WEEK# 1 FEBRUARY19 – FEBRUARY 25

- NO CARBONATED BEVERAGES OR DRINKS WITH CAFFEINE
- NO RED MEATS OF ANY KIND
- NO SWEETS (candy, pastry, cakes, pies,
- 3 MEALS PER DAY ARE ALLOWED

BREAKFAST MAY INCLUDE FRUITS, BREADS, CEREAL (hot or cold), MILK, HOT DRINKS (without caffeine) AND JUICE...

LUNCH & DINNER MAY INCLUDE VEGETABLES, SOUPS, and BREADS, -- WHITE MEAT IS PERMISSIBLE. (Fish, chicken and turkey etc)

DON'T MIX VEGETABLES AND FRUITS TOGETHER... EAT FRUITS AT THE BEGINNING OF THE DAY, VEGETABLES AT THE END OF THE DAY

*PLEASE DRINK AT LEAST 5 GLASSES OF WATER PER DAY (ROOM TEMPERATURE TO COOL/ EASY ON THE ICE)

***JOIN VP FAMILY ON PRAYER CALL EACH DAY AND READ THE SCRIPTURES REGULARLY

WEEK# 2 FEBRUARY 26 – MARCH 4

- FOLLOW GUIDELINES OF THE PREVIOUS WEEK, <u>PLUS</u>
- ELIMINATE ALL WHITE MEATS <u>EXCEP</u>T FISH (no other meats for duration)
- VEGETABLES, SOUPS, FRUITS, PASTAS & SALADS PERMISSIBLE
- INCREASE WATER TO 7 GLASSES PER DAY ***JOIN VP FAMILY ON PRAYER CALL EACH DAY AND READ THE SCRIPTURES REGULARLY

WEEK# 3 MARCH 5 - MARCH 11

- ELIMINATE ALL FISH FOR DURATION OF CONSECRATION
- VEGETABLES, SOUPS, FRUITS, PASTAS & SALADS PERMISSIBLE
- FOLLOW GUIDELINES OF THE PREVIOUS WEEK, PLUS
- 7 GLASSES OF WATER PER DAY

***JOIN VP FAMILY ON PRAYER CALL EACH DAY AND READ THE SCRIPTURES REGULARLY

WEEK # 4 MARCH 12 – MARCH 18

- ELIMINATE LUNCH MEAL
- ELIMINATE BREADS FROM ALL MEALS
- FRUIT ONLY FOR BREAKFAST PLUS (JUICE, WATER OR HOT DECAFFINATED DRINKS)
- DINNER IS LIMITED TO SOUPS & SALADS (including pasta salads)
- ELIMINATE MIXED VEGETABLES FROM THE SOUPS AND EAT STRAIGHT SOUPS ONLY FOR EXAMPLE--(Tomato soup, Potato soup, etc.)
- 7 GLASSES OF WATER PER DAY

***JOIN VP FAMILY ON PRAYER CALL EACH DAY AND READ THE SCRIPTURES REGULARLY

WEEK# 5 MARCH 19 - MARCH 25

- FOLLOW GUIDELINES OF THE PREVIOUS WEEK
- ELIMINATE DINNER 3/22
 ***JOIN VP FAMILY ON PRAYER CALL EACH DAY
 AND READ THE SCRIPTURES REGULARLY

WEEK# 6 MARCH 26 – MARCH 30

- 3/26-3/27 WATER ONLY (IF YOU NEED, TAKE SOME BROTH AND/OR FRUIT JUICE)
- 3/28 RE-INTRODUCE FRUIT AND CEREALS FOR BREAKFAST, JUICES AND WARM BEVERAGES
- NO LUNCH
- 3/29 RE-INTRODUCE DINNER INCLUDE MIXED SOUPS, SALADS (including pasta salads)
- CONTINUE IN DAILY PRAYER CALL UNTIL PRAYER ENDS ON GOOD FRIDAY AT NOON.

BREAKING YOUR FAST

END YOUR FAST GRADUALLY. DO NOT EAT LARGE AMOUNTS OF SOLID FOOD IMMEDIATELY AFTER YOUR FAST. SUDDENLY RE-INTRODUCING SOLID FOODS TO YOUR STOMACH AND DIGESTIVE TRACT MAY HAVE NEGATIVE CONSEQUENCES. TRY SEVERAL SMALLER MEALS OR SNACKS EACH DAY UNTIL YOUR STOMACH CAN HANDLE FOOD PROPERLY.

IF YOU END YOUR FAST GRADUALLY, THE BENEFICIAL PHYSICAL AND SPIRITUAL EFFECTS WILL RESULT IN CONTINUED GOOD HEALTH. GOD WANTS YOU TO PROSPER AND BE IN GOOD HEALTH (3 JOHN 2).



Prayer List

A Note from



Greetings Family and Friends,

In this year of "Emergence" Maura and I celebrate with you a time of New Seasons. Many of us can relate to Elijah's journey in which he wasn't sure if he would complete his mission. And yet God gave him an opportunity that seemed completely unrealistic a few days earlier. Such is the case for Vernon Park. We're on a journey that has at times seemed to be impossible to complete. The old song rings true; "Through many dangers, toils and snares I have already come." We at VP have had times of rejoicing as well as tears. But yet we're in an hour where we sense God's Glory!

Each morning during this consecration we'll meet on our prayer line from 6am to 6:15am and share in corporate prayer. That number is (515) 739-1225; access code - 981434. Together we will give thanks, seek God's face, and believe for 40-days. We're believing God to continue His remarkable faithfulness in ways we can only imagine. Also, I believe we can make this an exceptional time by intentionally serving in our communities, schools as well as our church. As a faith community of believers, we Vernon Parkers' continue our collective faith walk of purpose.

Don't forget to exercise moderately during this time. Running a marathon is not necessary, but regular stretching and other moderate physical activity such as walking will add to your consecration experience.

Let's focus, pray and worship together and watch the Wonders happen!

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, LEWONS, GRAPES, APPLES, CABBAGE, BEETS, CARROTS, CELERY OR LEAFY GREEN VEGETABLES. IN COLD WEATHER, YOU MAY ENJOY WARM VEGETABLE BROTH. MIX ACIDIC FRUIT JUICES WITH WATER FOR YOUR STOMACH'S SAKE. AVOID CAFFEINATED DRINKS. BE AWARE THAT GUM OR MINTS STIMULATE DIGESTIVE ACTION IN YOUR STOMACH AND MAY MAKE YOU HUNGRIER.



Consecration 2018

A TIME OF EMERGENCE

1 Kings 19:11 The Lord said "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."



Vernon Park Church of God 1975 E. Joe Orr Road Lynwood, Illinois 60411 708 753-1975

> Jerald January, Sr. Senior Pastor www.vpcog.org