

# Perfecting Saints

Church of God in Christ

## 2019 Theme: Developing Disciples

◀ December ~ January 2019 ~ February ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ALL WEEK NO FOOD After 7:30p.m.</b>  Maintain the principles of Consecration	<b>7 FAST Until Noon</b> Water/Juices "Meatless Monday" Consume NO Meat & Poultry	<b>8 FAST ALL DAY</b>  Water/Juices ONLY	<b>9 FAST Until Noon</b> Water/Juices Steamed/Fresh Veggies, Salad Baked Fish or Chicken	<b>10 FAST Until Noon</b> Water/Juices Steamed/Fresh Veggies, Salad Baked Fish or Chicken	<b>11 FAST Until Noon</b> Water/Juices "Friday for the Father" Consume only Foods Jesus Ate (see attached)	<b>12 FAST Until Noon</b> Water/Juices "Soup-n-Salad Saturday" Consume Soup & Salad
<b>13 FREE DAY ALL WEEK NO FOOD After 7:30p.m.</b>  Maintain the principles of Consecration	<b>14 FAST Until Noon</b> Water/Juices "Meatless Monday" Consume NO Meat & Poultry	<b>15 FAST ALL DAY</b>  Water/Juices ONLY	<b>16 FAST Until Noon</b> Water/Juices Steamed/Fresh Veggies, Salad Baked Fish or Chicken	<b>17 FAST Until Noon</b> Water/Juices Steamed/Fresh Veggies, Salad Baked Fish or Chicken	<b>18 FAST Until Noon</b> Water/Juices "Friday for the Father" Consume only Foods Jesus Ate (see attached)	<b>19 FAST Until Noon</b> Water/Juices "Soup-n-Salad Saturday" Consume Soup & Salad
<b>20 FREE DAY</b>  Maintain the principles of Consecration	<b>21 FAST ALL DAY</b>  Water/Juices ONLY	<b>22 FAST ALL DAY</b>  Water/Juices ONLY	<b>23 FAST ALL DAY</b>  Water/Juices ONLY	<b>24 FAST ALL DAY</b>  Water/Juices ONLY	<b>25 FAST ALL DAY</b>  Water/Juices ONLY	<b>26 FAST ALL DAY</b>  Water/Juices ONLY
<b>27 PRAISE GOD WE MADE IT!!!</b> Slowly return to normal eating habits	28	29	30	31	<b>Notes:</b>	
Together we are praying for the following:						
1) <b>Unity and peace in our communities and Nation</b> (Ephesians 4:3 & Romans 15:5-6) 2) <b>For those in authority, the President, Governors, Mayors, Church Leaders etc.</b> (1 Timothy 2:2) 3) <b>Health &amp; Wellness of the Church and its Members</b> (3 John 1:2 & 1 Corinthians 6:19-20) 4) <b>Individual &amp; Collective Growth in God</b> (2 Peter 3:18 & 1 Timothy 4:15) 5) <b>Complete Financial Independence</b> (1 Thessalonians 4:11-12 NIV) 6) <b>Catch All</b> - any personal request you would like us to "agree" upon (Matthew 18:19).						
<i>NOTE: 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>						

- 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 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!