

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 MEDICATION SHOULD BE WITHDRAWN ONLY WITH PHYSICIAN'S SUPERVISION.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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