

***HOPE TEMPLE COGIC***  
***Pastor Samuel C. Wilson***

**21 DAY CONSECRATION**

**JANUARY 6-26, 2025**



# What is the 21 Days of Prayer?

## 21 Days of Prayer

For 21 days we will commit to communicating with God by praying on our own and together as a church family.

## 21 Days of Discipline

During this time, we will commit to growing closer to God through the discipline of fasting from food, so we identify God as our true priority.

## 21 Days of Bible Devotion

Along with prayer and fasting, we will commit to getting to know God better through a daily devotional study which will help us grow in the areas of our lives that matter most to Him.

# Why We Fast

The posture of fasting in its simplest form is about putting God first in our lives. In our fast-paced, ever-evolving world, it's important to take time to remind ourselves of our true priority. Closeness with God is the one and only thing that can bring us true peace, fulfillment, joy, and assurance.

Fasting is not always a comfortable journey for your physical body, but if you commit yourself to prioritizing God for the next 21 days, you'll find there's nothing better for the health of your spirit and your relationship with God than to intentionally put Him first.

*“Come back to me and really mean it! Come fasting and weeping, sorry for your sins! Change your life, not just your clothes. Come back to God, your God. And here's why: God is kind and merciful. This most patient God, extravagant in love, always ready to cancel catastrophe.”*

**Joel 2:12-14 MSG**

*“Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and most important command.”*

**Matthew 22:37-38 HCSB**

*“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2 NKJV*

## **Types of Fasting**

You may be happy to know there is more than one kind of fast. Especially if you’ve never fasted before, we advise you to consult your doctor before taking on a complete fast or certain selective fast. Here are four primary ways to fast:

### **COMPLETE FAST**

This fast calls for drinking only liquids, typically water with light juices as an option.

### **SELECTIVE FAST**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you abstain from meat, sweets, and bread, only consuming water and juice for fluids and fruits and vegetables for food.

### **PARTIAL FAST**

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 AM to 3:00 PM, or from sunrise to sunset.

### **SOUL FAST**

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their lives that are out of balance. For instance, some might select to abstain from using social media or watching television for the duration of the fast, carefully bringing that element back into their lives in an orderly fashion at the conclusion of the fast.

# 21 Days of Prayer

## Why We Pray

Every good relationship starts with the same key elements – love, trust, honesty, and communication—and the same concepts apply to our relationship with God. Prayer is all about connecting with God through a personal relationship with Him. God speaks to us through His Word, but He also wants us to talk back to Him.

It's through prayer we express our love and thanks to Him, we ask Him for the things we need, or we just let Him know where we are struggling and need His help. God is never far away from you. In every little moment of every day, He is right beside you with His love fully focused on you—so just talk to Him.

## How We Pray

During this time, we will explore effective and powerful prayers to enhance our prayer life. Prayer is communication with God which requires two-way conversation. You don't have to say or do anything that you wouldn't normally say or do when you're talking to someone—just be yourself! God wants to hear your honest prayers. Share your thoughts, your frustrations, what you're thankful for, what you need—He wants to hear it, so He can respond! God doesn't want polished, eloquent prayers; He just wants to hear from you. He wants to have your undivided focus as you speak to Him throughout your day. In 1 Thessalonians 5:16-17 ESV it says, *“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God.”* Pray when you're getting ready in the morning, when you're on your way to work or school, as you're walking to your car or the next destination, when you're driving, and everywhere else. God is with you all the time, so anytime is a great time for prayer!

## Purpose of Fasting

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual

connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world.

Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of the world to focus completely on God.

During the fast you will want to concentrate on **Prayer, Bible study, and meditation**. Fasting is a great way to enter preparation for growing in the Lord. Fasting is a powerful spiritual discipline. With the coupling of fasting and prayer, one can open themselves to God's Holy Spirit. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart, and He will minister to you in a powerful way. God's awesome power is transforming, and you will know that with God, all things are possible.

## Preparing for the Fast

The 21-day fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have a special dietary need, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific health need(s). **If you are under a physician care, check with your doctor first and continue to take your medication as prescribed.**

During the 21 day fast, you will not consume meats, sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people may experience a physical detoxing during the first few days of the fast-including headaches, migraines, fatigue, leg cramps and other typical symptoms. You can reduce these effects by weaning yourself from these foods before the fast begins and by drinking at least ½ gallon of filtered water each day before, during, and after the fasting period. ***Anytime you have a concern about symptoms you may experience, be sure to contact your health professional before continuing the fast God honors the heart.***

## WEEKLY SCHEDULE

### **1<sup>st</sup> Week of Prayer –January 6-12 (Steadfast Spirit)**

**Baked/Grilled turkey, chicken & Fish, Vegetables, fruits & nuts**

Abstain from: Fried foods/Fast food/soda/energy drinks/coffee/tea/sugar/candy or sweets

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|--------------------------|---|
| January 6 (Elders)       | Prayer in the Sanctuary @ 6 pm            |
| January 7                | Personal devotion and prayer              |
| January 8 (Missionaries) | Prayer in the Sanctuary @ 6 pm            |
| January 9                | Personal devotion and prayer              |
| January 10 (Youth)       | Prayer in the Sanctuary @ 6 pm - midnight |

### **2nd Week of Prayer –January 13-19 (Walk by faith)**

**No meats. Vegetables, fruits, & nuts.**

Abstain from: Meats/Fried foods/Fast food/soda/energy drinks/coffee/tea/sugar candy and sweets

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|----------------------|---------------------------------------|
| January 13 (Mothers) | Prayer in the Sanctuary @ 6 pm        |
| January 14           | Personal devotion and prayer          |
| January 15 (Deacons) | Prayer in the Sanctuary @ 6 pm        |
| January 16           | Personal devotion and prayer          |
| January 17 (Sisters) | Prayer in the Sanctuary / Bible Study |

### **3rd Week of Prayer –January 20-26 (Hope Temple's Declaration, Vision/Mission)**

**See Daily Schedule Below:**

Abstain from: Meats/Fried foods/Fast food/soda/energy drinks/coffee/tea/sugar/candy and sweets

Monday & Tuesday – Fruits & 100% Juices only

Wednesday – Total (water only) from 6 am Wednesday to 6 am Thursday.

Thursday – Vegetables, fruits & nuts

Friday/Saturday – Baked/Grilled turkey, chicken & Fish, Vegetables, fruits & nuts

### **Prayer Schedule**

January 20 (Elders)	Prayer in the Sanctuary @ 6 pm
January 21	Personal devotion and prayer
January 22 (Missionaries)	Prayer in the Sanctuary @ 6 pm
January 23 (Brothers)	Prayer in the Sanctuary @ 6 pm
January 24 (Mothers)	Prayer @ 6 pm. REVIVAL 7 pm

**Questions or concerns should be directed to Pastor Wilson.**