

## 2018 Theme: Forward Focus/Focus Forward

◀ December	~ Consecration January 2018 ~						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1 FAST Until Noon</b>  <b>Water/Juices</b> "Meatless Monday" Consume NO Meat & Poultry	<b>2 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>3 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>4 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>5 FAST Until Noon</b>  <b>Water/Juices</b> Consume only <i>Foods Jesus Ate</i> (see attached)	<b>6 FAST Until Noon</b>  <b>Water/Juices</b> Consume <b>Soup &amp; Salad</b>	
<b>7 FREE DAY</b>  Maintain the principles of Consecration	<b>8 FAST Until Noon</b>  <b>Water/Juices</b> "Meatless Monday" Consume NO Meat & Poultry	<b>9 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>10 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>11 FAST Until Noon</b>  <b>Water/Juices</b> Steamed/Fresh Veggies, Salad Baked Fish or Baked Chicken	<b>12 FAST Until Noon</b>  <b>Water/Juices</b> Consume only <i>Foods Jesus Ate</i> (see attached)	<b>13 FAST Until Noon</b>  <b>Water/Juices</b> Consume <b>Soup &amp; Salad</b>	
<b>14 FREE DAY</b>  Maintain the principles of Consecration	<b>15 FAST Until Noon</b>  <b>Water/Juices</b> Consume <b>Soup &amp; Salad</b>	<b>16 FAST ALL DAY</b> <b>Water/Juices ONLY</b> Church will be open for prayer at 6:30pm	<b>17 FAST ALL DAY</b> <b>Water/Juices ONLY</b> Prayer Line Open at 6:30pm	<b>18 FAST ALL DAY</b> <b>Water/Juices ONLY</b> Prayer Line Open at 6:30pm	<b>19 FAST ALL DAY</b> <b>Water/Juices ONLY</b> Prayer Line Open at 6:30pm	<b>20 FAST ALL DAY</b> <b>Water/Juices ONLY</b> Prayer Line Open at 6:30pm	
<b>21 PRAISE GOD WE MADE IT!!</b> Slowly return to normal eating habits	<p><b>Note 1:</b> <i>If you have health challenges, seek the consultation of your Physician prior to commencing with this consecration. Your physician is welcomed to provide an alternate diet for you. Please let the pastor know if you fall into this category.</i></p> <p><b>Note 2:</b> <i>On designated "eating days" please try not to eat after 8:00p.m.</i></p>						

### Together we are praying for the following: **Spiritual Maturity | Church Unity**

- 1) **Spiritual Maturity:** Lord that I may grow in you in a manner that pleases you! (Ephesians 3:16-19) \*See Back
- 2) **Church Unity:** That there be **No Division** in our Local Church and Families (1 Corinthians 1:10)
- 3) **Spiritual Maturity: Individual & Collective Growth** in God (2 Peter 3:18 & 1 Timothy 4:15)
- 4) **Church Unity:** Unity & Peace in our communities and our Nation (**Ephesians 4:3 & Romans 15:5-6**)
- 5) **Spiritual Maturity & Unity: For those in authority,** our President, Governors, Mayors, Bishops, Pastors etc. (1 Timothy 2:2)
- 6) **Spiritual Maturity: In our financial stewardship,** Lord we claim complete financial independence. (1 Thessalonians 4:11-12 NIV)
- 7) **Catch All - any personal request you would like us to "agree" upon (Matthew 18:19).**

- Maintain the principles of our Consecration on your "Free" days, meaning no fatty, fried or otherwise unhealthy food choices. Notice the "themed" meal days to assist in planning. *Meatless-Monday, Friday for the Father* and *Soup/Salad Saturday*.
- Continue your **2½ hour daily** prayer, meditation, study time along with the reading of your scriptures throughout the entire 21 day period. This does not have to be completed all at once; the intent is that you pray throughout the day to increase your communication and strengthen your relationship with God.
- **Youth should participate in this Consecration;** under parental supervision, with a modified schedule and diet. Parents are expected to read the Bible with their children and also pray with them. Sample modifications may include, introducing healthy eating habits, no sweets/junk food or soda, limit game time/TV/cell phone usage and Social Media etc. **The church does NOT recommend that children ever go without eating!** We are simply introducing the principles of fasting and consecration to them!

**Spiritual Maturity:**

- Strengthen me in the inner man. *Ephesians 3:16*
- That I may be rooted deep in love and founded securely on love. *Ephesians 3:17*
- Let me grasp God's love – the breadth and length and height and depth of it. *Ephesians 3:18*
- That I might be filled through all my being with the fullness of God. *Ephesians 3:19*
- That I might become a body wholly filled and flooded with God Himself. *Ephesians 3:19*
- That I may "know" Him and the power of His resurrection. *Philippians 3:10*
- That He might grant me a spirit of wisdom and revelation. *Ephesians 1:17*
- That the eyes of my heart be flooded with light. *Ephesians 1:18*
- That I might know the greatness of His power in me. *Ephesians 1:19*
- That I may learn to sense what is vital and of real value. *Philippians 1:10*
- That I may abound and be filled with the fruits of righteousness. *Philippians 1:11*
- That He will keep and protect me from the evil one. *John 17:12*
- That I may know God's will. *Colossians 1:9*
- That I may be strengthened with all power, [to exercise] every kind of endurance and patience with joy, giving thanks. *Colossians 1:11-12*

**Prayer for Spiritual Maturity:**

*Dear Lord, I know I'm not perfect. I make mistakes that, at this stage I shouldn't. I slip up, I mess up. I do things I'm not proud of. I do things that I know makes Your heart bleed. But Lord, I am trying to be what You want me to be. I want to be whole in You. Whenever I worship You, a peace, a joy, a relief fills me. I want that feeling all the time. I know you have a great life mapped out for me. And I want to live it in You. Nobody ever really understood me like You do. So I'm asking you to give me the strength to resist all things that will not boost my relationship with You. I am hopelessly in love with You and I wanna show it. Not just say it and keep it to myself. In Your name I pray, Amen*

**Prayer for Church Unity:**

*Dear heavenly Father, You have called us to be Your children.. Your church, Your body.. and have made us members of one another and joint-heirs with Christ. We pray for grace and unity in the Church and ask that You would help us all to live in godly fellowship and brotherly love - and may we be united as **one in Christ**, in Whose name we pray.*

*Forgive us of our unbiblical prejudices and un-Christian principles - forgive me of my own biases and unloving attitude that I have towards other believers that do not conform completely to my own developed perspective of what a Christian should be. Forgive me for being too quick to criticize other brothers and sisters in Christ and for being too ready to declare our differences and denounce them as unfit for fellowship, rather than seeking to discover our similarities in Christ, and rejoicing that our citizenship is in heaven.*

*Help me Lord to love others as You have loved me - to love without prejudice or bias. Help me to be ready and willing to love the unlovable and to consent to be loved by others I would likely dismiss.*

*Bind Your people together in love and in the unity of spirit and the bond of peace and guide we pray, into all truth - knowing that You are no respecter of persons - and that ALL who trust in Your sacrifice at Calvary are forgiven sinners, citizens of heaven and accepted by the Father. Give us tender hearts and may we edify and encourage each other as we fellowship together in the Spirit, knowing that when two or three are gathered together in Your name, there are You in the midst. Help the whole church of God to live together in joyful harmony and sweet unity and may we learn to work together with one mind and one purpose - to lift up the name of Jesus and to point people to the Rock of our salvation..Keep us from selfish ambition and foolish arrogance and may we become humble in spirit .. thinking of others as better than ourselves - as we look to the Lord Jesus, the author and finisher of our faith and our perfect pattern for living in Christian unity, as befits Your children, We ask this in Jesus name, Amen*