

# 2021 CONSECRATION & FASTING GUIDE

## 21 DAYS OF PRAYER, MEDITATION, REFLECTION & LAMENT

### OUR PURPOSE IN THIS SEASON

Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will, humble ourselves before God, and position ourselves for spiritual breakthrough.

Jesus says,

"Verily I say unto you, whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say to you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered in my name, there am I gathered in the midst of them."

- Matthew 18:18-20

Remember your words have the power to destroy and the power to build up (Proverbs 12:6). The writer of Proverbs tell us, "The tongue has the power of life and death, and those who love it will eat its fruit." Will you use words to build people up or words that will destroy them? Like tools, words can be used to help us reach our goals, so use your words with good wisdom.

### THE SCHEDULE FOR THIS SEASON

This year our consecration fast will be a period of 21 days, **beginning on Sunday, January 10, 2021 and ending on Sunday, January 31, 2021.**

During this time, join us for corporate morning and evening corporate prayer calls on Mondays, Wednesdays, and Fridays.

**Dial-In Number: (605) 313-5086**

**Passcode: 458869**

**Opening Prayer:**

Sunday, January 10, 2021 at 7:00pmEST

**Monday, Wednesday, and Friday Prayer:**

Monday, January 11, 2021 - Friday, January 29, 2021 at 7:00am and 7:00pm

*You can also participate with us by*

- praying and meditating using the daily prayer themes and scriptures provided
- following along with the Daniel fast guidelines provided only if medically safe or choosing another non-dietary restriction to allow you to focus on God
- worshipping with us in the New Year's Revival on Sunday mornings in the virtual sanctuary

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### DAILY PRAYER THEMES

1. Pray words of love
2. Pray words of faith
3. Pray words of hope
4. Pray words of life
5. Pray words of prosperity
6. Pray words of victory
7. Pray words of success
8. Pray words that speak of being more than a conqueror
9. Pray words of encouragement
10. Pray words of "I can" (affirmation)
11. Pray words of expectation
12. Pray for personal and corporate blessings
13. Pray words that heal
14. Pray words of peace
15. Pray words of power
16. Pray for our nation
17. Pray for those struggling with COVID
18. Pray for the grieving
19. Pray for students, educators, and parents
20. Pray for essential workers, first responders, and medical professionals
21. Pray for wisdom and discernment about the vaccine

### DAILY SCRIPTURES FOR PERSONAL REFLECTION

- |                  |                      |                      |
|------------------|----------------------|----------------------|
| 1. Acts 2:41-47  | 8. 2 Timothy 3:16-17 | 15. 1 Kings 19:11-13 |
| 2. Romans 10:17  | 9. Psalm 32:8-9      | 16. Romans 8:14      |
| 3. Jeremiah 33:3 | 10. James 1:19-27    | 17. John 5:30        |
| 4. Acts 10:34-38 | 11. John 6:63        | 18. Ephesians 4:1-6  |
| 5. Isaiah 8:21   | 12. Luke 11:28       | 19. Revelation 2:10  |
| 6. John 16:13    | 13. John 14:16-17    | 20. Acts 2:14-21     |
| 7. Hebrews 4:12  | 14. Hebrews 2:1      | 21. Acts 2:41-45     |

### DANIEL FAST GUIDELINES

During these 21 days of consecrating, for those for whom it is medically safe, we will adhere to the fasting plan called the Daniel Fast (Daniel 10:2-3)

**Foods You May Eat:** Brown rice, oats, barley, dried beans, pinto beans, split peas, lentils, black eyed peas, apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, skinless chicken or fish, distilled water, 100% all natural fruit and vegetable juices

**Refrain from:** beef, pork, white rice, fried foods, caffeine, carbonated beverages, preservatives or additives, refined sugar or sugar substitutes, white flour, margarine, shortening, high fat products, pastries, cookies, and unhealthy snacks