

A white line-art icon of an open book with a cross on the right page, set against a background of concentric white circles on the left side of the page.

31 DAY CONSECRATION

GUIDE TO FASTING

JAN 1 - JAN 31



A MESSAGE FROM OUR PASTORS

As we embark on this 31 Days of Consecration, allow the Word of God to wash over you and renew your heart, your mind and your will. It is our heart's desire that you develop a hunger for the Word of God, pray daily and know His voice. Let us truly receive the impact of the Word of God through following a plan to create new habits.

- **Dr. Shomari L. White**

As we draw closer to God let us turn our attention to the plans and possibilities that this New Year will bring. Allow the word of God to direct your path and set a new course for your well-being, mindset and attitude. Grab your bible and your highlighter. Set aside quality time with the Father and let's grow together. We're excited for all that God has in-store for you!

- **CoPastor Jacque' White**



BIBLICAL GUIDELINES

Read *then* Pray

Read two chapters (2x per day)

Morning and evening reading

Focus on the Word of God

Highlight one thing from the reading

READING PLAN

1/1 - 1/6: John Chapters 1-21

1/6 - 1/7: Galatians Chapters 1-6

1/8 - 1/9: Ephesians Chapters 1-6

1/9 - 1/10: Philippians Chapters 1-4

1/10 - 1/11: Colossians Chapters 1-4

1/11 - 1/12: 1 Thessalonians Chapters 1-4

1/12 - 1/13: 2 Thessalonians Chapters 1-3

1/13 - 1/14: 1 Timothy Chapters 1-6

1/15: 2 Timothy Chapters 1-4

1/16: Titus Chapters 1-3; Philemon; Hebrews Chapter 1

1/17 - 1/19: Hebrews Chapters 2-13

1/20 - 1/21: James Chapters 1-5

1/21 - 1/22: 1 Peter Chapters 1-4

1/22 - 1/23: 2 Peter Chapters 1-3

1/23 - 1/24: 1 John Chapters 1-5

1/25: 2 John & 3 John; Jude

1/26 - 1/31: Romans Chapters 1-16

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DIETARY GUIDELINES

January 1 - Begin Bible reading plan.

January 5 - Begin reducing social media, TV, gaming, etc.,.

January 12 - Begin dietary restrictions:

- Jan 12-18: Seafood only (chicken if you are allergic)
- Jan 19-25: No Meat
- January 26-31: No bread

***All 3 weeks:** no sweets, candy, chips, caffeine, or fried foods



IN-PERSON PRAYER & PRAISE

**Wednesdays in January (8th, 15th, 22nd, 29th)
7:00 pm EST**

PRAYER CALL

**Mondays and Thursdays
5:45 am EST
Prayer Line (302)-202-1110
Code: 178520**

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EZRA 8:23

23 So we fasted and entreated our God for this, and He answered our prayer.



IN 2025

We have peace.

We are safe.

We live in victory.