

2024 Consecration Schedule



- **January 2-5** (1 meal per day, Prayer & Scripture, and 15min SIA)
- **January 8-12** (1 meal per day after 3pm, Prayer & Scripture, and 30min SIA)
- **January 15-19** (Caloric Constriction, Prayer & Scripture, and 45min SIA)
- **January 22-26** (Personal Sacrifice, Prayer & Scripture, and 1hr SIA)
- **January 29-30** (43hr. "Absolute Fast," Prayer & Scripture)

Note: We are drinking water only for the entire month. However, you can drink the water whenever you'd like; accept during the Absolute Fast. The "Caloric Constriction" is sex based. As such, you are allowed 2,000 calories per day if you are male and 1,500 if you are female. The weekly "SIA" stands for Self-Improvement Activity. This can be any activity you choose, as long as it assists with you becoming a new and better you (i.e. read a new book, adopt a new productive hobby, or work out). Also, we are abstaining from ALL forms of social media for the entire month. Lastly, we are limiting our TV watching on our designated fast days because we want to hear from God.

Pray this prayer at 9am, 12noon, and 3pm.

God, I thank you for what you've done, and I praise you for who you are. I honor you, oh God, for being Lord over my life. Before I ask you for anything, I want to **continue** to thank you for how good you've already been to me. You have **covered** me. You've **provided** for me, and you have **given** me everything I have. For that I say, "Thank you."

God, I ask now that you continue to bless True Covenant Church. **Increase** our reach. **Enlarge** our coasts and **preserve** us in times of testing. God, **empower** us to resist the distractions of sin. Place us in the path of souls you are drawing to your kingdom. Lord God, as we traverse this "**Season of Total Transformation**," and all that accompanies it, fortify us for the journey. Allow us to be that shining light in this world of darkness. Free us to fall deeper in love with you. Cause our church to **grow** according to your will and continue to **reveal** yourself as the supplier of all our needs.

Lord, look on my Pastor. I thank you for how you **speak** to him. Once again, touch and strengthen his body. Crown his head with your wisdom, and **reveal** your will for our church to him as he leads us closer to You.

Now God, I ask that you bless me. I vow, this year, to strive for a closer relationship with you. I ask that you help me to turn from all my wicked ways as in **2 Chronicles 7:14**. Cause me to seek those things which are above and set my affections on that which is not on earth according to **Colossians 3:1-2**. Grant me the strength to bear the infirmities of someone in need according to **Romans 15:1**. Keep me mindful of all You have done in my life, according to **1 Samuel 12:24**. Finally Lord, once again, hide Your Word in my heart, according to **Psalms 119:11**, so that I might not sin against thee. I know that you can, and I believe by faith that you will. These and all other blessings I ask in Jesus' name. Thank God, Amen.

Romans 12:1-2 (NLT)

"1And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."