

A Time of Consecration and Fasting

" And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes..." -- Daniel 9:3

Consecration and fasting are two very important spiritual disciplines in the Christian faith. Fasting is an act of willful abstinence or elimination from certain or all food, drink, or both, for a period of time. In short, fasting is giving up certain foods or to abstain from food altogether. To consecrate means that I choose to separate myself from "unclean things" (i.e.: lewd conversation, television shows, websites, places, etc...) so that I can focus on drawing closer to GOD.

By the unction of The Holy Ghost, Pastor Darius invites and encourages the entire Brown Chapel AME Church family to join in a two-week fast and consecration!

The consecration will begin **Monday, April 7th, at 12 midnight and conclude Sunday, April 20, 2025, after morning worship.** This time is being designated as a time of consecration through fasting, increased prayer and study of GOD's Word.

The church of JESUS Christ is being called to greater Kingdom dedication and sanctification. Therefore, we must reject those actions and thoughts that are not of God, and we must devote ourselves to getting rid of all things, ideals, and persons that hinder our spiritual growth. Because we know that God's grace has kept us, our hearts are filled with awe and appreciation as we delight in the blessings and manifest miracles of GOD. Beloved, this consecration is relatively easy and is our "reasonable act of worship." (Romans 12:1)

Consecration requires that we become good stewards of the resources entrusted to us by God. During this time of sanctification, please join us as we fast and pray for spiritual breakthrough, divine cleansing, and renewal of

our bodies by participating in the following fast:

Here is our plan for consecration and fasting:

Week One:

- Junk Foods (Chips, cookies, donuts, candies, pastries, etc.)
- Limited Social Media
- No Garbage Television
- Limited Shopping

<u>Week</u>	<u>Two:</u>	12-hour	on,	12-hours	off.
*	No	Fast	Foods	(Tacos, burgers, fries, etc.)	
*	No	Fried	and	Fatty	Foods
*	No	Alcoholic	and	Carbonated	Beverages

Everyone is encouraged to eat fish, poultry, fresh vegetables and fruit. Please TRY to eliminate unnecessary carbohydrates: sugars, white rice, breads, pastas, etc.

For those on special diets and taking medications, please consult your physician before fully participating in the fast. Remember to drink plenty of water and get ample rest.

Lastly, please embrace this time as an opportunity to do intentional acts of kindness! There is no need to film your acts of intentional acts of kindness or post on social media remembering Colossians 3:23-24.

Family, this is NOT a form of punishment, but rather and instead, an opportunity to draw near to God. I sincerely believe that GOD has AMAZING blessings in store for HIS people during this season! Let us prepare our bodies, minds, souls, and spirit for what is in store!