

40-DAY SEASON OF CONSECRATION

Starting with 19 Days
of Focused Prayer
followed by a 21-Day Fast

JANUARY 31 – MARCH 10 **NEXTNOW**

PART TWO | BEGINNING MONDAY, FEBRUARY 19th

**21 DAYS OF FASTING & PRAYER
& HEALTHY EATING**

FASTING RULES OF ENGAGEMENT

THE DAILY FAST IS FROM 12 a.m. (midnight) TO 12 p.m. (midday)
(From 12 a.m. – 6 a.m. – Sleep and Allow your Body to Take Care of Itself)
(From 6 a.m. – 12 p.m. – Extend the Overnight Fast)

SUGGESTED “21-DAY 2 MEALS A DAY” DIET

- 1st Meal ❶ Suggestion (A Protein/Meat, Vegetables, Carbs)
2nd Meal ❷ Suggestion (A Protein/Meat, Vegetables, Salad, Little to no Carbs)

NO DESSERTS

Suggested Beverages

Water, Caffeine-Free Herbal Teas, and Limited Fruit Juices

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EATING AND DIETARY RULES

The NO List X



- NO Dairy (cheese, milk, sour cream, butter, yogurt, etc.)
- NO White Sugar/White Sugar Products • NO White Bread
 - NO Overly Processed Foods • NO Fried Food
- NO Soda/Carbonated Beverages/Coffee *Limited Fruit Juice
- NO Pork, Beef, Lamb, etc. • NO Pizza • NO White Rice or White Pasta
 - NO Fried Chips • NO Microwave/Theater Popcorn
 - NO DESSERTS (SWEETS)

Food Alternatives ✓



PROTEINS (MEATS)

Turkey, Chicken, Duck, Fish, Tofu and Vegetarian Meats
(choose organic when possible)

CARBOHYDRATES

Brown Rice, Quinoa, Barley, Farro, Wild Rice & Millet
Brown Rice Pasta, Whole Wheat Pasta, Red Lentil Pasta, Spinach Pasta,
Spelta Pasta, Quinoa Pasta or Chickpea Pasta

VEGETABLE SNACKS

Kale chips and Vegetable chips

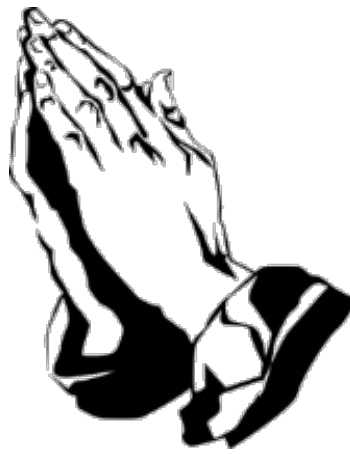
MILKS

Almond Milk, Cashew Milk, Rice Milk, Coconut Milk, Oat Milk, Hemp Milk, &
Flax Milk

***** DIETARY FOCUS *****

Fresh Fruits and Vegetables
(If possible, include dark green leafy varieties every day)

Don't forget Beans (Including Black, Aduki, Navy, Lentils, Chickpeas, etc.)



PRAYER SPECIFICS

PRAY FOR YOU AND YOUR FAMILY, YOUR PRAYER PARTNER AND THEIR FAMILY, THE PASTOR, THE FIRST LADY, AND THEIR FAMILY. PRAY FOR THE WHOLE CHURCH TO *EXPERIENCE GOD-PURPOSED AND DESIGNED BUILDING UP*. PRAY FOR THE BUILDING UP OF THE CHURCH AND ALL OF THE MINISTRIES. PRAY FOR THE BUILDING UP OF OURSELVES, ONE ANOTHER, AND OUR COMMUNITY. PRAY FOR THE BUILDING UP OF OUR FINANCES. PRAY FOR THE BUILDING UP OF ALL THAT GOD WILLS FOR US THIS YEAR. PRAY FOR A CHURCH-WIDE CALL AND COMMITMENT TO DISCIPLESHIP. PRAY FOR REACHING AND THE ADDING OF SOULS TO THE CHURCH, PRAY FOR COMMUNITY UNITY, AND PRAY FOR WISDOM, KNOWLEDGE, UNDERSTANDING, FORGIVENESS AND HEALING.

PRAY FOR THE MANIFESTATION OF KINGDOM LIVING. IN JESUS NAME...AMEN!

BE CONSTANT IN PRAYER | AMEN

Remember!!!

To Follow and Read God's Word Daily.

That you are Blessed to Be A Blessing, Allow God to Bless through You.

Remember to put aside each day in order to have a Seed to Sow on the 40th Day.

Day 40 - March 10, 2024