



# St Paul Missionary Baptist Church

## 10 Day Consecration

As we turn the corner and begin a new year, our dependence on God seems as obvious as ever. In new ways, we feel the reality of Jesus' words "... *apart from me you can do nothing.*" (John 15:5 ESV) We as a church, and as individuals, can do nothing apart from God's work. This is our time for corporate fasting and praying for the St Paul Missionary Baptist Church family. We invite everyone to join us in discovering our role as co-laborers with Christ as we stand together in interceding for others and seeking where God will lead us in 2023.

### Fasting

Why do we fast? Simply put, the goal of fasting is to turn ourselves from worldly things and set our minds and hearts fully on God. It is not a way to manipulate God or coerce him to hear and answer our prayers, but rather it acknowledges our complete dependence on him. Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking his face. Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose.

+ You might choose a selective fast, eliminating certain things from your diet. Eating only fruits and vegetables.

+ Another option is a partial fast, which is refraining from eating for a set period of time each day. You could choose to fast from a single meal or from sunup to sundown.

+ Some of you may feel led to engage in a complete fast, refraining from eating and only drinking liquids for particular days, or even an extended period of time.

+ If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone.

### Scriptural Basis for Fasting

**Daniel 10:2-3** *"When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed."* (NLT)

**Daniel 10:12-13** *"Then he said, 'Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the archangels, came to help me, and I left him there with the spirit prince of the kingdom of Persia.'" (NLT)*

## Prayer

Praying is spiritual breathing, essential for our life in God. As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God's Word to us. Each day in this guide, there will be one verse and a few prayer responses for you to guide your praying. Throughout the 21 days, you will be praying for specific areas in your life, our church, and our mission. Together, let's put our faith into action, trusting in the promises of God for us and our church. Below are some helpful tips on how to make the most of this guide.

+ Commit to a specific time each day to devote to prayer. Find a place where you can be free of distractions and be alone with God.

+ Use the prayer points and Scripture in this guide to focus and fuel your praying. Write the Scripture and prayer point on a card and carry it with you, post it on your mirror, make it the screensaver on your phone—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.

+ You can take it a step further by journaling your prayers each day, simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.

+ In addition, you may consider ways to pray with others during this season. Set up a Zoom call with friends or members of your social group. Pray together as a family.

St Paul family, let's earnestly seek the face of God with great expectation as we wait for his revelation and instruction through these 21 days of fasting and prayer.

*"This is God's Message, the God who made earth, made it livable and lasting, known everywhere as God: 'Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own.'" (Jeremiah 33:3 MSG)*

## 10 DAY CONSECRATION FOOD LIST

**IMPORTANT!** Take your medication as prescribed by your doctor.

### FOODS TO INCLUDE IN YOUR DIET DURING THE 10 DAY CONSECRATION FAST

All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to, apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to, artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, beans, peas, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, corn tortillas (without sugar or leaven), rice cakes, and plain unbuttered and/or flavored popcorn.

All nuts and seeds, including but not limited to, sunflower seeds, cashews, peanuts, sesame. Also nut butters, including natural peanut butter.

All legumes. These can be canned or dried. Legumes included but are not limited to, dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to, avocado, coconut, grapeseed, olive, peanut, sesame, walnut, nondairy butter.

Beverages: spring water or other pure waters, non-caffeine herbal tea, 100% juices not from concentrate.

Other: Unsweetened almond milk, natural sugars that come from fruit, nectars, or plants, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

Simply put, you may have all vegetables, nuts, fruits, and grains you can eat. If you cook them, you may steam them or sauté using virgin olive oil, peanut oil, or canola oil. You can also steam them. Your choice as to how much you would like to consume. Put your faith to work.

## FOODS TO AVOID ON THE 10 DAY CONSECRATION FAST

The following foods are to be avoided:

DAIRY PRODUCTS  
WHITE RICE  
FRIED FOODS  
CAFFEINE  
CARBONATED BEVERAGES

UNNATURAL SUGAR SUBSTITUTES  
REFINED SUGAR  
WHITE FLOUR  
FOODS WITH YEAST  
HIGH FAT FOODS

Limit foods with a face – NO beef, pork, game animals, or lamb. However, you may have small amounts of chicken, fish, & shrimp.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, molasses, syrups, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to white rice, white flour, and with high sugar content.

All deep-fried foods (you may sauté foods in pure oils) including but not limited to potato chips and fries.

All solid fats including shortening, margarine, lard, and foods high in fat.

Beverages including but not limited to coffee, non-herbal caffeinated tea, carbonated beverages, energy drinks, and alcohol.

**Remember, READ THE FOOD LABELS!**

## 10 DAY CONSECRATION DAILY DEVOTIONAL

### Day 1

**Morning:** Read Isaiah 58; Daniel 9.

Consecrate this fast unto the Lord. As you reflect upon what the Lord has already done, begin to glorify Him with sincere thanksgiving and praise for His goodness and mercy towards you. When Daniel prayed for his nation, he asked for repentance and acknowledged that the people should not receive the blessing of the Lord because they were so good, but it was because God was righteous, merciful, and gracious. Pray for the healing of our nation! Confess your sins and pray that God will bless you to complete the fast.

**Evening:** Read Psalm 33; 2 Thessalonians 1.

Pray for the body of Christ. Pray that this political administration sees the value of the church and all that it represents in the lives of the believers. Lord, you have all power and authority in your hands; therefore, we are accountable to You. May those who lead this nation reverence You and honor Your Word! Pray against political agendas that are anti-Christ and violate God's law. Let all we do be done in love for the Kingdom of God. Pray that God will count you worthy of your calling and fulfill all the good pleasure of His goodness and the work of faith with power, that the name of Jesus will be gloried in you by the grace of God.

### Day 2

**Morning:** Read 1 Peter Chapters 1 through 2:1-12; 1 Thessalonians 3:11-13.

Reflect upon the relationship you have with God in Christ Jesus and the great inheritance laid up for you. Pray that your faith be genuine and strong so that when you are tested you will be found to be in praise, honor, and glory until Jesus comes. Denounce anything in your life that is not holy and honorable to God and claim your victory!

**Evening:** Read Genesis 39; Deuteronomy 8:1-18; Proverbs 30: 7-9; Matthew 6:25-34.

Many people have lost their jobs and homes due to the pandemic and natural disasters. Pray that God will be a source of consolation, comfort, and encouragement in these challenging times as we recover. Remember the goodness of God and how He provided for you throughout the years. He will never leave you or forsake you! Pray for whatever you need and for the needs of those around you. Declare you have favor in the midst of your trial and that even as one door has closed another door will be opened to you that will lead to your divine destiny. Pray for the economic state of America.

### **Day 3**

**Morning:** Read John 16:5-15; Acts 10:44-46.

If you do not believe that you have received the Holy Spirit, pray for the infilling of the Holy Spirit. If you have been filled with the Holy Spirit, pray for others to be filled with the Holy Spirit. Consider this prayer, Heavenly Father, I am Your child, for I believe in my heart that Jesus died for my sins and was resurrected. I confessed Jesus as my Savior and Lord. Your Word said if I ask for the Holy Spirit, it will be given to me. In the name of Jesus, Lord, please fill me with Your Holy Spirit and let me walk in the fullness of Your love and power. I receive this gift in faith and believe that I am a Spirit-filled Christian from this day forth. As I yield myself to You, I expect to speak in tongues as the Spirit gives me utterance, in the name of Jesus! Thank you, Lord!

**Evening:** Read Deuteronomy 28; 1 John 1:5-10 and 2:1-6.

Read these scriptures as a reminder of the blessings that God desires for you as you walk in obedience to His will. Let your confidence increase in knowing that God desires you to prosper. Thank God for the grace to walk in obedience and denounce every curse from your life and house. Declare that through faith in Jesus Christ, you walk in the light of the Word. Know that if you should sin; you have an advocate with the Father whose name is Jesus Christ. Praise God that when you confess your sins, He is faithful and just to forgive you of your sins and cleanse you from all sin. Do not allow the enemy to steal your joy or blessing!

### **Day 4**

**Morning:** Read Acts 11.

Lord, call to order men and women of God who will go and minister to the needs of the people. Remove any discrimination that will hinder the Word from going forth. Pray that the Lord will use you in a mighty way and that you will experience visions, dreams, and discernment to minister to world. Lord, let the work of Your people draw many to Christ.

**Evening:** Read 1 Kings 4:29-34; Daniel 1:6-21; Psalm. 127-3-5.

Children are an inheritance from the Lord and the Word promises peace when they are taught in your way. Pray for the children that they will be able to learn in the environment they are in. Pray for the patience of teachers and parents as they inspire them in their studies. Lord, as these children pursue their education and training at school or at home, help them overcome any fears, and lack of understanding, confidence, or self-esteem. Lord, we pray that children will have wisdom in every subject presented to them. Keep them from any philosophies of men and teachings that are contrary to the Word of God. Fill them with the knowledge of Your will so that they can bear fruit in every good thing they do. Cause them to be 10x better than their peers. Thank you that the angels of the Lord encamp around them to protect them from attacks and threats from others. Pray for the school system and the safe return of children to school.

## Day 5

**Morning:** Read 1 Peter 3:8-22; Chapter 4.

There is much suffering in the land. You may be faced with trials in your marriage, family, community, and in general society. In the face of suffering, know that you are called to stand and represent Jesus Christ, that you may inherit a blessing. Pray for the mind of Christ in the midst of suffering. Pray that you can be a testimony of God's faithfulness and power. You should feel stronger in faith, love, and hope. Now that you are consecrated and strengthened, you are ready to do spiritual warfare in prayer. God will cause you to triumph over the enemy in the name of Jesus by the Holy Spirit!

**Evening:** Read Psalm 41:1-3; Proverbs 14:31; 17:5; 19:17; Matthew 25:31-46.

Pray that your compassion for the poor does not grow cold. Evil men have used proceeds from charities for their own purposes; however, let us not forget to care for the poor and needy. Lord Jesus, we realize there are many people in society who are lonely, suffering, and in great need. Pray for a heart of compassion and a heart to give freely to those who are in need. Truly seek God concerning where He desires you to give. Pray for the needy around you. Ask God to raise them out of the poverty mindset and lifestyle. Seek God about how to minister to the homeless and poor. Thank God for being your Jehovah Jireh!

## Day 6

**Morning:** Read Matthew 28:18-20; Mark 16:14-18; Acts 1:8; Luke 15:1-7; 1 Corinthians 9:19-23.

Reflect upon the Great Commission and pray that God will empower you by his Holy Spirit to be a soulwinner for the Kingdom of God. Pray for wisdom to witness and to be a testimony for others. Think about those who need salvation, call their names out to God, and seek the Lord about how you can be a witness to them. Pray that God will give you what to say in the very hour! Pray for patience as you labor with others and wait for the manifestation of the harvest.

**Evening:** Read Colossians 3:18-25; Ephesians 6:1-4.

Pray for families – married, separated, divorced. Pray for children to be obedient to parents. Pray for forgiveness, peace, and harmony in the family unit. Lord, we thank you for bringing families together during this pandemic. We pray for any broken homes and ask that You restore relationships in the family unit.

## Day 7

**Morning:** Read Psalm 91; 2 Kings 20:1-11; James 5:13-18.

Pray that God will heal and restore across the nations. Our God is able to heal our land. Lord, keep us in Your ark of safety. Let no evil overtake Your people, no accident come near, or any plague or disaster touch us for You are a refuge and strength to those you trust you. You have given your angels charge over us, and by Your mighty hand we are protected from any hurt, harm, and danger. Glorify the name of the Lord! Thank the Lord for saving us! Pray for the comfort of those who have lost loved ones to sicknesses and diseases.

**Evening:** Read Genesis 24:12-14; Isaiah 62:5; Proverbs 12:4; Proverbs 18:22; 2 Corinthians 6:14.

Pray for the single men and women to find godly mates. Lord, do not allow your children to be deceived by imposters on dating sites. Grant Your children the discernment to expose any schemes. May they find comfort in knowing that You love and care for them. Heal Your children from failed relationships and feelings of rejection. Let them walk in total love, esteeming and preferring the other higher than self.

## Day 8

**Morning:** Read Romans 13:1; 1 Timothy 2:1-2.

Pray for the transitioning of leaders in America. Pray for integrity, peace, and divine order. Pray for godly leaders in authority. Lord, bless our nation to have wise leaders, and cause them to be a bold defense against the sinful acts of men. Let us not legislate sin! Defend our borders and cause America to have favor amongst the nations so that there will be peace in our land. Pray for a prosperous new year.

**Evening:** Read Luke 11:27-32; John 12:47-48.

Pray for today's generations and the generations to come. Pray that they will receive the witness that is before them. Just as the people of Nineveh received and believed the Word, and the queen of Sheba rose up to go and see what God was doing with Solomon, let the generations receive and believe the Word and seek out what God is doing. Ask God to draw the generations to repentance. Pray that they will surrender and commit to the heavenly vision.

## Day 9

**Morning:** Read Romans 13:1-14; Psalm 37.

Pray for justice to reign in communities, courts, and prisons. Lord, You are a God of justice. Protect the innocent and bring those who have violated the law to justice. Let Your hand of protection be upon all who are treated unfairly. Pray for all of the victims who have suffered loss because of evil men.

**Evening:** Read 1 Chronicles 29:1-20; Psalm 99:6-9.

We still believe God for our own building. Pray that God will open the door to build a church that pleases Him. Pray for wisdom, favor, the location, and the resources to move forward on this project. Heavenly Father, we thank you for everyone who has sown into this ministry. We pray that what they have given towards Your purposes, will be returned to them 100-fold. We praise You that we are equipped to do ministry that will glorify Your name, and pray that You will manifest the blessing of a place to worship you. Thank you, Lord, in Jesus' name.

## Day 10

**Morning:** Read 1 Chronicles 4:10; Acts 2:40-47; 1 Corinthians 1:10; Ephesians 4:7-16; 2 Peter 1:3.

Father, in the name of Jesus, we thank You for the Powerhouse of Praise church. We pray for the wisdom and vision to meet the needs of the people in our church, community, and around the world. Bind us together in the unity of our faith. Let there be no division amongst Your people. Grant us, the abilities to boldly speak your Word, in faith, and to experience the manifestation of miracles, signs, and wonders. Bless our church with people who possess the gifts to carry out the work of the ministry for the edification of the Church body. Fill us with Your supernatural power and cause us to walk in Your love. Increase our numbers and enlarge our territories for the advancement of the Kingdom of God. Lord, thank You for giving us everything we need for godliness and life.

**Evening:** Read Psalm 98, 104 and 107:8-9.

This is a day of celebration! Thank you for allowing us to complete this fast. Expect a manifestation of your prayers. Praise the Lord for all He has done!



## 10 DAY CONSECRATION DAILY MENU

| Week 1: January 22-27 | MORNING                           | EVENING   |
|-----------------------|-----------------------------------|---|
| <b>Monday</b>         | fresh fruit<br>water and/or juice | steamed fresh vegetables<br>salmon/fish                               |
| <b>Tuesday</b>        | fresh fruit<br>water and/or juice | steamed fresh vegetables<br>baked chicken<br>1 cup legumes of choice  |
| <b>Wednesday</b>      | no food before 12:00pm<br>water   | steamed fresh vegetables<br>salmon/fish                               |
| <b>Thursday</b>       | fresh fruit<br>water and/or juice | steamed fresh vegetables<br>green salad                               |
| <b>Friday</b>         | no food before 12:00pm<br>water   | steamed fresh vegetables<br>baked chicken or fish<br>1 cup brown rice |
| <b>Saturday</b>       | fresh fruit<br>water and/or juice | steamed fresh vegetables<br>salmon/fish                               |

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| <b>Week 2: January 28-31</b> |  |  |
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|                              | <b>MORNING</b>                               | <b>EVENING</b>   |
| <b>Sunday</b>                | fresh fruit<br>oatmeal<br>water and/or juice | steamed fresh vegetables<br>baked chicken or fish<br>1 cup brown rice        |
| <b>Monday</b>                | no food before 12:00pm<br>water              | steamed fresh vegetables<br>green salad                                      |
| <b>Tuesday</b>               | fresh fruit<br>water and/or juice            | steamed fresh vegetables<br>salmon/fish                                      |
| <b>Wednesday</b>             | oatmeal<br>water and/or juice                | steamed fresh vegetables<br>baked chicken or fish<br>1 cup legumes of choice |

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## How Do We Respond Now?

This isn't the end; it's just the beginning. Samuel Chadwick said, "The greatest answer to prayer is more prayer." We have seen God move and answer our prayers. But that has only served to increase our awareness of our need for his intervention in our lives. It has created a greater longing to see him move. He has delighted us and satisfied us with his great love. But that has simply stirred a greater desire and yearning to be with him. Praying has called us to pray even more.

Jesus made an astounding promise to us: "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that *"...whatever you ask the Father in My name He may give you."* (John 15:16 NKJV). God chose us to bear fruit and bring him glory. He promised to hear and answer when we pray. What would it look like for you to continue to call out to God for his people and his purposes in the world? What might God do if we just prayed?

We want to encourage you to continue some of the disciplines you've developed over the last few weeks. Maintain a set time to pray each day. Commit to fasting as you continue to seek God. You can use daily devotional Bible readings, such as Our Daily Bread, to lead your praying. Keep a prayer journal, writing out your prayers as well as your breakthroughs & blessings. Participate in our morning prayer and other prayer gatherings throughout the year. Throughout the year on your own, feel free to get an additional copy of the consecration fasting and prayer guide and work through it again. There's too much at stake for us to stop now. Let's continue to pray without ceasing!!

*"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."* (2 Chronicles 7:14 KJV)