

# 2012

## 14-DAY CONSECRATION

### Scripture of Consecration: *Isaiah 55:6-8*

*Seek ye the LORD while he may be found, call ye upon him while he is near: Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon. For my thoughts [are] not your thoughts, neither [are] your ways my ways, saith the LORD.*

**Packet includes: Scripture, Prayer Focus and Menu**

## THE PROGRESSIVE FAST

This is a progressive fast. It follows the menu of the Daniel fast with variation in time and menu. The fast gets more intense in each outlined segment. We will deny our flesh many of the normal activities engaged in on a daily basis. Follow the outline closely as we consecrate for God's purpose and presence in our living for 2012

## REASONS TO FAST UNTO THE LORD

- To combine the power of fasting with prayer for more dynamic results.
- To become more like Christ.
- To make a special request or achieve a specific goal.
- To more fully praise, worship and honor God.
- To receive deeper insight and revelation from God.
- To better prepare ourselves for serving God.
- To more fully open our hearts to the hungry.
- To intercede on behalf of the sins and weaknesses of others.
- To develop self-discipline and show our commitment to God.

# MENU

Daniel ate only certain grains, legumes, and vegetables, a much stricter than most partial fasts. According to scripture, Daniel's diet permitted no animal products such as meat, milk, and eggs. In essence, this is one form of a strict vegetarian diet (Daniel 1:12, 16).

Special Note: If you have health issues, please be sure to contact your health professional for advice before committing to any fast. If you would like a list of the foods included and excluded in the Fast to show your doctor, just copy the contents of this page.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

## FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

**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 are an option if you are not allergic to soy.

**All whole grains**, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut 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 water, distilled water or other pure water and juices.

**Other**: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **FOOD TO AVOID ON THE DANIEL FAST**

**Avoid All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**Avoid All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

**Avoid All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**Avoid All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**Avoid All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**Avoid All deep fried foods** including but not limited to potato chips, French fries, corn chips.

**Avoid All solid fats** including shortening, margarine, lard and foods high in fat.

**Avoid Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

# GNB14-Day Consecration Guide

DAY	FASTING PERIOD	SCRIPTURE READING	PRAYER FOCUS
<b>#1</b> <i>(Jan. 23)</i>	4 Hours	II Chronicles 7:14	REPENTANCE
<b>#2</b> <i>(Jan. 24)</i>	4 Hours	Psalms 61	GNB MEMBERS
<b>#3</b> <i>(Jan. 25)</i>	6 Hours	2 Corinthians 1:3-7	INACTIVE GNB MEMBERS
<b>#4</b> <i>(Jan. 26)</i>	6 Hours	Psalms 102:25-28	STEWARDSHIP
<b>#5</b> <i>(Jan. 27)</i>	6 Hours	Psalms 1	SUPERNATURAL INCREASE
<b>#6</b> <i>(Jan. 28)</i>	6 Hours	Galatians 6:7-10	GIVING & STEADFASTNESS
<b>#7</b> <i>(Jan. 29)</i>	8 Hours	9 or 11:30am	WORSHIP SERVICE
<b>#8</b> <i>(Jan. 30)</i>	8 Hours	Proverbs 16:16-20	WISDOM IN LIFE DECISIONS
<b>#9</b> <i>(Jan. 31)</i>	8 Hours	Zechariah 4:10	TO CELEBRATE SMALL VICTORIES
<b>#10</b> <i>(Feb. 1)</i>	12 Hours	Is. 58:5-6	FOR THE SALVATION OF OTHERS.
<b>#11</b> <i>(Feb. 2)</i>	12 Hours	Isaiah 55:6-13	TO TRUST GOD'S WORD

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DAY	FASTING PERIOD	SCRIPTURE READING	PRAYER FOCUS
<b>#12</b> <i>(Feb. 3)</i>	12 Hours	John 10:10; 3John 2	SPIRITUAL PERSPECTIVE CONCERNING LIFE
<b>#13</b> <i>(Feb. 4)</i>	WATER ONLY	Ephesians 4:11-16	UNITY IN THE BODY OF CHRIST
<b>#14</b> <i>(Feb. 5)</i>	WATER ONLY	BREAKFAST AFTER MORNING SERVICE	LIMIT TELEVISION