

# 21 Days of Fasting, Prayer, & Consecration

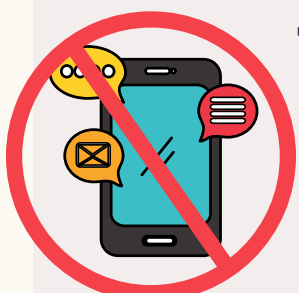
## What is Fasting?

Fasting is chastising your flesh by abstaining from temptations for a selected period of time while focusing on a deeper relationship with God.

## Our Scriptural Focus is: Joshua 3:5

**“And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the LORD will do wonders among you.’”**

**The 21 Days of Fasting, Prayer & Consecration begins at Midnight on Monday, January 6, 2025 and concludes on Sunday, January 26th at 6:00PM.** There are three (3) phases included in this consecration journey . There are three (3) “Grace Days” to temporarily “break” the fast at your own discretion for personal reasons. Many people prefer to use their “Grace Days” on Sundays. Be sure to commit to daily prayer, study time, Tithes/Offering, and anoint yourself each day.



## The 2025 Consecration Plan

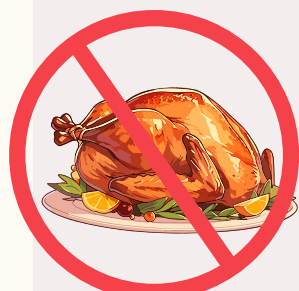
### PHASE I: NO TREATS (JANUARY 6TH-12TH)--7 DAYS \*\*\*24 HOURS\*\*\*

- Abstain from an activities or habit that distracts you from your time with God, such as social media, video games, secular music, screen time, gossip, etc. (Treats may vary based on the individual.)
- Use this time to FOCUS on studying the Word of God and increase your quality/quiet time in prayer.
- Select a “treat(s)” that you will continue to abstain from throughout the duration of Phase 2 and 3



### PHASE 2: NO SWEETS (JANUARY 13TH-19TH)--7 DAYS \*\*\*6AM-6PM\*\*\*

- Abstain from all sweets, desserts, sugar, candy, soda/pop, cobblers, cakes/pies, etc.
- Remember you will continue to abstain from sweets throughout Phase 3 as well.,



### PHASE 3: NO MEATS (JANUARY 20TH-JANUARY 26TH)--7DAYS \*\*\*6AM-6PM\*\*\*

- Abstain from all meats, treats & sweets! (Partial Fast)
- You may eat ANY FRUIT OR VEGETABLE, RAW OR COOKED (Except fried or desserts)
- Nuts and seeds of any kind (except added sugars and candy coated)
- Beans of any kind
- Brown Rice and Rice Pilaf
- Vegetable bouillon or broth
- Salad Dressings, Seasonings

**Disclaimer: Please consult your Family Physician/Licensed Health Care Provider before beginning any portion of this fast, if there is a question of one’s health. Certain portions/phases of this fast may be modified for the needs of the individual participant.**

Greetings, in the strong name of our Lord and Savior Jesus the Christ, Son of the Living God! We would like to invite you on a journey toward spiritual **ADVANCEMENT** as we prepare to enter 21 Days of Fasting, Prayer, and Consecration!

It is imperative that develop a ‘hunger and thirst for righteousness’ like never before. This is the time to seek God’s presence as we advance our spiritual growth and discipleship goals for 2025. In this the “Year of Spiritual Advancement” we are believing God for better outcomes, spiritual fruit, and supernatural results, particularly as it relates to our transformative work in the Kingdom. The Scriptures teach us about the power of fasting and prayer and the necessity for it particularly in these trying times in which we live.

- Fasting enables us to humble ourselves before God. Psalm 38:13, Ps 69:10, 2 Chronicles 7:14.
- Fasting is a means by which we as Christians bring our bodies under subjection. 1 Corinthians 9:27.
- Fasting changes man, not God. God is omnipotent and unchanging. Malachi 3:6
- Fasting breaks down the barriers in our flesh that stand in the way of the Holy Spirit. Ephesians 3:20
- Fasting and prayer prepares us as Christians to become more effective spiritually. Daniel 9:2, 3; Daniel 10:1-14
- Fasting allows us to receive a fresh anointing of the Spirit and the blessings of God. Joel 2:12-29
- Fasting has medical benefits. Isaiah 58:8.
- Fasting will bring peace to our land. 1 Timothy 2:1-2.

We want to pray with you and for you as we journey together. Take a moment and email us at [revmtscott@gmail.com](mailto:revmtscott@gmail.com) if you plan to participate .

Yours in Christ,

*+Michael T. Scott I*

Bishop Michael T. Scott I, D.Min.  
Chief Servant



Elder Tamara T. Scott, D.Min.  
Leading Lady



**Yes, Bishop and Lady T:**

**I'm planning to participate along with you in the Consecration Fast:**

**( ) Phase 1 ( ) Phase 2 ( ) Phase 3**

**Please pray for me regarding:** \_\_\_\_\_

**Name:** \_\_\_\_\_