



# VP CONSECRATION & PRAYER ISSUE

MID FEBRUARY 2024



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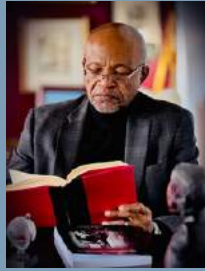
We have a new edition to our prayer element:

Feel free to go on campus and pray in the **WAR ROOM**

Tuesday - Thursday from 9:00am - 4:00pm

## A Note from Pastor J

**Consecration**  
**Thursday, Feb. 29th-**  
**Friday, March 29th**  
**Ends at 6:00 PM**



**Prayer Schedule**  
**Thursday, Feb. 29th -**  
**Friday, March 29th**  
**M-F 6:00 AM & 6:00 PM**

**Greetings Family,**

In 2024 the Vernon Park Church of God has shifted its focus from survival to succeeding. We will once again dedicate a 30-day ministry-wide season of consecration with success in mind. To consecrate is to make or declare something as sacred or to dedicate something formally to a divine purpose. To maximize our effort, we've included a coordinated effort that blends prayer, fasting and studying with mental and physical preparation.

Someone said, "At the end of the day, let there be no excuses, no explanations, no regrets." Success is not always easy, but it is worth it. Together and individually, we're compelled to finish what we start. I believe that the Lord continues to ready the faith family of VPCOG for His Purposes in the earth. Scripture compels us to strive for generational impact, and we should never forget to intentionally humble ourselves and ask God to remain in our midst.

I'm asking that all those who attend in-person services as well as those who attend digitally join Lady Maura and I along with our entire leadership team each morning at 6:00 AM and 6:00 PM for 15 minutes as we begin each day of our consecration in collective prayer and thanksgiving. Nothing starts a day like being in God's presence and intentionally seeking His guidance.

In addition to prayer, the 30-day season's Fast Schedule is attached and awaits your participation. As always, it's a progressive Daniel Fast that allows each of us to participate with focus.

**Peace, Pastor J.**

*Psalm 1 Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
2 but whose delight is in the law of the Lord,  
and who meditates on his law day and night.*

## **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, 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 medications, or have a chronic ailment.

Some persons should never fast without professional supervision.

## **IT'S IMPORTANT TO NOTE, WHILE YOU FAST...**

You may experience dizziness, the "blahs" or withdrawals from caffeine. Avoid drugs, even natural herbal drugs and homeopathic remedies.

**• ELIMINATE MEDICATION ONLY WITH PHYSICIAN'S SUPERVISION •**

Limit your activity, and 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 possible 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.

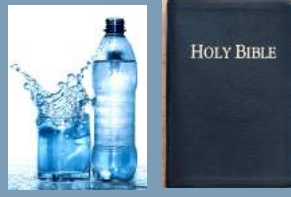
The first two or three days are usually the most challenging. As you continue to fast, you might experience a sense of well being, both physically and spiritually.

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 life 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.

Avoid caffeinated drinks. Be aware that gum or mints stimulate digestive action in your stomach and may make you hungrier.

Think on the GOoD things...  
you can have as much water,  
Word and time with God as  
you like!



And permissible  
items based on  
the schedule.

**WEEK #1 Thursday, February 29th – Wednesday, March 6th**

**FOR ENTIRE CONSECRATION**

No carbonated beverages or drinks with caffeine, no red meats of any kind  
and no sweets (includes candy, pastry, cakes, pies, etc.)

**3 MEALS PER DAY ARE ALLOWED IN WEEK 1**

Breakfast may include fruits, breads, cereal (hot or cold), milk, hot drinks  
(without caffeine) and juice.

Lunch and dinner may include vegetables, soups, breads and 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 Thursday, March 7th – Wednesday, March 13th**

**(NO MEAT FOR DURATION)**

Eliminate all white meats  
Vegetables, soups, fruits, pastas and salads are 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 Thursday, March 14th – Wednesday, March 20th**

**Eliminate lunch from your daily schedule**

**BREAKFAST AND DINNER ONLY**

**Fruit only for breakfast - Juice or Water**

**Dinner is 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 Thursday, March 21st – Wednesday, March 27th**

**Eliminate breads from all meals**

**Fruit only for breakfast plus (juice, water or hot decaffeinated drinks)**

**DINNER IS LIMITED TO SOUPS 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 #5 Thursday, March 28th - Friday, March 29th**

## **ELIMINATE SOLID FOODS**

**WATER ONLY (DRINK 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 Friday, March 29th**

## **BREAKING YOUR FAST**

End your fast gradually. Do not eat solid foods immediately after your fast. Suddenly re-introducing solid foods to your body and digestive system 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, and gradually reintroduce caffeinated or carbonated beverages into your system, until you are able to eat regular meals again prayerfully with healthier choices. God wants you to prosper and be in good health (3 John 2).

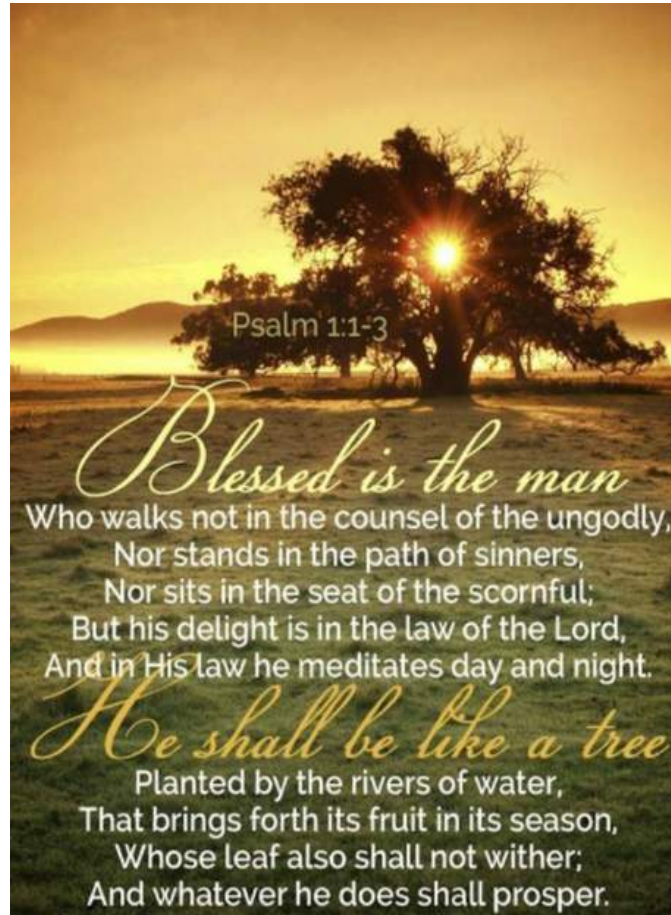


# Vernon Park Church of God

**2024 PRAYER CONSECRATION GUIDE - THEME: THE YEAR TO SUCCEED**

**Psalm 1:1-3**

**Dates: February 29 - March 29**



**Weekdays twice daily ~ Prayer and Praise during our Consecration**

**Dial 202-926-1080 - Access Code: 981434#**

**Monday - Friday, 6:00 - 6:15 AM**

**Monday - Friday, 6:00 - 6:15 PM**

**You can also pray in the War (Prayer) Room**

**Tuesday -Thursday, 9AM - 4PM**

WEEK #1 Thursday, February 29th – Wednesday, March 6th

Prayer Focus – Remain in Christ

Scripture Reading - John 15:1-2;5-8

Memory Verse - John 15:5

15 “I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful. 5 **“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.** 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

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WEEK #2 Thursday, March 7th – Wednesday, March 13th

Prayer Focus – Success with Walking in the Counsel of God

Scripture Reading – Psalm 1:1-3

Memory Verse - Psalm 1:3

1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 **That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.**



## WEEK #3 Thursday, March 14th – Wednesday, March 20th

Prayer Focus – Success with a Kingdom Focused Agenda

Scripture Reading – Luke 4:18-19

Memory Verse – Luke 4:18-19

**18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,  
19 To preach the acceptable year of the Lord.**

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## WEEK #4 Thursday, March 21st – Wednesday, March 27th

Prayer Focus – Success with Teaching our Children to Love and Obey God

Scripture Reading - Deuteronomy 11:1-5;19-21

Memory Verse - Deuteronomy 11:1 and 19

**1 Love the Lord your God and keep his requirements, his decrees, his laws and his commands always. 2 Remember today that your children were not the ones who saw and experienced the discipline of the Lord your God: his majesty, his mighty hand, his outstretched arm; 3 the signs he performed and the things he did in the heart of Egypt, both to Pharaoh king of Egypt and to his whole country; 4 what he did to the Egyptian army, to its horses and chariots, how he overwhelmed them with the waters of the Red Sea[a] as they were pursuing you, and how the Lord brought lasting ruin on them. 5 It was not your children who saw what he did for you in the wilderness until you arrived at this place.  
19 Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up. 20 Write them on the doorframes of your houses and on your gates, 21 so that your days and the days of your children may be many in the land the Lord swore to give your ancestors, as many as the days that the heavens are above the earth.**

## WEEK #5 Thursday, March 28th - Friday, March 29th

Prayer Focus: Praise and Thanksgiving

Scripture Reading - Psalm 145

Memory Verse - 145:4[a]

A psalm of praise. Of David. 1 I will exalt you, my God the King; I will praise your name for ever and ever. 2 Every day I will praise you and extol your name for ever and ever. 3 Great is the Lord and most worthy of praise; his greatness no one can fathom. **4 One generation commends your works to another; they tell of your mighty acts.** 5 They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works.[b] 6 They tell of the power of your awesome works— and I will proclaim your great deeds. 7 They celebrate your abundant goodness and joyfully sing of your righteousness. 8 The Lord is gracious and compassionate, slow to anger and rich in love. 9 The Lord is good to all; he has compassion on all he has made. 10 All your works praise you, Lord; your faithful people extol you. 11 They tell of the glory of your kingdom and speak of your might, 12 so that all people may know of your mighty acts and the glorious splendor of your kingdom. 13 Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.[c] 14 The Lord upholds all who fall and lifts up all who are bowed down. 15 The eyes of all look to you, and you give them their food at the proper time. 16 You open your hand and satisfy the desires of every living thing. 17 The Lord is righteous in all his ways and faithful in all he does. 18 The Lord is near to all who call on him, to all who call on him in truth. 19 He fulfills the desires of those who fear him; he hears their cry and saves them. 20 The Lord watches over all who love him, but all the wicked he will destroy. 21 My mouth will speak in praise of the Lord.  
Let every creature praise his holy name for ever and ever.

Friday, March 29th

**Focus: Final prayer, thoughts, and encouragement from Pastor J  
Consecration Ends at 6pm March 29th.**