



*Reverend Tristan J. Salley, Senior Pastor*

## **2021 Prayer and Fasting Consecration**

*Sanctify a fast, call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God and cry out to the Lord. – Joel 1:14 NRSV*

It is once and again that we arrive at the dawning of a new year. The last 365 days have left more than a mark on us as we recount and recollect the numerous inconveniences that we have all experienced. But as a consequence of the natural progression of time, we find ourselves at the turning of the calendar from one year to the next.

As is our custom and tradition, we look to begin the year as a unified body of believers in prayer, seeking the Lord for guidance and direction. This year we are calling for members of our community to partner with us for a 7-day (January 1<sup>st</sup> to 7<sup>th</sup>) period of prayer and fasting.

As we continue to “reimagine” ministry in the face of our virtual reality, this year we are asking you to join us in our Zoom Sanctuary for prayer at 7:30am, 12noon and 7:30pm each day that we may earnestly pray as a church family. Additionally, we invite you to join us in a fast – the giving up of something, that we might draw closer to God.

Below you will find information on our daily prayer and instructions for our fast. During the start of this new year, it is my prayer that God will strengthen each of us individually and collectively that we may be the people who He has created us to be, and that we will be the church that “Touches Lives, Impacts Generations and Empowers Communities.”

### ***Daily Prayer Themes***

Day 1	Family
Day 2	Health & Healing
Day 3	Forgiveness
Day 4	Provision
Day 5	Wisdom
Day 6	Strength
Day 7	Direction & Guidance

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## Consecration Guide

- a) Spend quality time with God daily in prayer and devotion
  - Daily Prayer and Devotion at 7:30am, 12noon and 7:30pm via our Zoom Sanctuary
  
- b) Be intentional in what you put in your body
  - Fast every day from 6:00 AM – 6:00 PM.
  
  - \*Please consult your Doctor/Physician before beginning any fast. Your health is important.
  
- c) Be intentional of being physically fit –
  - Exercise is an essential element to living healthy lives. We encourage you to do something active for 15minutes per day. (i.e. sit ups, walking/running, pushups or jumping jacks)
  
- d) Make a commitment to HONESTLY tithe 10% to the house of God
  - Commitment to give to the house of God a portion of what God has blessed you with.
  
- e) Engage in godly and positive conversations/language
  - Make it a priority to encourage somebody else.
  - Convey to those that are near and dear to you, that you love them.
  - Commit to NOT gossiping, slandering, or using abusive language.
  - If you do not have anything positive to say, then put a gate around your mouth. (James 1:26)

# Daniel Fast Guidelines

(Scriptural Basis - Daniel 10:2-3)

## **Foods to include in your diet during the Daniel Fast:**

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to 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, raisings, raspberries, strawberries, tangelos, tangerines and watermelon.

All vegetables. These can be fresh, frozen, dried, juices or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also not butters including peanut butter.

All legumes. The can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, French beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

The Fish Option: Limit their intake of fish to no more than twice a week. Abstain from shellfish, catfish, and another fish or seafood that is a scavenger or does not have fins or scales.

## **Foods to avoid on the Daniel Fast:**

All meat and animal products including but not limited to beef, lamb, pork and poultry.

All dairy products including but not limited to milk, cheese, cream, butter and eggs

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods, including but not limited to potato chips, French fries, corn chips, etc.