



## ALL CHURCH FAST    A Month of Consecration – February 2017

**Consecrate:** To dedicate. To separate to or belonging to God. To be set apart for the service of God.

1 Corinthian 6:19 “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own”.

What a powerful description of the Christian’s veil (body). We are a house for God.

We will begin our month long consecration by eliminating all sugar products for the entire month. Yes this means candy, cookies, cakes, pies, donuts, etc. (anything that is not naturally sweet). As in previous years, we will eliminate certain foods each week in February.

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**Each day we ignore the risk we take by eating unhealthy foods. We harm our quality of life eating foods that contribute to heart disease, high blood pressure, diabetes and a host of other maladies. February’s month long consecration is one in which everyone can participate.**

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**WEEK 1:** Beginning Wednesday, February 1<sup>st</sup> through Tuesday, February 28<sup>th</sup>, we will **eliminate all sugar** products from our diet.

**WEEK 2:** Wednesday, February 8<sup>th</sup>, through Tuesday, February 28<sup>th</sup>, we will **eliminate all fried foods** for the remainder of the month. 1 Corinthians 9:27 – “But I keep under my body, and bring it into subjection lest that by any means, when I have preached to others, I myself should be a castaway”.

**WEEK 3:** Wednesday, February 15<sup>th</sup>, through Tuesday, February 28<sup>th</sup>, we will **eliminate all meat (no fish)** for the remainder of the month. Romans 8:37 – “Nay, in all these things we are more than conquerors through Him that loved us”

**WEEK 4:** Wednesday, February 22<sup>nd</sup>, through Tuesday, February 28<sup>th</sup>, we will watch **NO TV**. This means also from all social media: twitter, facebook, myspace, instagram, and the like).

**FINAL THREE DAYS:** February 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>, we will conclude our consecration with **3 days of FULL FAST** (liquids only). James 4:8 – “Draw nigh (near) to God, and He will draw near to you. Cleanse your hands

**Five Nights of Prayer:** Monday, February 20<sup>th</sup> @ 6pm

Thursday, February 23<sup>rd</sup> @6:30pm

Monday, February 27<sup>th</sup> @ 6pm

Tuesday, February 21<sup>st</sup> @ 5:30pm

Friday, February 24<sup>th</sup> @ 6pm