WEEK # 1 - MARCH 11TH - MARCH 17TH

- NO CARBONATED BEVERAGES OR DRINKS WITH CAFFEINE
- NO RED MEAT OF ANY KIND
- **NO SWEETS (**candy, pastry, cakes, pies, etc.)
- 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 (8 oz.) OF WATER PER DAY ROOM TEMPERATURE TO COOL/ EASY ON THE ICE

*SPEND AT LEAST 1 HOUR PER DAY IN PRAYER AND READING OF THE SCRIPTURES

WEEK # 2 – MARCH 18TH – MARCH 24TH

- FOLLOW GUIDELINES OF THE PREVIOUS WEEK, PLUS
- ELIMINATE MEAT FROM SCHEDULE EXCEPT FISH (no other meat for duration of fast)
- VEGETABLES, SOUPS, FRUITS, PASTAS & SALADS PERMISSIBLE
- INCREASE WATER TO 6 GLASSES PER DAY *SPEND AT LEAST 1 HOUR PER DAY IN PRAYER AND READING OF THE SCRIPTURES

WEEK # 3 – MARCH 25TH – MARCH 31st

- ELIMINATE FISH FOR DURATION OF CONSECRATION
- FOLLOW GUIDELINES OF PREVIOUS WEEK
- 6 7 GLASSES OF WATER PER DAY
- *SPEND AT LEAST 1 HOUR PER DAY IN PRAYER AND READING OF THE SCRIPTURES

WEEK # 4 – APRIL 1ST – APRIL 7TH

- 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
- 6-7 GLASSES OF WATER PER DAY
- *SPEND AT LEAST 1 HOUR PER DAY IN PRAYER AND READING OF THE SCRIPTURES

WEEK # 5 APRIL 8TH - APRIL 14TH

- ELIMINATE DINNER FROM YOUR DAILY SCHEDULE.
- BREAKFAST ONLY AS DESCRIBED IN PREVIOUS WEEK.
- 6-7 GLASSES OF WATER PER DAY
 *SPEND ADDITIONAL TIME IN PRAYER AND READING
 OF THE SCRIPTURES DAILEY

WEEK # 6 – APRIL 15^{TH} – APRIL 19^{TH}

- APRIL 15TH CONTINUE SCHEDULE OF WEEK 5
- APRIL 16^H 17TH LIQUIDS ONLY (TAKE BROTH AND/OR FRUIT JUIC IF NECESSARY)
- APRIL 18TH REINTRODUCE FRUIT IN MORNING
- CONTINUE IN PRAYER & CONSECRATION
- CONSECRATION ENDS NOON APRIL 19TH.



BREAKING YOUR FAST

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

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

Prayer List

A Note from Pastor J



Greetings Family and Friends,

It appears that our world is changing every day.
Just when we think we've seen, heard or experienced

the most incredibly unbelievable thing, we're met within the next news cycle with something equally unbelievable. It's obvious without a strong mind and faith we might be tempted to pack our bags and run away.

Thus the call for maturity appears to be a mandatory action for all of us who walk by faith and not by sight. Our God has invested in us a great Purpose that should not be altered by the latest fad, belief or news story.

Maura and I invite you once again to join us as we humble ourselves in order to seek the heart of God. The church has once again provided these handy consecration guides in order for us to stay on the same course. I do understand that everyone may not be able to complete the schedule as printed. However, maturity includes some sort of intentional sacrifice. So please open up your heart and schedules to God during this critical season and join those who believe God for a mighty breakthrough this year.

Much 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 VISION 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 2019 A Year of Maturity



...until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

Ephesians 4:13

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