

...helping people win in life!

CELEBRATION CHURCH



Monroe Street

Consecration 2023

Theme:



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What is Consecration 2023?

To consecrate means to make or declare something sacred; to set it apart for God's purposes. 2023 marks year ten of our corporate season of consecration. We will join together at the beginning of every year in order to dedicate to the Lord the 1st month of the year by fasting and praying. This special and extended time of commitment will serve as the foundation upon which we continue to build a winning Christian life in 2023.

Let's expect God to operate powerfully in the ministry of Celebration as we deny our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies will be cleansed and renewed during this extraordinary time. So we take this sacred time of prayer and fasting seriously, looking forward to what God has in store for us collectively and individually this year.

Why should I fast?

If you are a member or regular visitor of CELEBRATION CHURCH at Monroe Street, you ought to be determined to be in the flow of what the Lord is saying to you and to us together. It is a real honor to serve as your pastor and I take that responsibility seriously. I believe that God holds me accountable to provide opportunities to enhance your spiritual development and your ability to hear a Word from the Lord. I also want to see your faith grow, and I want to continue to challenge you to be the best that you can be. So you should want to fast with us, and I trust that you will. In addition to growing strong corporately, there are many individual benefits of fasting.

Fasting:

1. ...is a biblical practice. There are some scriptures on fasting at the end of this handout.
2. ...makes you sensitive to the movement of God...and MOVES YOU toward God!
3. ...quiets your flesh, making it easier to hear the Holy Spirit, and your spirit.
4. ...is an opportunity for you to show your flesh who is in control. YOU RULE YOU!
5. ...strengthens your spirit as you dedicate special time to prayer.
6. ...creates a bond with your Kingdom family as we unite together in fasting & prayer.
7. ...cleanses toxins from your body, helping you to start the year healthy.

How Long Is It?

- The food fast portion of the Consecration will be 30 days (January 2—January 31).
- We will also be reading through the Proverbs together for 31 days.
- We will share together in weekly corporate prayer

Types of Fasts

There are two basic types of food fasts. A total fast is water only. A partial fast is abstaining from specific items.

There is no expectation that everyone will or should do a total fast. It is hardcore! If you are on medication, or under a physician's care, or pregnant, or if you work a job that is very physical, a total fast is not the fast for you. But that does not mean you cannot fast. We are asking everyone to **do something!**

You can join Pastor Bob & Sis. Sabrina as we do the Daniel Fast for this 2023 year. You can also modify where necessary. For example, for the Daniel Fast you may want to consider Almond Milk as a substitute for regular milk (a Dairy product).

Foods to include in your diet during the Daniel Fast:

- **FRUITS** (These can be fresh, frozen, dried, juiced or canned)...**VEGETABLES** (These can be fresh, frozen, dried, juiced or canned)...**WHOLE GRAINS**....**NUTS** and **SEEDS**...**BEANS** (These can be canned or dried beans.) **QUALITY OILS** (including but not limited to olive, canola, grape seed, peanut, and sesame).
- **BEVERAGES**: spring water, filtered water, distilled water or other pure waters.
- **OTHER**: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods Pastor Bob & First Lady Sabrina will be avoiding on the Daniel Fast:

- **MEAT** and **ANIMAL** products; **DAIRY** products;
- **SWEETENERS**;
- **LEAVENED BREAD**;
- **REFINED** and **PROCESSED FOODS** (products including but not limited to *artificial flavorings, food additives, chemicals, white rice, white flour*, and foods that contain *artificial preservatives*.);
- **DEEP FRIED FOODS** including but not limited to *potato chips, French fries, corn chips*;
- **SOLID FATS** including *shortening, margarine, lard and foods high in fat*;
- **BEVERAGES** including but not limited to *coffee, tea, carbonated beverages, energy drinks, and alcohol*.

Note: We will not be having sweets, candy, bread, cake, etc for the whole 21 days. 100% juice can be included as a part of your beverages. Those not eating food on any particular day should not exercise until you begin to consume food again.

Fasting Options

1. Daniel Fast www.daniel-fast.com
2. Zone Diet www.zonediet.com
3. Sun up to sun down
4. One meal per day (no sweets!)
5. Soup & salad only
6. No sweets | No fried food | No fast food (eating out) No Meat
7. No coffee | No soda | No tea
8. No Tobacco (This is a great time to kick it out of your life.)
9. No alcohol—beer/wine/coolers (*for those struggling to stop drinking alcohol, this is a great first step*)
10. In addition to one of the above, No Television

We present these options for fasting so that everyone can participate. Please join with us. **Do something!** The benefits are great. **Think DOMINION! You can do it! You are a champion!**

Talk to Your Doctor

Anyone who chooses to participate in Consecration 2023 should do so knowing that you have been instructed to talk to your doctor before starting a fast of any kind. The information provided is given with the understanding that Celebration Church at Monroe Street is not engaged in the practice of medicine or any other health-care profession. DO NOT rely on the information in this

consecration guide to replace the advice of a health-care professional. In addition, **BE SURE TO CONSULT WITH A MEDICAL DOCTOR**, should the need for medical attention arise.

Decide before you begin what type of fast you will participate in. Your flesh will war against your desire to dominate it. Make a vow before you set out on this journey

Drink lots of water! Water is the ultimate detoxifier! Keep handy lots of filtered, room temperature water, Smart water. Your body needs a minimum of 2-quarts of water a day. Water transports nutrients, carries away wastes, & hydrates cells, so drink up!

Alternatives to sweets, candy, cake etc...

May include: a piece of fruit, small salad, low-fat yogurt, hum- mus on whole wheat pita, protein smoothie, low-salt mixed nuts

Smart Beverage Options

Avoid High Fructose Corn Syrup! Choose all natural, 100% juices. Keep in mind that some fruit juices may contain as much sugar as similar sized sodas. Become a label-reader. **It is recommended to consume no more than 20-oz of juices when doing a juice fast.** Beverages that satisfy hunger include vegetable juice, tomato juice, organic skim milk and plain, low- fat organic kefir and yogurts. This is a good time to discover your blender or juicer for creating fresh fruit/vegetable smoothies.

What to Expect

When you fast your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. When this happens consider the following moderate activities that can help take your mind off of your discomfort & replaced meal times:

- Read the Word/Pray
- Talk to your spouse and children
- Play board games or participate in other family activities
- Read a book you've always wanted to read
- Learn a new craft or hobby
- Finish a project or chore
- Meditation & breathing exercises
- Enjoy fresh air/sunlight & natural surroundings
- Journal
- Rest/ reduce stress

Corporate Bible Reading

Let's Dine on the Word of God (*The Bible*) Together

Week 1—Proverbs 1-7

Week 2—Proverbs 8-14

Week 3—Proverbs 15-21

Week 4—Proverbs 22-28

Week 5—Proverbs 29-31

Corporate Prayer Schedule

In addition to fasting, we will have *special corporate TIMES of PRAYER*. Please join us for these special times with the Lord and your Celebration family. As you are denying your flesh, your spirit man will be better able to hear from the Lord. Let's make 2023 the year that we make every effort to join together and agree together in prayer concerning our impact for Christ in the world.

Daily Prayer:

During this year's consecration, let's pause for a moment of prayer **three times (3x) a day** at **6:30am, Noon, & 6:30pm, Monday through Friday.**

Location: Wherever You Are.

Every Sunday Morning (January 1st-January 31st):

--**Sunday Morning Prayer 9:00–10:00am**

--**Sunday Morning Worship Service 10:30am In-Person 1st & 3rd Sundays and Virtually 2nd & 4th Sundays *Praise, Worship, Prayer and the Word***

Every Wednesday (January 4th—January 25th):

--**Consecration Prayer & Bible Study 6:30pm - 8:00pm**

Consecration Close-Out Service:

--**Wednesday, February 8th --7:00pm**

Fasting in the Bible

2 Chronicles 20:1-15
Joel 1:13-14
Matthew 6:16-17
Acts 14:23

Ezra 8:21-23
Jonah 3:3-10
Mark 2:19-20

Isaiah 58:1-9
Matthew 4:2
Acts 13:2-3

