

CONSECRATION 2022

**EMPTY
FILL
POUR**



SCHEDULE

CONSECRATION

January 9 - January 30, 2022

We will break the fast with Communion
on Sunday, January 30, 2022.

ONLINE PRAYER NIGHTS

Wednesdays - 7:00pm

FB Live: Cornerstone Pentecostal Church

YouTube: Cornerstone Pentecostal Church

2 CHRONICLES 7:14

If my people who are called by name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven and will forgive their sin, and will heal the land.

QUESTIONS

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EMPTY FILL POUR

God wants to fill us and inspire us. But being filled by God isn't a "one and done" kind of thing. It's something we are continually involved in. So *how do we position ourselves to receive that holy oil that never runs dry?* **We empty ourselves.**

As we go throughout life, we can accumulate sin and debris that tarnishes our ability to be used by God. When we are so full of ourselves and our sin we make it awfully difficult for Christ to fill us up. Emptying ourselves is a necessary part of the process of growing into the image of Christ. He wouldn't empty us if he didn't care about the outcome of our lives.

When we get ourselves out of the way, then all of God can come in and do His will. Many of us are praying to God to fill us when we are, in fact, *already full with something else*. Be willing to let go of those things that may be holding you back from his best and get ready to **be filled up**. I promise you that the blessings He wants to fill us up with will be far better than the junk that we often allow to clutter our lives.

Jesus' whole life was focused on being **poured out**. "*For even the son of man came not be served but to serve, and to give his life as a ransom for many.*" *Mark 10:45*

Serving others is our purpose also. When we fast, pray and spend time applying the Word of God, it prepares us to be poured out. This spiritual preparation causes us to be ready at the precise moment to make a major impact when we "POUR OUT". We must **be intentional about pouring out**.

Remember this: When you pour out, you will always stay full. People who "hoard" their gifts, their finances, their talents, and their spare time, never seem to have enough.

Father, You made me and desire to use me. I pray that You empty me of me, and that I am willing to be emptied. I pray that You purify me so that I may walk in the cleanliness of Your Holiness. I pray that You fill me with all that is You. And then, Father, pour me out into this world in the ways that You have appointed for me and for my life.

In Jesus Name, Amen.

FASTING GUIDELINES

WHAT TO EAT

Vegetables
Fruit
Wholegrains
Legumes
Beverages: Water, 100% Fruit & Vegetable Juice, Herbal tea (caffeine free), Almond milk, Soy milk (unsweetened)

WHAT NOT TO EAT

Meat
Breads
Dairy
Sweets and desserts
Fried foods
Beverages: Coffee, Tea, Carbonated Beverages, Energy Drinks

ENTERTAINMENT

Limit TV, shopping, cell phone activity, social media, video games, and social activities.

Spend as much time as you can, reading and studying God's Word, Praying, Worshipping and Listening to what God is speaking to YOU! If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it!

If you have serious questions about your health, or if you are under physician's care, please consult your physician before changing your diet.

FOODS TO INCLUDE

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, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES

These can be fresh, frozen, dried, juiced 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.

ALL WHOLE GRAINS

Including, but not limited to, brown rice, millet, quinoa, oats, barley, grits(stone-ground), whole wheat pasta, whole wheat tortillas, rice cakes. All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

ALL LEGUMES

These can be canned or dried. Legumes include but are not limited to dried beans, pinto 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, Distilled, Purified water, 100% Natural Fruit and Vegetable Juice, Herbal tea (caffeine free), Almond Milk, Unsweetened Soy Milk.

OTHER

Vinegar, seasonings, herbs, and spices.

FOODS TO AVOID

ALL MEAT

Including, but not limited to, beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS

Including, but not limited to, milk, cheese, cream, butter, yogurt.

ALL SWEETENERS/DESSERTS

Including, but not limited to, sugar, raw sugar, syrups, molasses, chocolate, candy, cookies, cakes, pies.

ALL LEAVENED BREAD

Including Ezekiel Bread (it contains yeast) and baked goods.

ALL REFINED AND PROCESSED FOOD PRODUCTS

Including, but not limited to, white rice, white flour and food that contains artificial preservatives.

ALL DEEP-FRIED FOODS AND SOLID FATS

Including, but not limited to, potato chips, French fries, corn chips. Shortening, margarine, lard, and foods high in fat.

BEVERAGES

Including, but not limited to, coffee, tea, pop, energy drinks, and alcohol.

*Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.

I ATE NO PLEASANT BREAD, NEITHER
CAME FLESH NOR WINE IN MY MOUTH,
NEITHER DID I ANOINT MYSELF AT ALL,
TILL THREE WHOLE WEEKS WERE
FULFILLED. DANIEL 10:3

PREPARATION

There are several types of fasts mentioned in the Bible. However, they all have the same meaning. Fasting is the act of abstaining from food and or drink for spiritual purposes.

PREPARE YOUR HEART

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

PREPARE YOUR MOTIVES

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

PREPARE YOUR BODY

A few days before starting the fast, reduce your food intake, eat smaller meals and avoid high fat and sugary foods. You should reduce strong beverages like coffee, tea or coke as well. Fasting will also result in cleansing of your physical body. You may feel physical discomforts initially like hunger pangs, dizziness, weakness, tiredness or "the blahs". Withdrawal from caffeine and sugar may cause headaches as your body detoxes. Drink plenty of water. Rest as much as your schedule will permit. The first few days of the fast are usually the most challenging. Persevere through this period. Consult your doctor if you are unsure of any headaches or body reactions.

PREPARE YOUR SCHEDULE

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

*Make it a priority to attend online services during the 21-day fast. Being with other believers will encourage you to keep on going when fasting gets difficult.

"Even now—this is the Lord's declaration—turn to me with all your heart, with fasting, weeping, and mourning" Joel 2:12

WEEK 1: EMPTY

FOCUS SCRIPTURES

1 John 1:9 - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:7 - But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

Titus 3:5 - Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

2 Corinthians 7:1 - Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

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

1 Corinthians 3:16 - Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

2 Timothy 2:21 - Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

WEEK 2: FILL

FOCUS SCRIPTURES

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Ephesians 5:18 - And do not get drunk with wine, for that is debauchery, but be filled with the Spirit.

Colossians 3:16 - Let the word of Christ dwell in you richly.

Acts 1:8 - But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

John 14:16-17 - And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him. You know Him, for He dwells with you and will be in you.

Psalm 36:8 - They are filled with food from your house, and you allow them to drink from the river of your delicacies.

John 4:14 - But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Ephesians 3:19 - And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

WEEK 3: POUR

FOCUS SCRIPTURES

Acts 2:17 - In the last days, God says, I will pour out my Spirit on all people; your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.

Mark 16:15 - And he said to them, "Go into all the world and proclaim the gospel to the whole creation.

James 1:27 - Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

Acts 2:33 - Being therefore exalted at the right hand of God, and having received from the Father the promise of the Holy Spirit, he has poured out this that you yourselves are seeing and hearing.

Acts 2:2-4 - And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance.

Isaiah 58:10 - If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

Jeremiah 29:11 - For I know the plans I have for you declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Isaiah 44:3 - "For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants."

PRAYER CLOCK

ONE HOUR PRAYER CLOCK

This tool is designed to help you pray one hour. Pray through each section of the clock for five minutes starting at 1 (Praise and Worship) and ending at 12 (Praise).



