



## A Note from Pastor J

Dear Family,

God has given us the opportunity to walk together once again through a time of consecration. This year's mandate has called us to a time of Focus. Maura and I are excited about the first season in some time of actual freedom to focus on things ahead. While our world seems to be hemorrhaging under the weight of so much uncertainty and fear, we know God is still faithful. Even in the midst of distraction, we can remain fixed on His purpose for our lives.

We all need more wisdom in this second decade of a new millennium. Last year we asked God to grant us mature insight into His Word as we read the scriptures carefully and intentionally. This year we now embark on a 30-day journey that should discipline our bodies, inspire our hearts and sharpen our minds.

While you follow the schedule provided, partly or in whole, I hope you will also join me in focused worship on each Sunday and corporately seek God's face and hear His heart. I sense that the next 6 months or so will introduce a window of opportunity for us as individuals and faith community to accomplish things that have been previously denied. However, these accomplishments will only be attained through laser focus and dedication. We must redeem the time!

I also encourage each of you who are able to exercise moderately during this time. You may not be able to run a marathon, but daily stretching and other physical activity such as walking will add to your consecration experience.

This is a season of new opportunity and great expectation. Let's journey victoriously together!

Peace and Purpose,  
Pastor J

### PUT YOURSELF ON A SCHEDULE

FOR MAXIMUM SPIRITUAL BENEFIT, SET ASIDE AMPLE TIME TO BE ALONE WITH THE LORD. LISTEN FOR HIS LEADING. THE MORE TIME YOU SPEND WITH HIM, THE MORE MEANINGFUL YOUR FAST WILL BE. INVITE GOD TO USE YOU. ASK HIM TO SHOW YOU HOW TO INFLUENCE YOUR WORLD, YOUR FAMILY, YOUR CHURCH, YOUR COMMUNITY, YOUR COUNTRY AND BEYOND. PRAY FOR HIS PURPOSE FOR YOUR LIFE AND EMPOWERMENT TO DO HIS WILL.

### PREPARING YOURSELF PHYSICALLY

**FASTING REQUIRES REASONABLE PRECAUTIONS. CONSULT YOUR PHYSICIAN FIRST, ESPECIALLY IF YOU ARE PREGNANT, TAKING PRESCRIPTION MEDICATION, OR HAVE A CHRONIC AILMENT. SOME PERSONS SHOULD NEVER FAST WITHOUT PROFESSIONAL SUPERVISION.**

### WHILE YOU FAST...

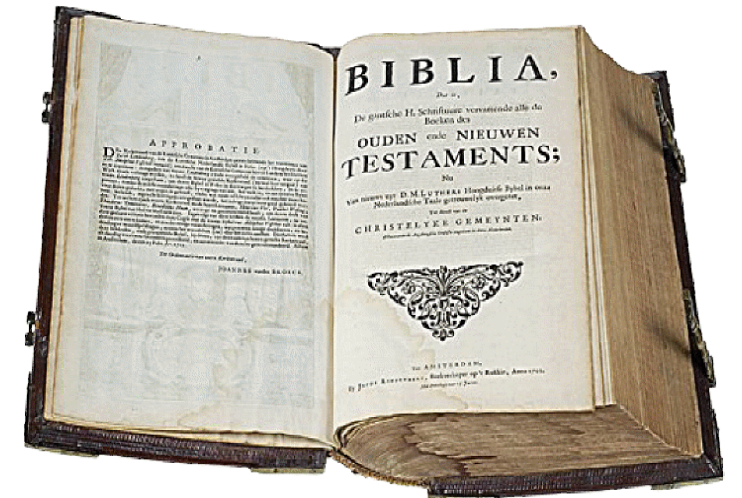
- YOU MAY EXPERIENCE DIZZINESS, OR THE "BLAHS." WITHDRAWAL FROM CAFFEINE.
- AVOID DRUGS, EVEN NATURAL HERBAL DRUGS AND HOMEOPATHIC REMEDIES. MEDICATION SHOULD BE WITHDRAWN ONLY WITH PHYSICIAN'S SUPERVISION.
- LIMIT YOUR ACTIVITY.
- EXERCISE ONLY MODERATELY.
- WALK ONE TO THREE MILES EACH DAY IF CONVENIENT AND COMFORTABLE.
- REST AS MUCH AS YOUR SCHEDULE WILL PERMIT.
- PREPARE YOURSELF FOR TEMPORARY MENTAL DISCOMFORTS SUCH AS IMPATIENCE, CRANKINESS, AND ANXIETY.
- EXPECT SOME PHYSICAL DISCOMFORTS. YOU MAY HAVE FLEETING HUNGER PAINS, AND SUGAR MAY CAUSE HEADACHES.
- PHYSICAL ANNOYANCE MAY ALSO INCLUDE WEAKNESS, TIREDNESS, OR SLEEPLESSNESS.

THE FIRST TWO OR THREE DAYS ARE USUALLY THE MOST DIFFICULT. AS YOU CONTINUE TO FAST, YOU WILL LIKELY EXPERIENCE A SENSE OF WELL BEING BOTH PHYSICALLY AND SPIRITUALLY. HOWEVER, SHOULD YOU FEEL HUNGER PAINS, INCREASE YOUR LIQUID AND JUICE INTAKE.

DRINKING FRUIT JUICE WILL DECREASE YOUR HUNGER PAINS AND GIVE YOU SOME NATURAL SUGAR ENERGY. THE TASTE AND LIFT WILL MOTIVATE AND STRENGTHEN YOU TO CONTINUE. THE BEST FRUIT JUICES ARE MADE FROM FRESH WATERMELON, LEMONS, GRAPES, APPLES, CABBAGE, BEETS, CARROTS, CELERY OR LEAFY GREEN VEGETABLES. IN COLD WEATHER, YOU MAY ENJOY WARM VEGETABLE BROTH.

AVOID CAFFEINATED DRINKS. BE AWARE THAT GUM OR MINTS STIMULATE DIGESTIVE ACTION IN YOUR STOMACH AND MAY MAKE YOU HUNGRIER.

**Proverbs 4: <sup>25</sup> Let your eyes look straight ahead; fix your gaze directly before you. <sup>26</sup> Give careful thought to the paths for your feet and be steadfast in all your ways.**



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