



## A Note from Pastor J



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 MEDICATION SHOULD BE WITHDRAWN ONLY WITH PHYSICIAN’S SUPERVISION.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, LEMONS, 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.”**



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