Sunday, March 28<sup>th</sup>:**

Palm Sunday I'll See you @ KAINOS –  
Celebrate!

# PRAYER FOR THE WEEK



God of all good,

I bless Thee for the means of grace; teach me to see in them Thy loving purposes and the joy and strength of my soul. Thou hast prepared for me a feast; and though I am unworthy to sit down as guest, I wholly rest on the merits of Jesus, and hide myself beneath His righteousness; when I hear His tender invitation and see His wondrous grace, I cannot hesitate, but must come to Thee in love.

By Thy Spirit enliven my faith rightly to discern and spiritually to apprehend the Saviour. While I gaze upon the emblems of my Saviour's death, may I ponder why He died, and hear Him say, "I gave My life to purchase yours, presented Myself an offering to expiate yours in, shed My blood to blot out your guilt, opened My side to make you clean, endured your curses to set you free, bore your condemnation to satisfy divine justice".

In the supper I remember His eternal love, boundless grace, infinite compassion, agony, cross, redemption, and receive assurance of pardon, adoption, life, glory. As the outward elements nourish my body, so may Thy indwelling Spirit invigorate my soul, until that day when I hunger and thirst no more, and sit with Jesus at His heavenly feast.

Father I Offer Praise to Thee – Thank You Jesus! In the Name of Jesus I Pray – Amen

Dr. Dixon Praying for you!

