

2022
PRAYER
AND
FASTING
JOURNAL

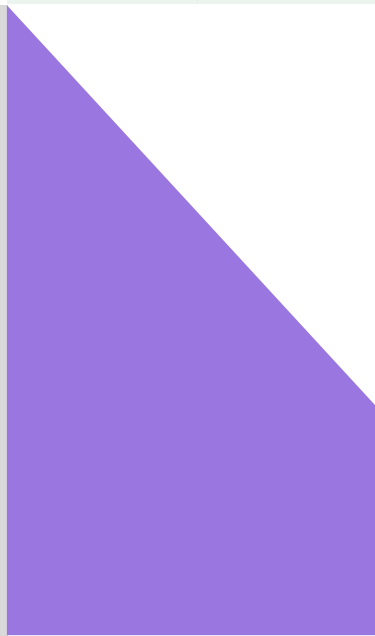
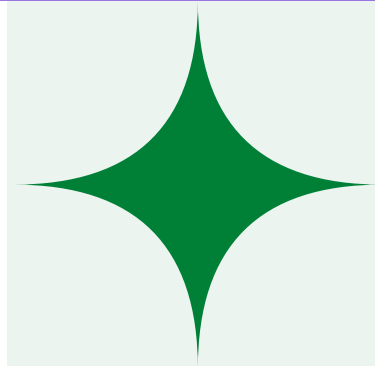


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A WORD FROM OUR LEADERS

Dear Love Life Family members and Friends,

Lady Kathy and I, along with our Elders staff, thank God for your willingness to sacrifice (give up) something dear to you for a period of time to spend sacred time with God through prayer and fasting.

God has spoken to our church that 2022 is a season to “Do it Again” The things that you have been doing for the Lord, continue and prepare for Miraculous Interventions. I

have great excitement and expectation for this upcoming year for everyone individually, our church collectively and the body of Christ entirely, that’s with holy boldness, stand and declare the truth of Word of God in the face of the broken and confused world.

The fast begins at 12:01am on Monday, January 3rd, and it ends Sunday, January 9th following our corporate worship service. This fast will be a partial fast; for those fasting from food, we will eat only vegetables and fruits (avoiding sugars, meats and carbs) once a day for the first five days. Saturday will be a total fast from all foods (drinking only water and 100% fruit juice). For others that are fasting from others things, I ask that you follow the same general parameters for the week.

Fasting does not change God. The Bible says, Heb 13:8 “Jesus Christ the same, yesterday, today and forever” but fasting does change us. Fasting helps to position us to hear from God, to silence the many noises and voices around us, and clearly hear the Master speaking. Jesus said, in Matthew 4:4, “Men do not live by Bread alone, but by every Word that proceeds out of the mouth of God.” I have provided some confessions that God has laid on my heart to give to you in order for us to be on one accord as a church family during this time. In addition, I encourage you to worship God, which is to love and honor Him for who He is to you. Therefore, refrain from things that may take your attention away from worshipping God like secular TV programs and reading materials, social media sights such as, Facebook, Twitter, Instagram, and other forms of “busyness”.

As you join with me during this time I am totally expecting to hear of miracles and testimonies of the power of God, as a result of this sacred time you are spending with Him. I declare over your life that things that once seemed not to make sense or didn’t work for you will come together and fall in place for you, as you speak the Word of God. Paul charged the church of Ephesus to commitment, boldness, and faith writing, “Having done all to stand. Stand therefore...” During this time of consecration, I ask that you make up your mind and stand united with me, and let’s witness this move of God together, as we speak and pray His word with Authority.

Pastor Kevin & Lady Kathy Lancaster

2022 WORD OF THE YEAR

**DO
IT
AGAIN**

Stay Focused and be Intentional is what I AM speaking to you! Intentionally focus on My words, ways, and character to escape the fierce trials and tribulations this world will bring your way to ignite doubt, dampen your witness, pollute passion, feed confusion, magnify jealousy, and produce rebellion toward My church, and the standard for righteous.

Don't allow the pressures of famines, useless conversations, and empty debates to lessen your confidence or resolve in the Word of God and the characteristics of salt and light, that I have named you. Light will ALWAYS overpower darkness and salt will preserve the sanctity of my Words over thee. You are useful not useless, valuable not worthless, chosen not common, you are the ANSWER not the problem.

This will be a year of spiritual separation says the Lord, a season of rearranging people, places and things in the secular and political arenas as well as the religious circles to better align My church in these final crucial years. Therefore, listen with your heart, be willing to shift from your normal ways, sacrifice your intellectual know how, and kill your fleshly habits to follow hard after Me.

Recall the days when you first discovered the love I have for you and the relationship I want from you. Regain that passion and declare that resolve for Me. Lukewarm behavior will not continue to produce for you.

Miracles will increase, supernatural encounters will happen, angelic appearances will be captured and the world will take note of the church.

My love for you will never change, My grace is more than enough to sustain you, your seed and every person that will yield to Me. Come to Me, fall in love with Me over and over again, for I tell you this is the key to staying focused and not drifting away. Love them again, live pure, speak with confidence, pray with boldness, live for God, and serve regardless of how others treat you.

Penned 12/22/21 @11:52pm

In the name of Jesus, I declare that my family is whole. I plead the Blood of Jesus over my loved ones. I pray that they will choose you for themselves and cultivate a personal relationship with you. Thank you for my children and their children. I declare that they are blessed and what their hands touch will prosper. Thank you that Jesus has broken every curse for my family and our actions and habits will line up with the promises of God. Thank you for mending relationships. Thank you for using me as a light, in Jesus' Name,
Amen!



CONFESSION 1 : THE WILL OF GOD FOR MY FAMILY



Journal 1



WHAT DOES THE BIBLE SAY ABOUT MY FAMILY?

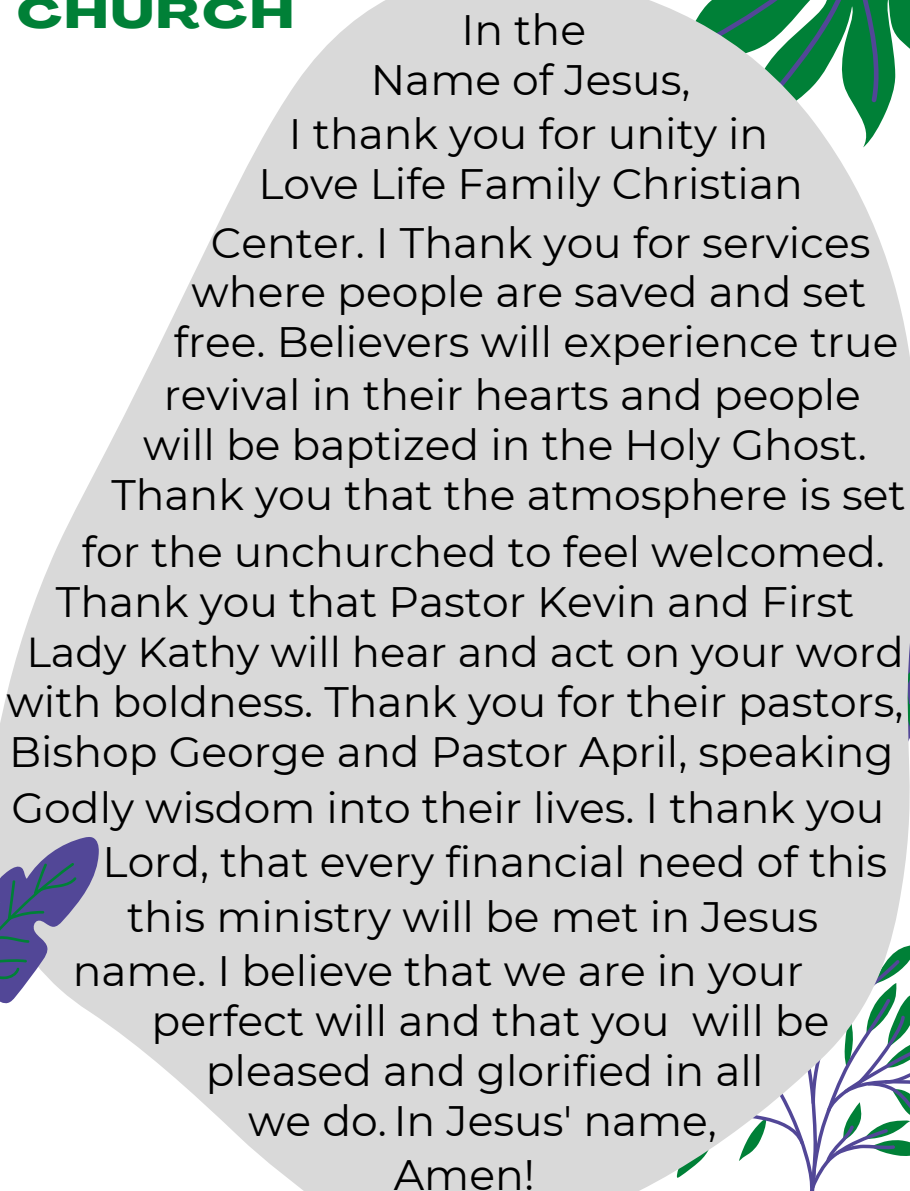
WHAT PROMISES AM I STANDING ON FOR MY FAMILY?

FASTING FACTS

Fasting is humbly denying something of the flesh to glorify God, to enhance your spirit and to go deeper in your prayer life.

Fasting can transform your prayer life into a richer and more personal experience.

CONFESSION 2: THE WILL OF GOD FOR MY CHURCH



In the
Name of Jesus,
I thank you for unity in
Love Life Family Christian
Center. I Thank you for services
where people are saved and set
free. Believers will experience true
revival in their hearts and people
will be baptized in the Holy Ghost.
Thank you that the atmosphere is set
for the unchurched to feel welcomed.
Thank you that Pastor Kevin and First
Lady Kathy will hear and act on your word
with boldness. Thank you for their pastors,
Bishop George and Pastor April, speaking
Godly wisdom into their lives. I thank you
Lord, that every financial need of this
this ministry will be met in Jesus
name. I believe that we are in your
perfect will and that you will be
pleased and glorified in all
we do. In Jesus' name,
Amen!



Journal 2



WHAT DOES THE BIBLE SAY ABOUT SERVICE TO THE CHURCH? AM I GIVING MY TIME, TALENT AND TREASURE? CAN I IMPROVE?

WHAT AM I BELIEVING AND CONFESSING FOR MY CHURCH AND PASTOR?

FASTING FACTS

Fasting is NOT – punishment to your flesh. Rather it is taking control of your flesh and spending intimate time with God.

Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

In the Name of Jesus,
I declare that God's Word
renews my mind, therefore I
✦✦ have a brilliant mind. I can
recall and speak forth the
things of God with clarity and
understanding. I know his
perfect will for my life. His
purpose for me includes total
life prosperity. I allow the Holy
Spirit to lead me to the good
life. His expected end for me
does not include evil; instead,
it is filled with peace. I receive
God's anointing on my life and
will not abuse it. I believe I
receive the manifestation of
my confessions right now, in
Jesus' Name,
Amen.



CONFESSION 3: THE WILL OF GOD FOR MY LIFE



Journal 3



WHAT DOES THE BIBLE SAY ABOUT ME AND WHO I AM IN CHRIST?

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WHAT PROMISES AM I STANDING ON CONCERNING MY PERSONAL LIFE?

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FASTING FACTS

Fasting is NOT – a jumpstart to your diet. Rather it is fueling your spirit man.

Fasting is a biblical way to truly humble yourself in the sight of God.



Heavenly Father,


I declare that I possess a hearing heart.

I hear from you in specific detail, not in vague impressions. Every word I hear from you empowers me to prosper and excel. I

stand firm in you, Lord. Because I am established in righteousness, the gates of hell do not prevail against me. Speak to me

concerning what I need to do to live for you and experience the reality of your blessings in my life. I obey you in all things, therefore, your

Word always comes to pass in my life. I am your sheep and you are my Shepherd. I know your voice, and the voice of a stranger I do



not follow. I hear your voice clearly and obey immediately, in Jesus' Name,

Amen!



CONFESSION 4: TO HEAR CLEARLY



Journal 4



WHAT DOES THE BIBLE SAY ABOUT HEARING FROM GOD?
LIST WAYS YOU CAN QUIET DOWN AND HEAR.

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LIST DISTRACTIONS THAT PREVENT YOU FROM HEARING CLEARLY. PRAY
FOR STRENGTH TO REMOVE THOSE DISTRACTIONS FROM YOUR LIFE.

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FASTING FACTS

Fasting is NOT – starving yourself for the sake of the gospel. Fasting is quieting yourself and spending intentional time with God to hear from him more clearly.

Fasting and prayer can restore the loss of your “first love” and result in a more intimate relationship with Christ.

CONFESSION 5: TO REACH THE LOST



I consecrate myself to you Lord,
to use me to witness to others, as you provide
opportunity. I will share with others about the saving
grace of Jesus Christ. Father, I thank you that
according to your Word, the harvest is ripe. I declare
that as I share the Good News of Jesus Christ, hearts
will be changed, and people will experience the Love
of God. Holy Spirit, I thank you that I am in
cooperation with you. I declare that Love Life Family
Christian Center is a multi-cultural family of believers
for all people. We thank you for the Harvest of Souls
that will be brought into your Kingdom as a result of
what you have done through us, in Jesus' Name,
Amen!





Journal 5



WHAT DOES THE BIBLE SAY CONCERNING THOSE WHO
DO NOT KNOW CHRIST?

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HOW CAN I IMPROVE MY WITNESS AND BRING MORE
SOULS TO CHRIST?

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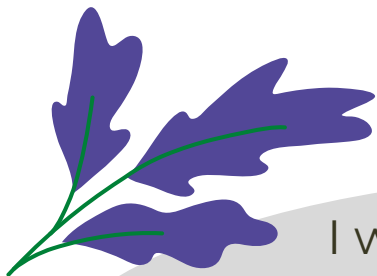
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FASTING FACTS

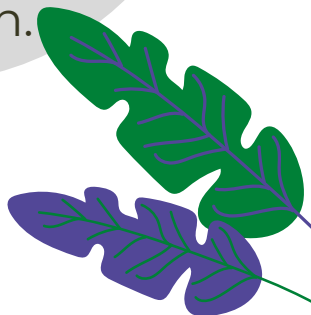
Fasting is NOT – to be talked about with those who are not fasting. Know the difference between being seen fasting and fasting to be seen. (Matt. 6:16)

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.

CONFESSION 6: DO IT AGAIN



I will stay focused and be intentional about your words, ways and character. I will remain fully confident in the Word of God when trials and tribulations of the world arise. I will not allow famines, empty debates, and useless conversations to lessen my confidence in you or the Word of God. I will follow hard after you. I will listen with my heart and be willing to shift my ways. I am yours and live to love you over, and over again.





Journal 6



WHAT DOES THE BIBLE SAY CONCERNING THE LOVE
OF GOD?

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WHAT ARE SOME WAYS WE CAN BE INTENTIONAL
ABOUT OUR LOVE FOR GOD?

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FASTING FACTS

Fasting is NOT – meant for you to feel condemned or defeated if you make a mistake. Don't let a momentary lapse define your fast. Remember why you are fasting.

Fasting enables the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you!

CONFESSION 7: SEASON OF MIRACLES



Father, I will trust you for divine exposure. My indecisive and lukewarm season is over. I will open my eyes and act in love, react in faith and walk in wisdom. I dedicate myself to spend quality time with you because I know it is your desire to advise, council, laugh and spend time with me. I will be bold about You! I will speak your words with confidence and passion in order to bring order back to things the enemy messed up. I will position myself, be sober and watchful. I will wait on you. I will remain in expectation for miracles. I will be bold in declaring miracles over my health, finances and relationships. I am free! In Jesus' Name, Amen!





Journal 7



WHAT DOES THE BIBLE SAY ABOUT MIRACLES?

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HOW HAVE YOU SEEN MIRACLES IN YOUR LIFE OR THE LIVES OF OTHERS AROUND YOU?

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FASTING FACTS

Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”



VEGGIE CHILI

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

PREP TIME

- Prep | 20 m
- Cook | 50 m
- Makes about 4-6 servings

PROCEDURE

- 01** Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. Reduce heat to low, cover pot, and simmer 5 minutes.
- 02** Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans
- 03** Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before **17** serving.

18 MEXICAN BLACK BEAN SALAD

INGREDIENTS

- 3 cans of black beans (15 ounces each) or 4 ½ cups cooked black beans, rinsed and well-drained
- 2 ears of corn, shucked, or 1 cup of canned corn (drained) or defrosted frozen corn
- 1 orange, yellow or red bell pepper, chopped
- 1 cup quartered cherry tomatoes
- 1 cup chopped red onion (from 1 small onion)
- ½ cup finely chopped fresh cilantro (about ½ medium bunch)
- 1 medium jalapeño, finely chopped
- ½ teaspoon lime zest (from 1 lime)
- 2 tablespoons lime juice (about 1 lime), to taste
- ¼ cup extra-virgin olive oil
- ¼ cup white wine vinegar
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt, to taste
- Optional garnishes: sliced avocado, lime wedges



PROCEDURE

01

In a large serving bowl, combine all of the ingredients and toss to combine. Taste, and adjust as necessary until the flavors really pop—I usually add another teaspoon or two of vinegar (you can use lime juice instead, for more mild flavor) and another ¼ teaspoon salt.

02

Cover and chill to enhance the flavors—preferably for at least 2 hours, or overnight. Serve in individual bowls as is, or with any of the garnishes listed. Leftovers keep well for up to 4 days or so; you might want to wake up the flavors with an extra squeeze of lime juice or tiny splash of vinegar.

PREP TIME

- Prep | 20 minutes (plus chill time)
- Cook | 0 m
- Makes about 4-8 servings



5 INGREDIENT (OR LESS) VEGAN DINNERS

01

Spaghetti with Vegan Meat
Sauce = Marinara Sauce +
meatless crumbles + Veggie
Noodles



02

- Pesto Gnocchi with
Broccoli = Vegan Gnocchi
+ Vegan Pesto + Roasted
Broccoli



03

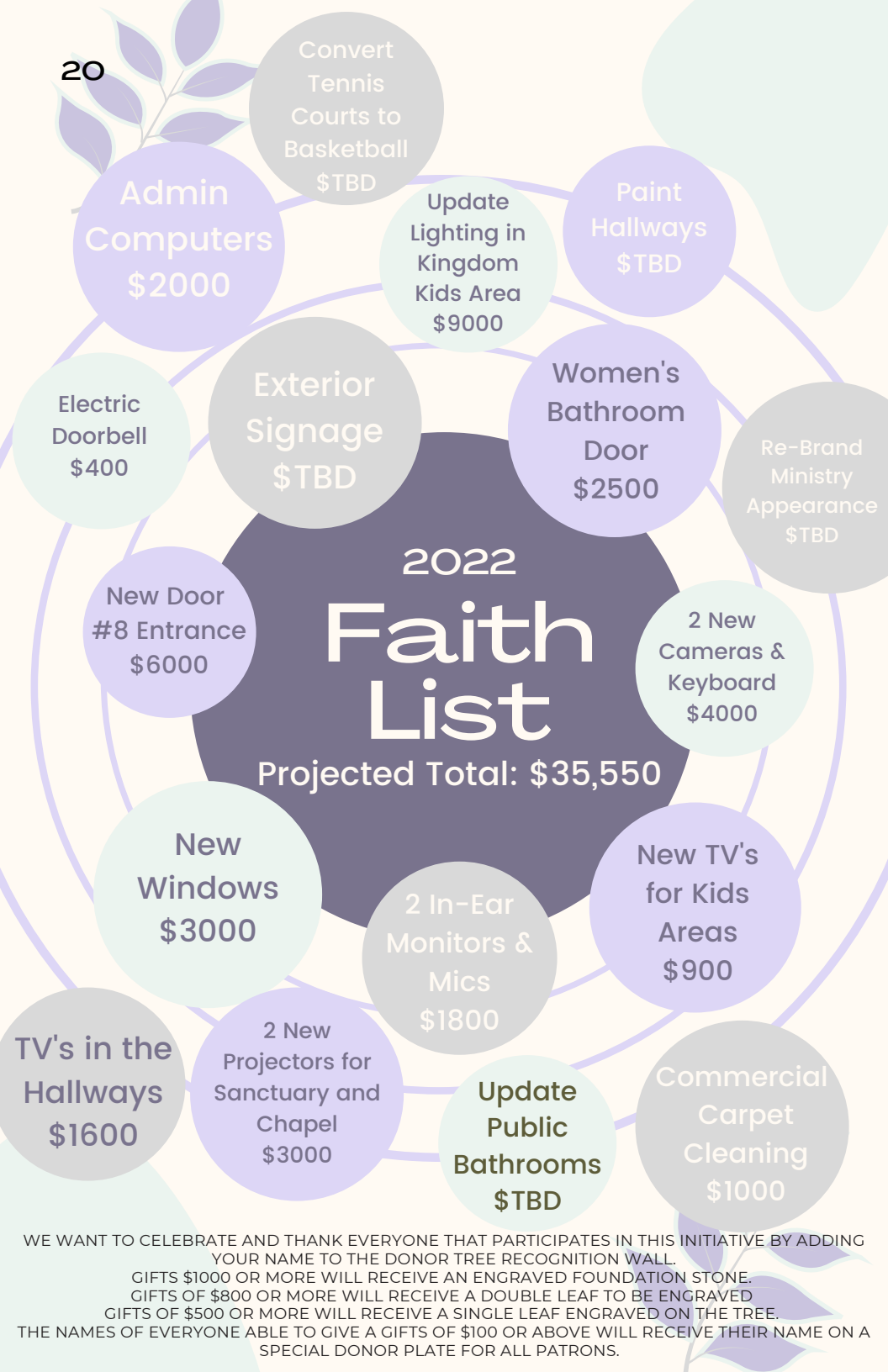
Quick Stir Fry = Frozen Mixed
Veggies + Soy Sauce + Cubed
Tofu + Cauliflower Rice



04

Zucchini & Squash Spaghetti =
Marinara Sauce + Spiraled
Squash and Zucchini + Cherry
Tomatoes

20



WE WANT TO CELEBRATE AND THANK EVERYONE THAT PARTICIPATES IN THIS INITIATIVE BY ADDING YOUR NAME TO THE DONOR TREE RECOGNITION WALL.

GIFTS OF \$1000 OR MORE WILL RECEIVE AN ENGRAVED FOUNDATION STONE.

GIFTS OF \$800 OR MORE WILL RECEIVE A DOUBLE LEAF TO BE ENGRAVED

GIFTS OF \$500 OR MORE WILL RECEIVE A SINGLE LEAF ENGRAVED ON THE TREE.

THE NAMES OF EVERYONE ABLE TO GIVE A GIFTS OF \$100 OR ABOVE WILL RECEIVE THEIR NAME ON A SPECIAL DONOR PLATE FOR ALL PATRONS.

LLFCC 2022 Church Calendar

JANUARY 2ND
JANUARY 3RD – 9TH

JANUARY 30TH
JANUARY 30TH

1ST COMMUNION OF THE YEAR
CHURCH WIDE CORPORATE FAST
(SEVEN DAYS OF PRAYER)
VISION SUNDAY
BEGINNING OF SMALL GROUP
WINTER/SPRING SEMESTER

FEBRUARY (TBD)
FEBRUARY 12TH
FEBRUARY 14TH

CONNECT CONFERENCE 2022 JACKSONVILLE
PARENT/CHILD DANCE
VALENTINE DAY (COUPLES OUTING)

MARCH 20TH
MARCH 26-28

BABY DEDICATION AND WATER BAPTISM
SHINE CONFERENCE WEEKEND

APRIL 15TH
APRIL 17TH
APRIL 30TH

GOOD FRIDAY (NO SERVICE SCHEDULED)
EASTER SUNDAY
END OF SMALL GROUP
WINTER/SPRING SEMESTER

MAY 8TH
MAY 29ST

MOTHER'S DAY (SONS OF DAVID IN CHARGE)
FAMILY AND FRIENDS SUNDAY MORNING SERVICE
(PEOPLE OF GRACE IN CHARGE)

JUNE 12TH

BABY DEDICATION AND WATER BAPTISM
(IN RECOGNITION OF FATHER'S DAY)

JUNE 12TH

BEGINNING OF SMALL GROUP
SUMMER SEMESTER

JUNE 18TH
JUNE 19ST
JUNE 19ST

GRATIOT CRUISE
FATHER'S DAY (WOMEN OF LIFE IN CHARGE)
JUNETEENTH

JULY 23RD
JULY 31ST

END OF SMALL GROUP SUMMER SEMESTER
FAMILY AND FRIENDS SUNDAY MORNING
SERVICE (FRONTLINE IN CHARGE)

AUGUST 25TH-27TH

POTENTIAL CARNIVAL

SEPTEMBER 4TH
SEPTEMBER 4TH
SEPTEMBER 18TH

LABOR DAY OUTDOOR SERVICE
BEGINNING OF SMALL GROUP FALL SEMESTER
BACK TO CHURCH SUNDAY

SEPTEMBER 21ST-23RD
SEPTEMBER 25TH

BABY DEDICATION AND WATER BAPTISM
LOVE LIFE FAMILY CONFERENCE 2022
FAMILY AND FRIENDS SUNDAY
(PASTOR KEVIN'S FAMILY TAKEOVER)

OCTOBER 30TH

FAMILY AND FRIENDS SUNDAY
MORNING SERVICE (CAD IN CHARGE)

NOVEMBER 20TH

THANKSGIVING TESTIMONY SUNDAY SERVICE

DECEMBER 3RD
DECEMBER TDB
DECEMBER 18TH
DECEMBER 31ST

END OF SMALL GROUP FALL SEMESTER
HOSTING THE WARMING CENTER
BABY DEDICATION AND WATER BAPTISM
NEW YEAR'S EVE SERVICE

4 WAYS TO GIVE TO LOVE LIFE

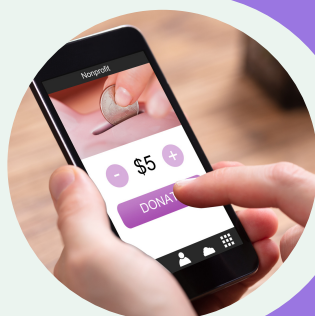


1. Cashapp

Send your donations to \$LLFCC. You can put your name or if you wish to give to a specific department, in the notes bar.

2. Text

Text "donateLLFCC" to:
888-364-GIVE (4483)



3. Online

Go to:
www.lovelifefamilycc.com/donate

4. Mail

All donations can be mailed to:
17363 Toepfer Dr.
Eastpointe, MI 48021
Make checks payable to:
Love Life Family Christian Center

