

2021 Consecration of Vernon Park Church of God 30 Days of Hope

Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



**Vernon Park Church of God
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Lynwood, Illinois 60411
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Jerald January, Sr.
Senior Pastor
www.vpcog.org**

Join Pastor January and the Vernon Park Prayer Ministry each Monday, Wednesday and Friday during our 30 Days of Hope. Let's combine our faith to reach out to God in a corporate prayer cell.

CALL IN # 515-606-5127 ACCESS CODE 981434 (details on page 7)

A word from Pastor January

Greetings Family,

During the Lenten Season of 2021 the Vernon Park Church of God will dedicate a 30-day corporate season of consecration. To consecrate is to make or declare something as sacred or to dedicate something formally to a divine purpose. This season for us will include a coordinated effort that blends prayer, fasting and preparation.

I believe that The Lord continues to ready our Faith Family for His Purposes in the earth. During the unprecedented time of quarantine and isolation He has never left us alone without guidance and strength. As we embrace Hope, our renewed goals include caring for and strengthening our church family both young and old, growing in maturity individually and corporately, and winning souls and making disciples. In addition, we have a mandate to continue the physical work on our campus. Recent wonderful developments for VP have confirmed God's favor even in difficult times. And I am so proud of our leadership team that continued to stay focused the entire year of 2020 and into this new season.

I will be informing the congregation of not only of our recent victories, but also of our new direction, plans and challenges. Included in these will be prayerful consideration of our restart of a returned physical presence including church services and other activities.

All that The Vernon Park Church of God approaches is tied to Hope wonderfully orchestrated by our Hope of Glory, Jesus Christ. As I have explained in recent sermons Hope is not crossing our fingers and wishing upon a star. Biblical Hope is an overwhelming expectation of something tangible just as an expectant mother plans for the birth of her child. We can all grab a firmer grip to what God is saying to us individually and collectively in this season if we experience this season together.

Please join Lady Maura and I along with our entire leadership team as we forge a wider path of faith in 2021. The season's schedule is attached and awaits your participation. Remember Hope never disappoints!

**Peace & Power,
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

- **NO CARBONATED BEVERAGES OR DRINKS WITH CAFFEINE, RED MEATS OF ANY KIND, NO SWEETS (includes-candy, pastry, cakes, pies, etc.) FOR ENTIRE CONSECRATION**
- **3 MEALS PER DAY ARE ALLOWED IN WEEK 1**

WEEK# 1 MARCH 3 – MARCH 9

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

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

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

****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK# 2 MARCH 10 – MARCH 16

- **ELIMINATE ALL WHITE MEATS – (no meat for duration)**
- **VEGETABLES, SOUPS, FRUITS, PASTAS & SALADS PERMISSIBLE**
- ***PLEASE DRINK AT LEAST 5 GLASSES OF WATER PER DAY (ROOM TEMPERATURE TO COOL/ EASY ON THE ICE)**
- ****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK# 3 MARCH 17 – MARCH 23

- **ELIMINATE LUNCH FROM YOUR DAILY SCHEDULE.**
- **BREAKFAST & DINNER ONLY**

FRUIT ONLY FOR BREAKFAST – DINNER LIMITED TO SOUPS, SALADS (including pasta salads) AND VEGETABLES

- ***PLEASE DRINK AT LEAST 5 GLASSES OF WATER PER DAY (ROOM TEMPERATURE TO COOL/ EASY ON THE ICE)**
- ****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK # 4 MARCH 24 – MARCH 30

- **ELIMINATE BREADS FROM ALL MEALS**
- **FRUIT ONLY FOR BREAKFAST PLUS (JUICE, WATER OR HOT DECAFFEINATED DRINKS)**
- **DINNER IS LIMITED TO SOUPS AND VEGETABLES**
- **5 GLASSES OF WATER PER DAY**
- ****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK# 5 MARCH 31 & APRIL 1

- **ELIMINATE ALL SOLID FOODS**
- **WATER ONLY (TAKE SOME BROTH AND/OR FRUIT JUICE IF NEEDED)**
- **INCREASE YOUR TIME IN PRAYER, MEDITATION AND SCRIPTURE AND A DEDICATED TIME OF THANKSGIVING.**

CONSECRATION ENDS AT 6pm APRIL 1

BREAKING YOUR FAST

END YOUR FAST GRADUALLY. DO NOT EAT SOLID FOODS IMMEDIATELY AFTER YOUR FAST. SUDDENLY RE-INTRODUCING SOLID FOODS TO YOUR STOMACH AND DIGESTIVE TRACT WILL LIKELY HAVE NEGATIVE CONSEQUENCES. TRY SEVERAL SMALLER MEALS OR SNACKS EACH DAY.

IF YOU END YOUR FAST GRADUALLY, THE BENEFICIAL PHYSICAL AND SPIRITUAL EFFECTS WILL RESULT IN CONTINUED GOOD HEALTH. HERE ARE SOME SUGGESTIONS TO HELP YOU END YOUR FAST PROPERLY.

APPLY THE PROGRESSIVE FAST BACKWARDS AND INCORPORATE ONE MEAL WITH MEAT, POULTRY OR FISH, ONE CARBONATED BEVERAGE UNTIL YOU ARE AT A PLACE WHERE YOU BELIEVE GOD WOULD HAVE YOU TO BE. GOD WANTS YOU TO PROSPER AND BE IN GOOD HEALTH (3 JOHN 2).



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CALL 515-606-5127 ACCESS CODE 981434

30 Day Prayer Campaign Schedule

March 3-April1, 2021, (M-W-F)

6:00 AM-6:15 AM

Call in number 515-606-5127

Access Code 981434

Date	Prayer Leader	Prayer Topic	Scripture
3-03, Wednesday	Min. Ward	Joy/Hope/Affliction	Romans 12:12
3-05, Friday	Pastor McKinley	Love/Unity/Peace	Colossians 3:14-17
3-08, Monday	Min. Elise Henry	Serving God and Others	Deut. 11:13
3-10, Wednesday	Pastor Quincy Dyer	Social Isolation, and Loneliness	
3-12, Friday	Sis Sophia Williams	Healthy Relationships, (Family and others)	
3-15, Monday		Worship, Gratitude	1 st Chronicles 29:11
3-17, Wednesday	Min. Nash-Brand	Evangelism/Discipleship	
3-19, Friday	Sis El-Amin	Healing, Mind, Body, Soul and Spirit	
3-22, Monday	Sis. Bailey-Lane	Church/Pastors/Leadership	Ephesians 3:20
3-24, Wednesday	Pastor Frank Miller	The Fruit of the Spirit	Galatians 5:22-23
3-26, Friday	Min. Willis-Ford	Anxiety/Depression	
3-29, Monday	Min. Ward	Church Forward/The Kingdom of God	Romans 14:17
3-31, Wednesday	Pastor J	Pastor Privilege	