

**WATCHMAN CATHOLIC CHARISMATIC RENEWAL MOVEMENT**  
**2024 FIRST FRUIT FASTING EXERCISE Jan.22 – Feb 11. 2024**  
(Day 1)

**Theme: JUMPING IN THE JOY OF JUBILEE**  
**Texts: Ps.4:3-8; 32:11; 126:1-6**

The Most High God has faithfully crossed-us-over into the year 2024 with the promise of experiencing of resounding moments of joy. It is common knowledge that the God of growth follows the principles of growth in His relations with His people (Pro.4:18; Lk.2:40,56).

So has it been in His dealings with us: moving us from glory to glory (2Cor.3:18).

Our 2024 inaugural First Fruits Fasting exercise shall be knowledge based (Jn.8:32; Pro.24:3,4, 2Pet.1:2-4).

Knowledge is the building block of prosperity as a man's quality of life is a function of his knowledge –“*You are what you know*”. Prosperous life is birthed by adding resources to what one initially possessed. (Pro.1:5; 2Pet.1:5-8).

**Topic: FIRST FRUITS, POTENT AND PROFITABLE**  
**Sub-Texts: Gen.4:3-5; Exo.13:11-14; 23:19; Ezek.44:30**

Something is said to be '*potent*' if it has great power, influence or effect and '*profitable*' if it is beneficial, yields profit.

First Fruits Practice is about releasing the first (part of a) harvest, yield, income, resources obtained in a given season/period unto the Lord.

The practice stems from honoring the Lord (Pro.3:9). It arises from seeing the Lord as the Faithfull Provider who is worthy of the first portion of the resources or substance received (Exo.13:11-14). The resources can be tangible like materials, products, money, etc. or intangible like time, etc.

This is the principle that plays out in keeping the morning quiet time. The first fruits practice evokes God's principles of honouring those that honour Him (1Sam.2:30) and reaping what is sown. (Gal.6:7)

The indisputable dividends of the practice beget the sayings “*give God the first and He will take care of the rest.*” (Pro.3:9,10)

The principle played out in Abel's choice of animal for sacrifice (Gen.4:1-4) and was entrenched in the law as a principle of God's kingdom (Exo.23:16-19; Lev.23:10-12; Ezek.44:30); served as a metaphor for the Lord Jesus' accomplishment and the early believers' status (1Cor.15:20,23; 16:15; Rom.16:5).

In whatsoever area of life that the principle is applied, the effect is always veritable and resounding.

To enjoy the jubilee, one must show appreciation to the Person of the Giver by honouring Him with the first fruits of his increase; setting quality time to fellowship with Him.

In the dioceses, we set out the first 3 weeks of the Church's annual calendar, and first three days of every month to corporately wait on the Lord with fasting, and trust Him to keep the rest of the period.

Next, we shall consider the *art of fasting*.