



2023 Consecration Schedule

1. **Salvation Week (January 2-6):** One Meal¹ per day
2. **Subjugation Week (January 9-13):** Caloric Intake Limitations² by gender
3. **Sanctification Week (January 17-20):** All Natural Foods³
4. **Subordination Week (January 23-27):** Personal Sacrifice⁴
5. **Submission Week (January 30-31):** 43hr. "Absolute Fast"⁵

¹One Meal is either breakfast, lunch, or dinner and includes everything that accompanies that sitting. ²Caloric Intake Limitations are 1400 calories per day for women and 1900 for men. ³All-Natural Foods are any food item that was once grown or alive. ⁴Personal Sacrifice is any *meaningful* item, activity, or food. ⁵"Absolute Fast" means no food or drink beginning @ 12 AM Jan 30 and ending @ 7p Jan 31. Also, remember this entire month we are drinking water only and abstaining from all forms of non-essential Social Media.

This year we are adding focal points. **Week 1** we will focus on **Salvation**, permanently turning away from all that displeases God. **Week 2** we will focus on **Subjugation**, living within preset confines. **Week 3** we will focus on **Sanctification**, purging our minds and bodies of all contaminants and refilling them with purity. **Week 4** we will focus on **Subordination**, yielding our will and sacrificing our desires. **Week 5** we will focus on **Submission**, exercising and expanding our capacity to give.

For more information see the "Devotional" section of the app, or the "Downloads" page of our website.

Pray this prayer at 9^{am}, 12^{noon}, and 3^{pm} daily; except on Sunday.

Dear Heavenly Father, I thank you for who you are and what you have done. I thank you for life today. I realize that you and you alone have been my refuge and my strength. I praise you, God, for 2023 being our year of **Abundant Living**.

Now God, I ask that you look on my church. Cause us to experience the **increase** you have ordained for this season of our ministry. Clear paths, and **make ways**, for us to be found by the men and women with both the power and the means to advance our endeavors. **Supply** our every spiritual, financial, and natural need. Allow us to know your **Will** for our lives, both collectively and individually. Help us, oh God, to **fulfill** your purpose, and **transform** our minds in accordance with your Word.

Lord, look on my Pastor. Encourage his heart and his mind. Continue to reveal the truth of your Word to him. Strengthen him and crown his head with wisdom as he leads us in our walk with You.

Now, oh God, look on me. **Clean** me up on the inside, according to **Psalm 51:7**. Lead me and **guide** me every day, according to **Isaiah 49:10**. Touch my mind, according to **Philippians 2:5**, so that my **thoughts** mirror your thoughts. **Anoint** my decision making skills, and make me to hear sound counsel as in **Proverbs 12:15**. Finally Lord, once again give me the **strength** to resist the devil, according to **James 4:7**. 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.

John 10:7-10 (NLT)

*⁷So, he explained it to them: "I tell you the truth, I am the gate for the sheep. ⁸All who came before me were thieves and robbers. But the true sheep did not listen to them. ⁹Yes, I am the gate. Those who come in through me will be saved. They will come and go freely and will find good pastures. ¹⁰The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich, satisfying, and **abundant life**."*



Consecration Instructions

Types of Fast

¹One Meal is either breakfast, lunch, or dinner and includes everything that accompanies that sitting. For example, if you choose dinner as your singular meal and you eat dessert with that meal, you are ok.

²Caloric Intake Limitations is the maximum placed on the number of calories you can consume regardless of what you eat. The limits are 1400 calories per day for women, and 1900 per day for men. Refer to the menu or packaging for actual calories.

³All-Natural Foods are any food item that was once harvested from a vine, a plant, a tree, the ground, or was once alive. Remember, "*If you can grow it or kill it; you can eat it.*"

⁴Personal Sacrifice is any *meaningful* item, activity, or food you abstain from or give up during this phase of the consecration. Keep in mind, the more costly your sacrifice is to you, the more valuable it is to God.

⁵"Absolute Fast" means no food or drink beginning @ 12 AM Jan 30 and ending @ 7p Jan 31. During this phase of the consecration try and limit your non-essential interactions.

Consecration Focal Points

This year we are adding different points or areas of focus to each week of consecration. They are as follows:

Week 1 we will focus on **Salvation**. Meaning we will pay extra attention to highlighting the principles of holiness. For example, forgive someone who has deeply offended you, or maybe perform an act of kindness to a difficult person.

Week 2 we will focus on **Subjugation**. Meaning we will pay extra attention to living within preset confines. For example, driving within the speed limits, or maybe being early for obligations.

Week 3 we will focus on **Sanctification**. Meaning we will pay extra attention to purging our mind and body of all contaminants and refilling them with purity. For example, maybe replace an opportunity to complain with a moment of positivity.

Week 4 we will focus on **Subordination**. Meaning we will pay extra attention to yielding our will and sacrificing our desires. For example, defer to someone else, like allow someone to merge into a lane before you.

Week 5 we will focus on **Submission**. Meaning we will pay extra attention to exercising and expanding our capacity to give. For example, extend yourself to others, like maybe offer a ride to a friend, or pay for a stranger's lunch.