

CONSECRATION 2022



EMPTY FILL POUR

CORNERSTONE PENTECOSTAL CHURCH



FAST SCHEDULE



Fast Begins: January 9, 2022

Fast Ends: January 30, 2022

Prayer Nights

Wednesdays at 7:00 pm

FB + YT: Cornerstone Pentecostal Church

WHY IS CONSECRATION IMPORTANT?

Consecration: to be set apart, to set aside as holy; to make sacred, to devote or dedicate for a purpose.

This 21-day period we have set apart to refrain from certain foods and reduce the time we spend watching tv, playing video games, using the computer, using the phone, shopping etc. is special because we have declared that this time belongs to the Lord!

WHY FAST



Fasting is like hitting the reset button physically and spiritually. Life can often catch us by surprise, things build up over time and we can lose our spiritual focus. Fasting gives us an opportunity to take our minds off things of the world like TV shows, social media, electronic devices, worldly music, shopping and other distractions.

Fasting can help you:

- Create healthy eating patterns
- Disconnect from toxic friendships
- Break unhealthy habits and addictions
- Gain self-control
- And more!

The benefits of fasting are numerous!

Some things will only change by prayer and fasting!
(Mark 9:29)



WHAT TO EAT



Eat your regular meals three times a day: breakfast, lunch, and dinner. Choose healthy snacks such as fruit, vegetables, nuts, string cheese, fruit cups, pretzels, crackers etc.

Foods to avoid:

- Sweets
- Desserts
- Pop
- Junk Food: Chips, Candy, Cookies etc.

This is a guide to help you in your fast, but you can always go deeper! To stretch yourself and increase the intensity of your fast, you can cut out meats, breads, or dairy.

Remember: If you mess up, don't get discouraged. Just get right back on track and keep going! God wants you to finish, and He will give you the grace and strength to do it!

IT'S NOT ABOUT WHAT YOU LOSE, BUT WHAT YOU GAIN

Don't focus on what you are doing without.
Focus on what you hope to achieve during this
time of consecration.

- Closer relationship with God
- Freedom from distractions
- Supernatural power
- Direction in your life

Ask: God, what do you want to do in my life?
How do you want to use me?

We can also bring our concerns and desires to
God and we can expect God to work in our
situations!

LESSEN DISTRACTIONS

This time of consecration & prayer is a special, set aside time. We are to put away the usual busy activities we normally engage in from day-to-day.

Minimize cell phone use. Only text when necessary. It is okay to make people close to you aware that you are in consecration so they know why you are unavailable.

However, we do not go around boasting that we are in consecration, just to get attention. The Bible tells us not do this in Matthew 6:5.

LESSEN DISTRACTIONS

Avoid social media! Do not allow Snapchat, Instagram, Tik Tok, YouTube, video games etc. to be a distraction. You can go without it. Delete apps temporarily if necessary. If this is very difficult, make a specific goal to cut back.

Example:

I will not be on social media for more than 30 minutes per day. Next week, reduce to 15min. Last week, no social media.

Without distractions, you have more time with God to pray, read and study your Bible.

PRAYER &
FASTING TIPS!

PLAN YOUR DAY

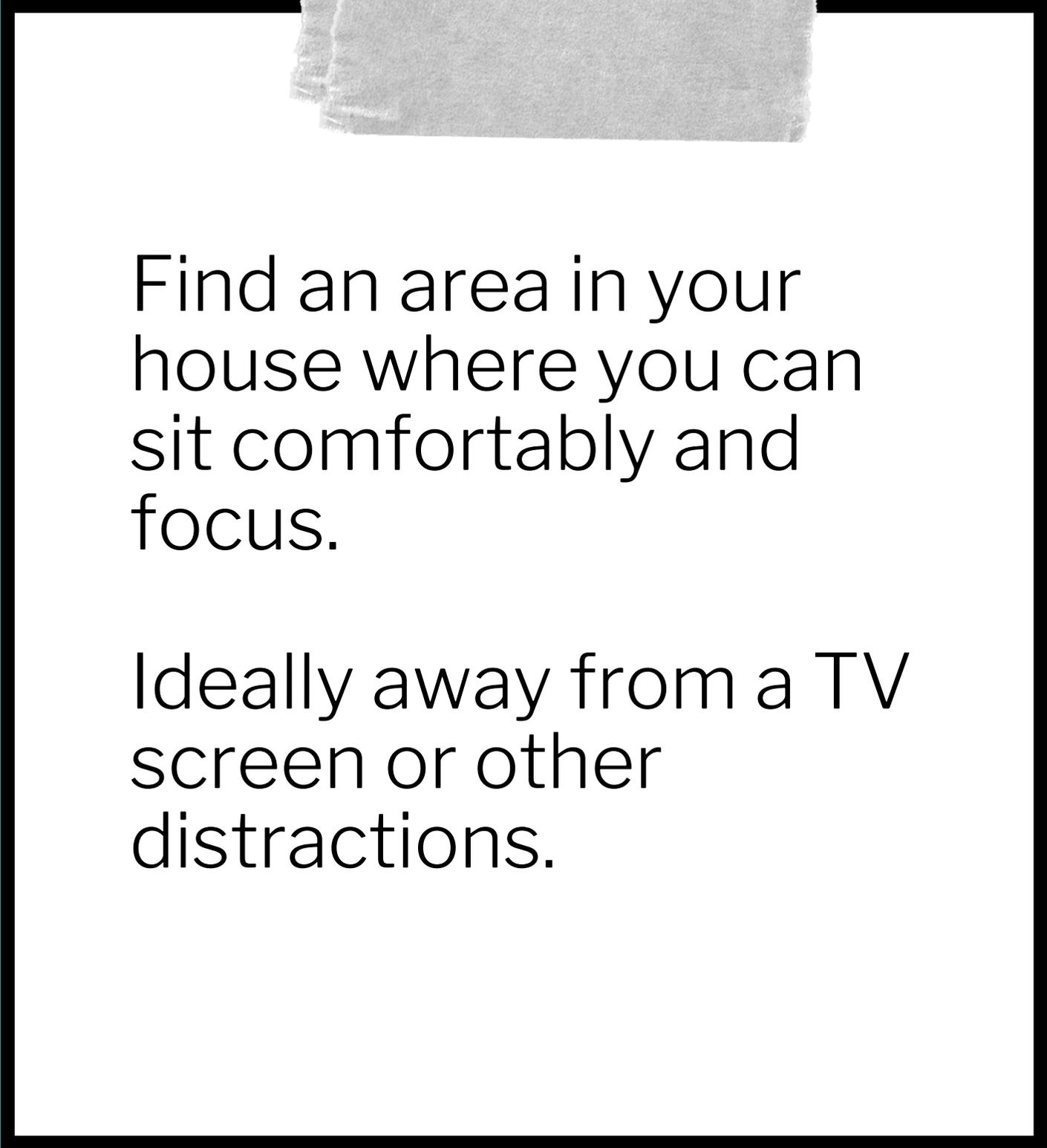


Scheduling your day will help you be successful during the fast.

You can write down what you will eat each day and when you will spend time in prayer and studying the Bible.

Having a plan will help you stay focused!

SET YOUR SPACE



Find an area in your house where you can sit comfortably and focus.

Ideally away from a TV screen or other distractions.

Trying to read the Bible
and keep zoning out?
Note-taking keeps your
mind engaged.

Use a journal to write down
what you believe God is
speaking to you, track your
progress, or jot down any
questions you may have.

TAKE NOTES

PRAYER

REQUESTS



Make a list of what you are praying and believing God to do for you, your family, friends, relationships, finances, ministry, career, your future, your purpose, wellness, healing, deliverance, and your community.

Whatever it is, refer to this list in your prayer time to help you remember what and who to pray for.

ASK FOR HELP

When things get tough, don't just push through it on your own. Reach out to the adults in your life who are fasting with you for support. You can also text or call any of the youth leaders for prayer and encouragement!

1. Download the Church app "Cornerstone Pentecostal Church".
2. Go to "Fast 2022".
3. Click on "Ascend" for more resources to help you during your fast.



Christin



Rebecca



Pastor Rob

LEADERS