

PRAYER AND FASTING CONSECRATION

2026

United in the Spirit of Oneness

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Psalm 133:1 KJV

January 10 – 29, 2026

Prayer Schedule

Saturdays 12 – 1pm

Sunday – Friday 6:30pm – 7:30pm

Join us in person, Facebook or YouTube



United in the Spirit of Oneness

“Behold, how good and how pleasant it is to for brethren to dwell together in unity!” *Psalm 133:1*

I thank God for this verse and what it means to me. There is nothing like unity, togetherness and oneness in working together for a common good.

I find this in the fellowship I have with Dr. Kneeland Brown, Pastor of Tabernacle Bible Church, The Church Without Walls. In getting to know one another we realize we have the same interest and common goal concerning Kingdom building. Our goal is for the body of Christ to work together in the oneness of the spirit in Christ.

Your leaders, Dr. Brown and I share the same vision and purpose for this consecration of fasting and prayer:

- ❖ Inspire our followers and the entire body of Christ to work together as one with a common goal to win all people for Christ.
- ❖ Come with the spirit of humility and servanthood: prioritize the needs of others, lead by example and demonstrate a willingness to serve.
- ❖ Create an environment and atmosphere through prayer to encourage diverse perspectives according to the Word of God that all will be blessed.
- ❖ Speakers expound on devotions with open communication and collaboration.
- ❖ Encourage a higher level of peace, commitment and reconciliation.
- ❖ Encourage active work to resolve conflicts among our followers and the entire body of Christ.
- ❖ Foster harmony within our different groups of influence.
- ❖ Allow the Holy Spirit to guide our efforts: keep a spiritual focus so that we realize the importance of the Holy Spirit in unification.
- ❖ Overall bring a higher level of unity in the spirit of oneness among the body of Christ.

How wonderful and pleasant it is when brothers (and sisters) live together in harmony! For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe. Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the Lord has pronounced his blessing, even life everlasting.
Psalm 133 (NLT)

Harmony is important because it allows the church to be a viable option to the world and helps draw others to the Lord by fostering a sense of belonging and unity among believers. It helps us to unite as a body of believers as God meant for us, giving us a foretaste of Heaven. It renews and revitalizes ministry to new life that's everlasting in Christ.

Our vision and goal in this consecration of fasting and prayer is that we be united in the spirit of oneness.

God Bless You,

Pastor Don L Crowley

Pastor Dr. Kueeland Brown

Co-laborers in Christ working together for the Kingdom of God

Why Fast?

Praying and fasting is very important in the Christian life. We must have a purpose when we fast.

Isaiah 58:6 Says: “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

Fasting teaches self-discipline, how to deny our flesh and bring it under subjection. Through fasting we are more sensitive to the voice of God, and we can hear the Spirit and the Word of God when it speaks to us. We have more awareness. God strengthens us and we are able to overcome temptation.

Fasting prepares for spiritual warfare. Your purpose for fasting should be...

- Power to overcome temptation
- To break and destroy strongholds, sexual addictions, drug addictions, alcohol addictions, cigarettes, overeating, unforgiveness, depression, oppression, talking too much (loose lips), etc.
- Deliverance from all things that hinder you from getting to God.
- Deliverance for our children, grandchildren and others
- To remove any idea, idol or thing that interferes with your relationship with Jesus Christ

Jesus said, “This kind comes out through fasting and prayer”. Read scriptures: *Matthew 17: 14-21.*

Jesus gave us instructions on how to fast.... *Matthew 6:16-18*

“Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

When you fast comb your hair, brush your teeth, wash your face, take a shower or bath, do not look sad (holier than thou), do not appear to others that you are fasting, do not tell others you are fasting accept your mate if you are married.

Read I Corinthians 7:5 to refrain from sexual intimacy for a limited time with consent from your married partner.

Do your fasting in secret and your heavenly father will reward you openly. Your prayer request will be honored according to God's will. You will be strengthened. *Read Matthew 4:11.*

Do not tell others that you are fasting. We are not doing it to be seen of men. God is the one who will reward you when you do it in secret.

Scriptures on Fasting

Moses Fast	Deuteronomy 9:9-18; 25-29
Daniel Fast	Daniel 10:3-13
Esther Fast	Esther 4:13-16
Elijah Fast	I Kings 19:7-18
Jesus Fast	Matthew 4:1-11
Cornelius Fast	Acts 10:30-48

These are just a few – but results follow. Fasting helps to sustain you. It is cleansing for your body. It is a renewing and strength for your spirit and soul. It is a renewing of the mind. Many things happen when you fast.

My prayer is during this prayer and fasting, you will have an experience with God that will cause you to make this a part of your Christian life. It will mature you in Christ, maintain the blessings that will come to you and enrich your total being.

It is my desire that you prosper and be in health as your soul prospers. *3 John 1:2*

Fasting Guidelines

Please read the following instructions prior to starting your fast:

- 1) Consider any health concerns and consult your physician prior to beginning the fast if you are pregnant, nursing, taking medications or have any chronic health conditions.
- 2) Drink plenty of water during your fast. It is important to keep your body hydrated during the fast.
- 3) If you are pregnant or nursing please notify your physician to ensure that the health of yourself and the baby is not being jeopardized. You can fast from other things like sweets, television, social media, internet, etc. Please consult your physician prior to beginning your fast.
- 4) If at any time during your fast your health is compromised please consult your physician and it may be necessary to consider other options of fasting. For example: fasting from sweets, caffeine, television, internet and social media.

Consecration, Meditation and Fasting during the Prayer

Consecration

The Bible says, "You shall consecrate yourselves therefore and be holy, for I am the Lord your God" (Leviticus 20:7).

A technical definition of consecration means that you are to set yourself apart from evil, turn to the Lord, and be prepared to be used by God.

This shows us the importance of consecration when walking with God. It is vital to our growth as Christians. We must remember when we decided to come to Jesus and allow him to come into our hearts; we were to give ourselves completely and fully to him so that we can be used for his purpose. He cleansed us, washed us up and made us Holy. This is done so that our whole person is ready for ministry. *"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's". I Corinthians 6:20*

Consecration has two parts; one part is what we do and one part is how God will use us. We are responsible for setting ourselves apart from sinful things, sinful living, sinful thoughts, sinful behaviors, sinful habits and the like.

During this prayer and fasting I am asking that you be mindful of what you put into your body, mind and soul. Pay attention to what movies and/or television shows you watch and ask yourself the question, ***"Does this edify my mind, body and soul for ministry?"*** If the answer is "no" maybe during this prayer and fasting that particular kind of movie or show should not be watched. This also applies to internet usage and social media (ie. Facebook, Instagram, Twitter, Snapchat, etc.). Think about the music you listen to, the places you go, the company you keep. All these things can have an impact on your consecration. The more we separate ourselves from earthly sources of influence; over time they will have less of an influence on us as Christians. Think about watching spiritual programs, spiritual movies, listening to the word on CD or DVD. Watch the news so that you know what to pray for. Enjoy movies or television shows that have meaning, positive messages, show family in a positive light, etc.

The other part of consecration is drawing near to God. *“As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?” Psalms 42:1-2.*

If we drink from the things of God and consume all that God has for us, we will be ready to be used by God as he sees fit. God made us so that we have to drink from something. It can be from sin and evil or it can be from pureness and truth. The Bible says, *if we draw near to Him, He will draw near to us, James 4:8.* Drawing near to God is to wash our hands, come away from sin, purify our hearts and make sure not to be indecisive (being uncertain). Do you want to be used for His purpose? Do you want to be what God is calling for in these last and evil days? Do you want to be an asset to God’s Kingdom? If so it calls for consecration.

Meditation

Read *Luke 1:26-38, 2:7-19 (KJV)* for clarity of devotion

Key verse *Luke 2:19* which says, “But Mary kept all these things, and pondered them in her heart.” (she meditated upon them).

Meditation: means to consider or examine attentively, deliberately, ponder, to roll over, to think carefully, quietly about a matter for a noticeable length of time.

Meditation clears your mind and gives you clarity, understanding, serenity – the state of being calm, peaceful and untroubled. We must be careful of what we think because it will determine who we will be...

Proverbs 23:7 (KJV)

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Philippians 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

This is what Mary did in our scriptures we read. She examined attentively, deliberately, pondered, thought, and rolled over carefully, quietly about the matter the angel had shared with her concerning the Christ child. What an amazing time!

As she went through the process of life she had a clear understanding and clarity because she continued to meditate upon the things she had heard.

I found meditation to be a great source of strength in my life and have made it part of my prayer and Word life. We all need a time when we just meditate upon what the Lord is saying to us in prayer and His Word as we read and study the Word of God. We must meditate upon it so we can practice it in our everyday life.

Isaiah 26:3 (KJV) says

Thou wilt keep him in perfect peace, whose mind is stayed (focus) on thee: because he trusteth in thee.

We must renew our minds daily by the Word of God, take time to speak to yourself and think of what the Word is saying to you. Think on things that are positive, pure, honest, true and of good report. Keep negative thoughts out and do not allow the world system to corrupt you.

Romans 12:2(KJV)

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Colossians 3:1-2(KJV)

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

² Set your affection on things above, not on things on the earth.

If we practice what God has given us through what we speak, think, do and “meditate upon it”, we will have a successful, quality life of peace in this present world and the world to come.

Fasting

Christians fast to strengthen their faith so they can spiritually conquer sinful desires through a spiritual awakening.

Throughout this prayer and fasting you will be asked to refrain from eating specific foods. Many of the foods we consume on a daily basis contain lots of sugar, fat and sodium. This can lead to heart disease, diabetes, high blood pressure and high cholesterol. The foods you will be asked to refrain from consuming during this fast are high in sugar, sodium and fat. My hope is that when you end the fast you continue with these changes which will lead to a healthier lifestyle.

DRINK PLENTY OF WATER

It is important to stay hydrated during the fast. Your body needs water to sustain itself. Make sure to drink plenty of water during this fast. Dehydration can lead to serious medical problems.

EAT CHICKEN, TURKEY AND FISH

These meats can be prepared any way you like except fried. They can be boiled, broiled, baked, and grilled. Try some new recipes during this fast and you just might be surprised how delicious these foods can be when prepared in a healthier way.

EAT WHOLE FOODS

This includes fruits, vegetables, whole grains, seeds, nuts, meat, fish, eggs, and beans. Examples are leafy greens, carrots, avocados, radishes, cucumbers, squash, and sweet potatoes. Fresh or dried fruits. 100% whole-grain cereals, pasta and bread. Read your labels because foods labeled as multi-grained, made with whole grain and 100% wheat are not pure 100% whole-grain foods. These choices are healthier for you. Have fun with these in 4recipes and you will be surprised how much better you will feel.

REFRAIN FROM SWEETS

This means no cookies, no cakes, no pies, no donuts, no sweet tea, no presweetened sugar cereal, no white sugar, no sugar substitutes, no brown sugar, no jelly and no syrup. Raw sugar and honey are okay. It is natural and is a good substitute. Please read your labels. Stay away from anything that has fructose, corn syrup, dextrose, GA lactose (anything that ends in some kind of -tose).

REFRAIN FROM EATING PORK AND BEEF

This means any kind of food that comes from a cow or pig in any form. No matter if it boiled, baked, broiled or fried.



REFRAIN FROM JUNK FOOD

This means McDonald's, Wendy's, Spangles, Taco Bell, etc. Most fast food is junk food. There are a few items on the menu that are healthier, for example: grilled chicken sandwiches, bean burritos, skinny pizzas from Pizza Hut, salads, yogurt, oatmeal to name a few. Subway is a good choice without the chips of course ☺. No potato chips, popcorn, candy, pretzels, French fries, nachos, cookies, cakes, pies, etc. You may want to consider low salt nuts, Greek yogurt with granola, fresh fruit, raw vegetables, peanut butter with apples or celery. These are just a few healthier choices.

REFRAIN FROM PROCESSED FOODS

When ingredients such as oil, sugar or salt are added to foods and they are packaged, they are considered as processed foods. Some examples are canned fruit and vegetables, canned meat, deli meat, cheeses, margarine, white rice, sausage, bacon, boxed meals, microwave meals and bottled dressings.

REFRAIN FROM DRINKING SODA

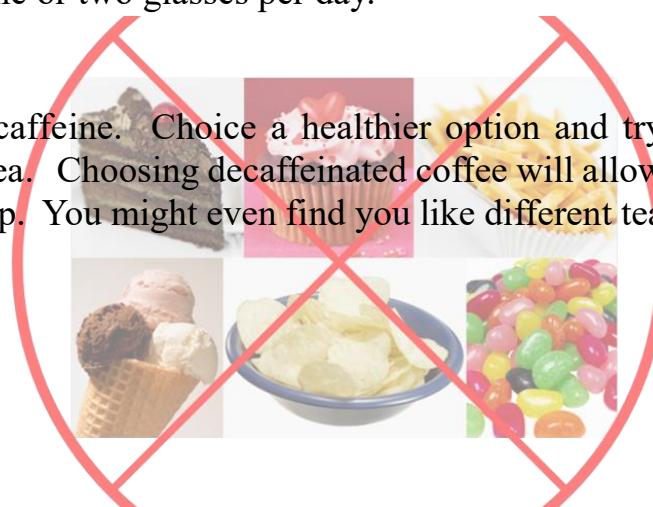
This includes all sodas, regular, diet, zero calorie, etc. Any beverage that has carbonation is considered a soda. Try low salt vegetables juices, limited amounts of no sugar fruit juice (only one to two glasses per day). Water is a good choice of course ☺.

REFRAIN FROM DRINKING SUGAR ADDED FRUIT JUICES

While fruit juice can help with sweet cravings, it is important to limit consumption. Fruit juices with no sugar added are okay to drink but because fruit has natural sugars they should be limited as well. Too much of anything can be harmful to the body. Drink in moderation by limiting it to one or two glasses per day.

REFRAIN FROM CAFFEINE

This means coffee and tea that have caffeine. Choice a healthier option and try decaffeinated coffee and caffeine free tea. Choosing decaffeinated coffee will allow you to relax and get a good night's sleep. You might even find you like different tea flavors that you have not tried.





Prayer & Fasting Schedule

First Day of Consecration: January 10th

Prayer: Saturday 10:00am

Fast: **Refrain** from eating anything until after prayer

After fast **eat** chicken, turkey, fish, eggs, vegetables and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Week 1: January 11th – January 17th

Prayer: Saturday 12:00pm – 1:00pm

Prayer: Sunday – Friday 6:30pm – 7:30pm

Fasting: Saturday – **Refrain** from eating anything until after 1pm

Sunday – **Refrain** from eating anything until after 1pm

Monday – Friday -

This week after fast week **eat** chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Week 2: January 18th – January 24th

Prayer: Sunday – Friday 6:30pm – 7:30pm

Prayer: Saturday 12:00pm – 1:00pm

Fasting: Sunday – **Refrain** from eating anything until after 1pm

Monday – Friday – **Refrain** from eating anything until after 12:00pm

Saturday – **Refrain** from eating anything until after 1pm

This week after fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Limit no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Week 3: January 26th – January 28th

Prayer: Sunday – Tuesday 6:30pm – 7:30pm

Fasting: Sunday – Nothing to eat until 1:00pm

Monday – Wednesday – **Refrain** from eating anything until after 12noon

This week after fast **eat** vegetables and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, all meat, fish, seafood, junk food, processed food, soda, sugar added fruit juices, and anything fried and caffeine.

January 29th

Prayer: Wednesday 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 3:00pm

After 3:00pm **eat** vegetables and whole food. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.

Refrain from eating any sweets, any meat, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

January 30th

Prayer: Thursday 6:30pm – 7:30pm

Fasting: **Refrain** from eating until after prayer

Drink plenty of water.

Join us for soup and salad after service.

Day 1 – Saturday, January 10th

Prayer: 10:00am

Fasting: **Refrain** from eating anything until after prayer. (can drink water)
After fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.
Drink plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Jesus Our Wall Breaker

Ephesians 2:11-16 (ESV)

¹¹ Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands— ¹² remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility ¹⁵ by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, ¹⁶ and might reconcile us both to God in one body through the cross, thereby killing the hostility.

Devotional Lesson:

The church at Ephesus had a problem. Though they were siblings in the family of God, a dividing wall of hostility stood between them. In his letter to the church (Ephesians 2:11–16), Paul addresses this division, pointing out that they were separated by ethnicity—Jew and Gentile—and, more importantly, that they had been separated from God. He writes, “Remember that you were at that time separated from Christ...”

Paul then declares to the church, “But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.” Furthermore, he exhorts them by reminding them that Jesus alone is our peace and the source of our reconciliation with one another.

It is striking how we, too, can belong to the family of God and yet remain divided by walls of hostility, much like the church at Ephesus. It is as though we fail to recognize that the same grace that saved our souls through Christ’s sacrifice on the cross also has the power to redeem our broken relationships with our spiritual siblings.

Prayer:

Let us pray that God would tear down any walls of hostility among us, so that we may be fully reconciled to our Heavenly Father and unified with one another.



Reflections:

Today's Devotion written by Dr. Kneeland Brown

Day 2 – Sunday, January 11th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)
After fast **eat** chicken, turkey, fish, eggs, vegetables, and whole food.
Drink plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

United in the Spirit of Oneness

Ephesians 4:1 – 7 KJV

I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, ² With all lowliness and meekness, with longsuffering, forbearing one another in love; ³ Endeavouring to keep the unity of the Spirit in the bond of peace. ⁴ There is one body, and one Spirit, even as ye are called in one hope of your calling; ⁵ One Lord, one faith, one baptism, ⁶ One God and Father of all, who is above all, and through all, and in you all. ⁷ But unto every one of us is given grace according to the measure of the gift of Christ.

Devotional Lesson:

“United in the spirit of oneness” refers to the idea of spiritual unity among believers, empathizing that despite differences, they are apart of the body of Christ. This concept is often drawn from the scripture above. It highlights that while individuals may have diverse backgrounds, spiritual gifts and/or opinions, their core identity in Christ remains one.

Core Identity in Christ Remains One

- **Core Belief:** The fundamental belief is that God, through the Holy Spirit, has created a spiritual unity among all believers.
- **No Human Creation:** This unity is not something humans create but rather something to be preserved and maintained.

- **Beyond our Differences:** It emphasizes that various church doctrines, practices, or even individuals' opinions should not be a source of divisions, as the underlying unity in Christ remains.
- **Active Effort Required:** While unity is a gift of the Spirit, believers are called to "make every effort to keep the unity of the Spirit" according to Hebrews 12:14 that says, "*Follow peace with all men, and holiness, without which no man shall see the Lord*"
- **Bond of Peace:** This preservation of unity is through love, humility and a commitment of peace. Matthew 5:9 says, "*Blessed are the peacemakers: for they shall be called the children of God.*"
- **External Expressions:** The internal unity should be expressed through external actions and relationships with fellow believers. Jesus speaks in John 13:35 (NIV), "*By this everyone will know that you are my disciples, if you love one another.*"

Jesus sets love as the primary outward sign of a person's Christian faith. He's especially referring to love between those who claim to be His followers. This love brings the bond peace and unity.

Prayer:

Loving God, we humbly ask for your Holy Spirit to unite us in a spirit of oneness. Just as you are one with the Father and Son, help us to be united in purpose and love. Break down the barriers that separate us and foster empathy and understanding between all people. Guide us to see each other as beloved creations, deserving of respect and dignity. In Jesus name we pray for unity, peace and a deep love for one another as we seek to live out your will in all things. Amen.

Reflections:

Day 3 – Monday, January 12th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Be the One for the Oneness

John 17:21 (KJV)

That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.”

Devotional Lesson:

Oneness begins with understanding the power of one. The number one stands alone—nothing beside it and nothing above it that can divide it. In Scripture, oneness speaks of unity and wholeness, even when made up of many parts.

The Bible shows that people can be united for the wrong reasons, such as at the Tower of Babel. But it also shows unity done the right way—like Nehemiah rebuilding the wall and the Early Church gathering in one accord.

In John 17, Jesus prays not only for His disciples, but for all who would believe. His prayer is that we would be one, just as He and the Father are one. This oneness is not just for fellowship—it is a witness to the world.

True oneness must begin individually. Revival is not just a service—it is a condition of the heart. Before we can be one with each other, we must first be one with God. Distractions, gossip, and focusing on others can hinder what God wants to do through us.

When the Holy Ghost fell in Acts 2, it happened because the people were in one place, with one mind and one purpose. They were focused on God, and He responded. Unity created room for a sudden moment.

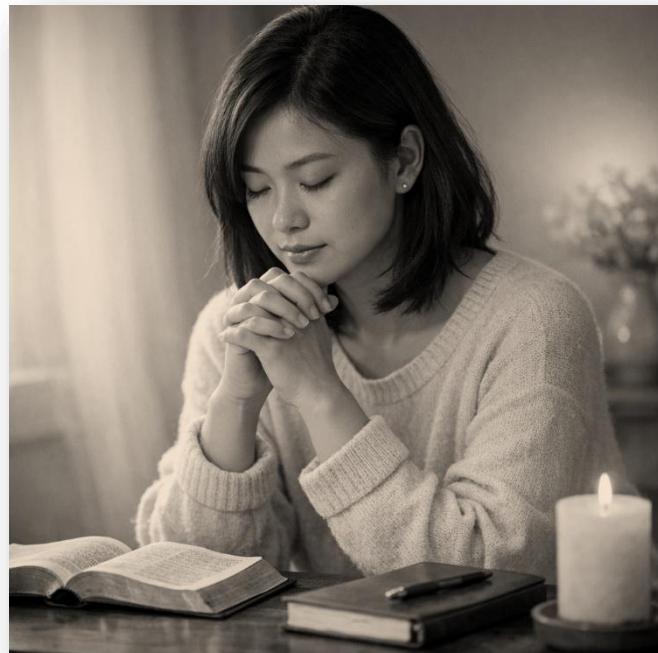
God is calling for individuals who will say, "I will be the one." The one who prays, the one who lives holy, the one who refuses to be a stumbling block. When we choose to be that one, God can bring true oneness among His people.

Consecration Focus Today, choose to be the one—pray intentionally, guard your words, and prepare your heart for God’s presence.

Prayer:

“Lord, help me to be one with You before I try to be one with anyone else. Remove distractions and division from my heart. Let unity begin in me, so that You may move freely among us.

In Jesus' name, Amen."



Reflections:

Today's Devotion written by Minister Juan Moore.

Day 4 – Tuesday, January 13th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. Drink plenty of water. Limit no sugar added fruit juices to only one or two glasses per day. Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Jesus Prayer that We Be One

St. John 17:20 – 23 (NLT)

20 “I am praying not only for these disciples but also for all who will ever believe in me through their message. 21 I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. 22 “I have given them the glory you gave me, so they may be one as we are one. 23 I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me.

Devotional Lesson:

Christ asked God for his disciples and the people of God to be united in one mind, spirit and purpose. Jesus' prayer is that we do not be divided, but to be able to overcome our differences with love and respect and to have the grace to loved in harmony (peaceful) with one another as one body.

Hebrew 12:14 (KJV) says, “*Follow peace with all men (people), and holiness, without which no man (person) shall see the Lord:*”

The prayer in St. John 17 is a profound 3-part intercession to God the Father for his glory, for the disciples and all future believers (you and I) focusing on unity (oneness in agreement) as Christ and the Father are one. Christ prayed for our protection and the ultimate fulfillment of God's plan for eternal life in Heaven. “The high priest prayer from Jesus” expresses his love and care for his disciples and future believers

unites us in the spirit of one, so that the world might believe in Christ and his divine mission.

Prayer:

Heavenly Father, Jesus Christ the Son, and Holy Spirit, you are one and I come into your presence asking that you would make our church and the body of Christ a picture of oneness. Help me to create that oneness by loving and treating all people the way you do. May your love flow through me to others, that all will know that I am your disciple. In Jesus Name, Amen.

PRAYING: Gratitude

698 Somebody Prayed for Me

SOMEBODY PRAYED FOR ME Irregular

Capo 3: (D) F (Em/D) (D) Gm/F (Em/D) Gm/F

1 Some-bod - y prayed for me, had me on their
2 The peo-ple prayed for me, had me on their
3 My Je - sus prayed for me, had me on his

(D) F (G/D) Bb/F (D) (A) C

mind, took the time to pray for me.
mind, took the time to pray for me.
mind, took the time to pray for me.

(A7) C7

I'm so glad they prayed, I'm so glad they prayed,
I'm so glad they prayed, I'm so glad they prayed,
I'm so glad he prayed, I'm so glad he prayed,

(D/A) F/C (A7) C7 (D) F

I'm so glad they prayed for me.
I'm so glad they prayed for me.
I'm so glad he prayed for me.

Additional verses may be improvised.

Reflections:

Day 5 – Wednesday, January 14th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Being A Part of Someone Else's Restoration

Job 42:10-11 (ESV)

¹⁰ And the Lord restored the fortunes of Job, when he had prayed for his friends. And the Lord gave Job twice as much as he had before. ¹¹ Then came to him all his brothers and sisters and all who had known him before, and ate bread with him in his house. And they showed him sympathy and comforted him for all the evil^[b] that the Lord had brought upon him. And each of them gave him a piece of money^[c] and a ring of gold.

Devotional Lesson:

Job has been put to the ultimate test. He has lost his children, his wealth, his household, and even his health. Yet Scripture is clear: “*In all this Job sinned not, nor charged God foolishly.*” In the midst of his suffering, and despite voices advising him otherwise, Job trusted in the will and goodness of God and remained steadfast in his faith.

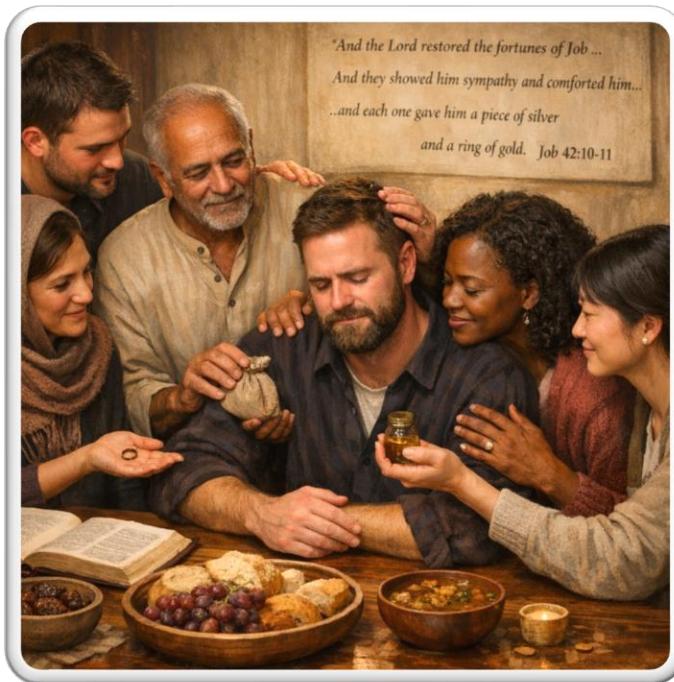
The beauty of the narrative of Job is that God eventually restores him in chapter 42, giving him “*...twice as much as he had before.*” This is where a preacher might declare that God gave Job double for his trouble. However, there is a detail in verse 11 that stands out. As part of God’s restoration, Job’s sisters and brothers—those who had known him before all the trouble—gathered with him and

shared a meal in his home. They did not come merely to receive; the text reveals that “...each of them gave him a piece of money and a ring of gold.”

Job’s sisters, brothers, and friends were part of God’s restorative process. They gave of themselves to Job, serving God’s plan to strengthen him after the storm. This is the beauty of unity. We are granted the opportunity to come alongside our sisters and brothers in Christ during the most difficult moments of their lives and to be used as instruments of God’s restoration.

Prayer:

Let us pray for such a spirit of unity that we are willing and available to be used as part of someone else’s restoration.



Reflections:

Today’s Devotion written by Dr. Kneeland Brown

Day 6 – Thursday, January 15th

Prayer: 6:30 – 7:30 pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. Drink plenty of water. Limit no sugar added fruit juices to only one or two glasses per day. Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

I Am My Brother's Keeper

Genesis 4:1 – 16 (ESV)

Now Adam knew Eve his wife, and she conceived and bore Cain, saying, “I have gotten^[a] a man with the help of the Lord.”² And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground.³ In the course of time Cain brought to the Lord an offering of the fruit of the ground,⁴ and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering,⁵ but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.⁶ The Lord said to Cain, “Why are you angry, and why has your face fallen?⁷ If you do well, will you not be accepted?^[b] And if you do not do well, sin is crouching at the door. Its desire is for^[c] you, and you must rule over it.”

⁸ Cain spoke to Abel his brother.^[d] And when they were in the field, Cain rose up against his brother Abel and killed him.⁹ Then the Lord said to Cain, “Where is Abel your brother?” He said, “I do not know; am I my brother's keeper?”¹⁰ And the Lord said, “What have you done? The voice of your brother's blood is crying to me from the ground.¹¹ And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand.¹² When you work the ground, it shall no longer yield to you its strength. You shall be a fugitive and a wanderer on the earth.”¹³ Cain said to the Lord, “My punishment is greater than I can bear.^[e] Behold, you have driven me today away from the ground, and from your face I shall be hidden. I shall be a fugitive and a wanderer on the earth, and whoever finds me will kill me.”¹⁵ Then the Lord said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the Lord put a mark on Cain,

lest any who found him should attack him. ¹⁶Then Cain went away from the presence of the Lord and settled in the land of Nod,¹⁷ east of Eden.

Devotional Lesson:

The story of Cain and Abel is so striking because it paints a tragic picture of how family members can harm one another in devastating ways. So fiercely did Cain's hatred for Abel burn that he murdered his own brother and then attempted to conceal his evil.

The act of physical violence alone is horrifying, but Cain's response to God's question about the whereabouts of his brother is even more haunting. Genesis 4:9 reads, "Then the Lord said to Cain, 'Where is Abel your brother?' He said, 'I do not know; am I my brother's keeper?'"

This complete disregard for his brother reveals that the violence leading to Abel's death was not a single moment of uncontrolled rage, but the result of a heart so saturated with hatred that it simply overflowed with what it contained.

This biblical narrative not only underscores the destructive effects of sin but also highlights the need for each of us to guard our hearts carefully, resisting the presence of sin and regularly presenting ourselves before God to be searched and purified.

Let us be sisters and brothers who are lovingly concerned with one another's well-being.

Reflect on Psalm 139:23-24 (ESV)

²³Search me, O God, and know my heart! Try me and know my thoughts!

²⁴And see if there be any grievous way in me, and lead me in the way everlasting!

Reflections:

Today's Devotion written by Dr. Kneeland Brown

Day 7 – Friday, January 16th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

The Power of Unity

What is the Power of Unity according to the Bible?

In the Bible, the power of unity lies in its ability to glorify God, provide a strong witness to the world, and reflect the divine nature of God's own oneness. The divine unity, a gift of the Holy Spirit, manifests as a collective body of believers who are united in mind, spirit and purpose through love, peace and humility. While not easy, unity requires a conscious effort to maintain and is essential for the church to function as the dwelling place of God and a powerful instrument of His love and power on earth.

Biblical Foundations

Jesus Prayer: *St. John 17:20 – 23 “Jesus Himself prayed for the unity of believers, asking that they be one with Him and the Father just as they are one.”*

One God, One Body: *Romans 12:4 – 5 “The Apostle Paul emphasizes that because there is one God and one Father, believers are one body in Christ, with many diverse members who are essential to each other.*

The Holy Spirit: Unity is a spiritual reality, a gift to be preserved through the bond of peace by the power of the Holy Spirit who works in believers to breakdown barriers between people so we can be one in Christ.

Manifestation of Unity's Power

A Powerful Witness: When believers are united, they become a visible testament to Christ's power, love, and virtue (character) influencing the world to believe in Him.

Spiritual Anointing: Unity is associated with God's anointing representing His presence, power and favor on a community of believers. *Psalm 16:11 (KJV)* says, "*Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.*"

The Body of Christ: Believers form a living body united in Christ, where individuality is not lost but each member contributes to the whole, creating a picture of God's own glory on earth.

How to Live in Unity

Embrace Love: Love is the ultimate virtue that binds all other virtues together, creating perfect unity. *Colossians 3:14 (NLT)* – "*And to all these things, you must add love. Love holds everything and everybody together and makes all these good things perfect.*"

Cultivate Humility: Believers are called to humility, gentleness and kindness recognizing that each person is important and needed in the unified body.

Make an Effort: Maintaining unity requires active effort and commitment to peace and reconciliation in the face of disagreements. *Hebrews 12:14* reminds us to – "*Follow peace with all men, and holiness, without which no man shall see the Lord:*"

Focus on Christ: Unity is fulfilled by focusing on the shared belief in Christ rather than on individual differences, which strengthens the spiritual union.

Prayer:

Jesus, because of your death and resurrection, I am part of your body – the global church. Help me take my role in it seriously, knowing that my choices reflect how your church is perceived. Use me to bring hope, love and joy to the world, and empower me to build up others.

Bring revival to your people, so that your body can represent you authentically and powerfully in Jesus name, Amen.



Reflections:

Unity Prayer Scriptures

The Bible Supports the Unity of Prayer – These are Scriptures Verses that gives you the importance of Unity in Prayer

Matthew 18:19 – 20 which states that God will be present when two or more people agree on a prayer, and **John 17:20 – 23** where Jesus prays for the unity of believers so the world will believe in Him. Other verses, such as **Psalm 133:1** highlight the blessing of living in unity. (Please read all verses above)

I Corinthians 1:10 (NIV) “*I appeal to you, brothers and sisters, ^[a] in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.*”

II Corinthians 13:11 (NIV) “*Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.*”

Acts 4:31 – 32 (NIV) “³¹*After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.* ³²*All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.* (They had all things in common)

St John 13:34 – 35 (NIV) “³⁴*A new command I give you: Love one another. As I have loved you, so you must love one another.* ³⁵*By this everyone will know that you are my disciples, if you love one another.*”

Philippians 2:2 – 3 (KJV) “²*Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.* ³*Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.*”

Romans 14:19 (NIV) “*Let us therefore make every effort to do what leads to peace and to mutual edification.*”

Ephesians 4: 2 – 3 (KJV) “² With all lowliness and meekness, with longsuffering, forbearing one another in love; ³ Endeavouring to keep the unity of the Spirit in the bond of peace.”

Colossians 3: 13 – 14 “¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.”

We must remember **Hebrews 12:14** which states: “Follow peace with all men (everyone), and Holiness, without which no man (person) shall see the Lord:”



Day 8 – Saturday, January 17th

Prayer: 12:00pm – 1:00pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Limit no sugar added fruit juices to only one or two glasses per day.

Drink plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Having Unity Within Yourself

Part I

Matthew 22:36 – 40 (KJV)

36 Master, which is the great commandment in the law? 37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself. 40 On these two commandments hang all the law and the prophets.

Devotional Lesson:

These verses teach that the two greatest commandments are (1) to love God with all your heart, soul and mind and (2) to love your neighbor as yourself.

Jesus presents these as the most fundamental principles, stating that all the law and the prophets depend on them. This passage emphasizes these two commandments are linked and inseparable. We must love God with our total being. In doing so we learn to love ourselves and others and this brings unity, wholeness and completeness.

Scripture calls for us to care for ourselves by recognizing our bodies as temples of the Holy Spirit (*I Corinthains 6:19 – 20*) by loving our neighbors (others) as ourselves (*Matthew 11:28 – 30*). We are to discipline our bodies, discipline our

minds, avoid worry, not be anxious, control what we eat and how much, and avoid putting substances in our bodies that we know will harm us.

We must nourish ourselves with God's glory, which includes physically, mentally, emotionally and spiritually (your spiritual well-being). Your soul is the most valuable thing you have. *Matthews 16:26 (KJV)* says, (Jesus is speaking) "For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"

Scriptures of Support:

1 Corinthians 9:27(ESV) "But I discipline my body and keep it under control,^[a] lest after preaching to others I myself should be disqualified."

This verse speaks to the importance of self-control and discipline in maintaining physical health for a greater purpose so we can become whole.

Philippians 4:8(KJV) "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

This verse instructs believers to focus our minds on positive, virtuous and God-honoring things.

Isaiah 26:3 – 4(KJV) "³ Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. ⁴ Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength:"

The passage teaches us that when life gets chaotic, the instruction is to shift our focus from the problem to God, choosing to trust Him rather than worry.

Matthew 11:28 – 30(KJV) ²⁸ Come unto me, all ye that labour and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.

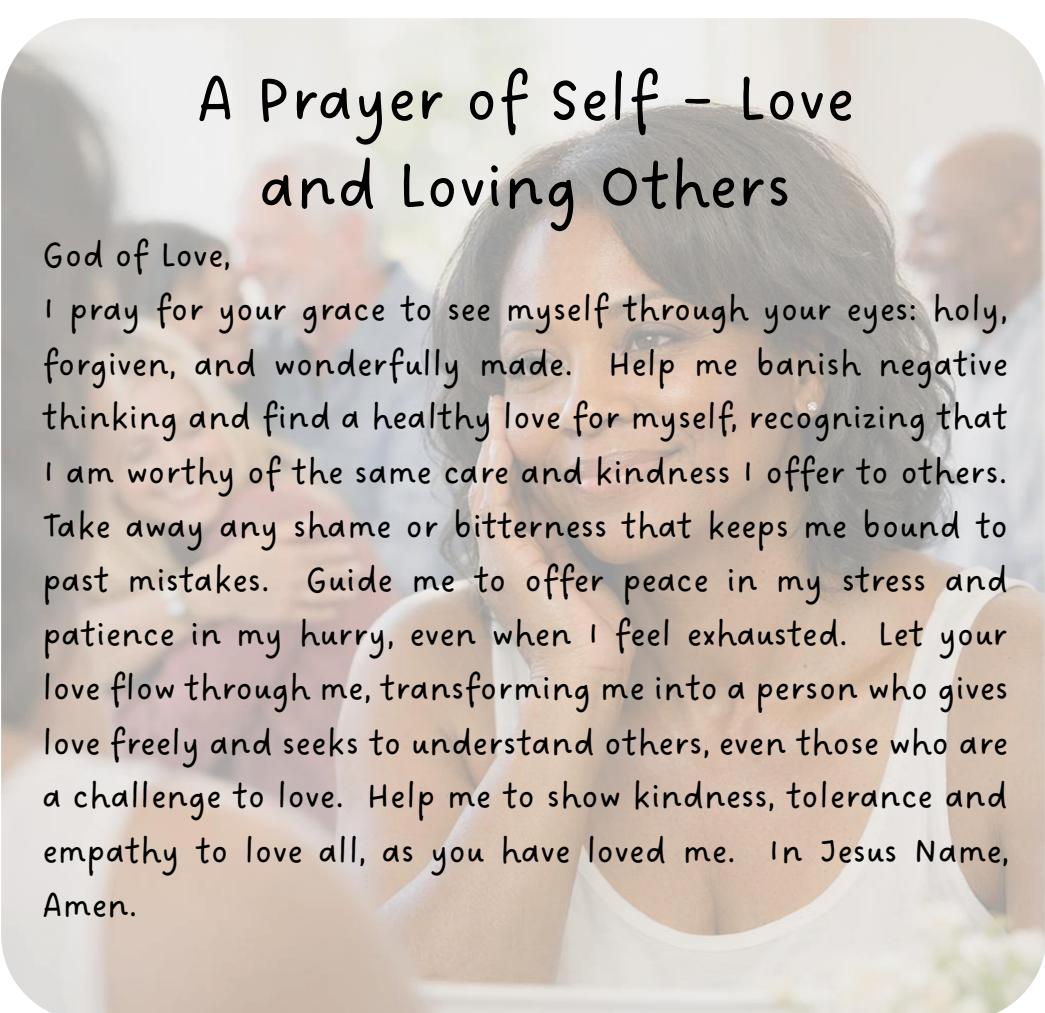
Jesus invites those who are weary (tired) and burdened to come to Him and rest, promising that His yoke is easy and His burden is light. This offers a model of self-care through seeking comfort and strength in spiritual practices to include prayer, meditation, Gospel music, reading and studying God's Word and physical practices of exercise and stretches. Combing both spiritual and physical practices has proven to strengthen both the physical and mental state of the human body and mind. It's important to assemble ourselves with other believers in Christian fellowship. All these practices help lighten the load and make our burdens easier. Finding rest for our souls. Jesus came that we might have life, and that we might have it more abundantly (*see St John 10:10*)

Ephesians 5:29 – 30(KJV) says, “²⁹*For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: ³⁰For we are members of his body, of his flesh, and of his bones.*”

Self-care is not just a trend. God wants us to love ourselves and take care of ourselves.

Take Away:

As we learn self-care in loving God, and loving ourselves, let us love others as we love ourselves. In this we and others will be completed and whole in Christ Jesus.



A Prayer of Self - Love and Loving Others

God of Love,

I pray for your grace to see myself through your eyes: holy, forgiven, and wonderfully made. Help me banish negative thinking and find a healthy love for myself, recognizing that I am worthy of the same care and kindness I offer to others. Take away any shame or bitterness that keeps me bound to past mistakes. Guide me to offer peace in my stress and patience in my hurry, even when I feel exhausted. Let your love flow through me, transforming me into a person who gives love freely and seeks to understand others, even those who are a challenge to love. Help me to show kindness, tolerance and empathy to love all, as you have loved me. In Jesus Name, Amen.

Reflections:

Day 9 – Sunday, January 18th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 1pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole food. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Having Unity Within Yourself

Part II

II Corinthians 5:17 says: “Therefore if any man (person) be in Christ, he is (they are) a new creature: old things are passed away; behold all things are become new.

Having “unity within yourself in Christ” refers to developing a harmonious and peaceful inner life as a believer, achieved by aligning your thoughts, desires, and actions with God’s will through the Holy Spirit. This spiritual unity is grounded in Christ, characterized by the qualities like humility, patience and love, and results in a powerful connection with God and others. It is not about erasing individuality but about being spiritually connected and living in accordance with Christ’s teachings, which in turn enables believers to function as one unified body.

Matthew 11:29 “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

How to Cultivate Inner Unity

Embrace Humility: Recognize your need for God and not seeing yourself as superior to others. *Philippians 2:2 “Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.”*

Cultivate Patience and Gentleness: Be slow to anger, gentle in spirit and willing to give up our rights to others.

Practice Forbearance: Bear with and tolerate others even when it’s difficult.

Love Unconditionally: Extend genuine love to others, expecting nothing in return. ***I Peter 3:8 (ESV)*** “Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.”

Seek the Spirit’s Guidance: Depend on the Holy Spirit to lead, direct and transform you (change you into the image of Christ).

Focus on Christ: Keep your eyes fixed on Jesus as the “Author and perfecter (finisher) of our faith” ***Hebrews 12:2 (ESV)*** “looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

The Takeaway:

“If you do not have unity within yourself, you will not have unity with others.” External unity is a reflection of internal harmony, suggesting that a person must first find peace and alignment within their own heart and mind to effectively connect with and relate to others in a unified way.

Internal conflict, anxiety, and a lack of self-awareness prevent authentic relationships, making a unified connection with others impossible. In essence, you cannot effectively build a bridge of unity with others if the foundation within your own being is fractured. Unity Begins with You!

Reflections:

Day 10 – Monday, January 19th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

We Represent Our Father

1 Peter 1:15-17 (ESV)

¹⁵ but as he who called you is holy, you also be holy in all your conduct, ¹⁶since it is written, “You shall be holy, for I am holy.” ¹⁷And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile,

Devotional Lesson:

As a child, there would often be some popular fad that it seemed everyone at my school was involved in—some trendy shoe, some fashionable music, some expensive clothing. I would sometimes beg my mother and father to let me get that haircut or buy that album, and they would often say no. If I persisted further, they might ask, “Which part of the answer ‘no’ did you not understand? Was it the ‘n’ or the ‘o’?” I might push a little further on the matter, but I always knew when it was time to stop my gentle pleading before I got into trouble.

Often, in these moments—when my parents grew weary of the back-and-forth discussion with me, though they would at times patiently engage—they would give me the primary reason why I could not follow the crowd: “Because you are our child, and you represent us.”



As I read 1 Peter 1:15-17, I am reminded that we are called to live holy lives because we represent our Father in heaven, who is holy. Each morning, as I meet with the Lord in prayer, I ask Him by His Spirit to guide me in honoring Him in my thoughts, words, and deeds. I sincerely mean it when I make this petition—that God would allow every part of me to conform to His standard of holiness. When my mother and father told me that I represented them, it meant that when people looked at me, they were really seeing a reflection of them and their parenting.

When we walk in unity as the body of Christ, people see the power of the Spirit of God—not only to save, but to sanctify and unify His people. When we are divided, we give the world a false picture of God's power.

Let us walk in holiness and unity, because we represent our Father.

Reflections:

Today's Devotion written by Dr. Kneeland Brown

Day 11 – Tuesday, January 20th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Building Trust and Relationships

Trust is the foundation of any strong relationship: without trust any friendship or ministry cannot flourish

Before any ministry or friendship can be strong and prosperous there must be trust which means to be dependable, reliable, honest, truthful, trustworthy and adhere to confidentiality.

Building trust in a relationship, according to the Bible, requires honest and integrity (doing what is right even when no one is watching), which forms the foundation of trust, along with keeping your word and speaking the truth in love. Other key aspects include mutual respect and devotion, being trustworthy and forgiving people and communicating openly and without accusations, whatever is shared in confidence should be kept, showing we can be trusted.

Foundational Principles:

- **Honesty and Truthfulness:** speak truthfully to your neighbor as relationships are built on truth
- **Integrity:** Act with integrity (do what is right even when no one is watching) which is the bedrock of all good relationships
- **Keep your Word:** Fulfill your promises and commitments to build a secure foundation
- **Speak the Truth in Love:** Communicate honestly, but with a spirit of love, compassion, mercy, gentleness and understanding
- **Be Forgiving:** Forgive other as God has forgiven you

- **Admit When You are Wrong:** Take responsibility for your mistakes and seek forgiveness, this shows humility on your part
- **Be Transparent:** Being transparent is essential as it fosters trust, deeper connection, and mutual understanding through open and honest communication about thoughts, feelings, intentions, and needs. It creates a safe space where individuals can be vulnerable without being judged, resolve conflicts and strengthen bonds by being their true selves.

While not about oversharing, transparency involves sharing relevant information and feelings to nurture relationships based on mutual respect and reliability.

Key Scriptures on Building Trust and Greater Relationships

I Corinthians 13:4 – 7

Ephesians 4: 1 – 3

Ecclesiastes 4: 9 – 12

Proverbs 27: 17

Reflections:

Day 12 – Wednesday, January 21st

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Having Unity and Oneness within the Family

Ephesians 4:2 – 3 (NLT)

² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Instructions for Christian Households from God's Word

¹⁸ Wives, submit to your husbands, as is fitting for those who belong to the Lord.

*¹⁹ Husbands, love your wives and never treat them harshly. ²⁰ Children, always obey your parents, for this pleases the Lord. ²¹ Fathers, do not aggravate your children, or they will become discouraged. **Colossians 3:18 -31(NLT)***

A family is cultivated through conscious commitment and regular practice of the love of God and unity. Having a strong Christ centered marriage between a man and woman – foundation for the entire family. This was God's original plan for the family. We know culture has changed and we hear many different versions of what makes a family, here are some foundational principles for a happy family of oneness...

- **A Christ centered marriage between and husband and wife that is unified with a strong bond.**
 - Emphasis on spiritual unity. Spouses reinforce this by God's Word which is true, practical, profound and without flaws.

- **Family worships and prays together.**
 - Parents are to be an example of prayer, teaching their children how to have a personal relationship with God through his precious Son, Jesus and the Holy Spirit.
 - The parents' life is to be centered on God. They create an atmosphere of unity and love so the children will know that worship is a lifestyle.
- **Prioritizing marriage**
 - Schedule regular uninterrupted time together to strengthen your marital bond. Children feel more secure when they see a stable, loving relationship between their parents.
- **Open Communication**
 - Practice open and honest communication and have respect for each other's opinions, even during disagreements. Remember you are on the same team, working for the best outcome for your family.
 - Make decisions together to include the children in appropriate age decisions. This gives everyone a sense of belonging and value for important family matters. Parents should be a unified front (make sure to exemplify the oneness).
 - Resolve conflicts with kindness. Disagreements are inevitable but handling them with respect, love and patience is vital for a happy family.
 - Avoid contention by resolving differences quickly and peacefully to keep the harmony of the spirit of the home.
- **Create a supportive home environment**
 - A happy family provides a safe, nurturing, peaceful environment where all members feel accepted, valued and loved.
- **Show your appreciation and affection**
 - Regularly express your love and appreciation for one another through words of affirmation, hugs and acts of kindness. Love is expressed in many forms. Make sure to get your love across so your family will know real and genuine love that cannot be imitated by false pretense.

- **Accept Individuals Differences**
 - Respect each family member's unique personality and preferences that reduce conflicts by honoring personal space and boundaries.
- **Encourage Individuals' Growth**
 - Support each other's interests and talents, a fulfilled and supported individual contributes more positively to the family unit.
- **Practice Unity Cooperation**
 - Happy families work together as a cohesive unit. Remember two or more is better than one when you work together because they have a good return for their labor. They share responsibilities and divide household duties. Family ensures no one feels overwhelmed and promotes a sense of teamwork because you are family.
- **Leading with Humility**
 - Remember that parenting is not always being “right” but about leading with love. Listen to your children and work with them, not against them. Children are to listen to their parents, trust, obey and respect them, this brings harmony to the family.
- **Practice Forgiveness and Give Grace**
 - Sincere apologies and willingness to forgive are essential for moving past disagreements and strengthens trust.
 - Show mercy and grace to your children and each other as God has shown mercy and grace unto you. This model's the love of Christ in the family.
- **Build Positive and Memorable Moments**
 - Regular rituals and shared experiences strengthen family bonds and create a sense of identity.

- Making time to eat at the table together without distractions allows time to have conversations and connections that strengthens the family bond.
- Celebrate special moments like birthdays, anniversaries, milestones and achievements.
- Plan family outings and activities

The Takeaway:

These principles are the same for our church, community and world at large... It all starts with family foundation.

Prayer of Family Oneness:

Heavenly Father,

We are grateful for the gift of family and ask for your blessings upon us. Help us to be united in the Spirit and bind us together with peace, just as you instruct in your Word. May your love, which is patient and kind, fill our home and bind us together in perfect harmony. Remove any strife, bitterness, or unforgiveness from among us. Grant us the strength to communicate with love and patience to support one another and to look out for the well-being and unity of our family. Help us to forgive each other as you have forgiven us and to be of one mind and one heart. Guide us to serve one another with humility and love and to be a reflection of your grace to the world around us. May your peace reign in our home, bringing harmony and understanding to every member of our family. In Jesus Name, we pray, Amen.

Reflections:

Day 13 – Thursday, January 22nd

Revival: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Leader's Walking in the Spirit of Oneness and Unity

Ephesians 4:1 – 7

I, therefore, the prisoner ^[a]of the Lord, ^[b]beseech you to walk worthy of the calling with which you were called, ²with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³endeavoring to keep the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called in one hope of your calling; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is above all, and through all, and in ^[c]you all.

Leaders walking in the Spirit of Oneness describes a state where leaders operate with a spirit of unity, (peace, love and joy) reflecting the character of God to foster harmony, growth and maturity with their church and community. This concept, emphasized in Christian theology, involves actively preserving the “Unity of the Spirit” through humility, gentleness, patience and love, as encouraged in Ephesians 4:3 rather than creating the unity in oneself. It is about working collectively towards a shared vision, resolving disunity among leadership and exhibiting a spirit of humility and forbearance (to bear one another endure with love) to avoid division and build a stronger, more unified body among believers.

Spirit of Oneness and Unity in Leadership

- **Leadership Priority** – Unity is not optional for leaders of Christ, it is a central part of the Christian calling (to be like Christ) and a way to embody the Gospel.
- **A Reflection of God’s Will** – Unity among leader is seen as reflecting God’s character and will, leading to peace and spiritual growth.
- **The Spirit’s Work** – Believers do not create unity; the Spirit is the one who creates it. Leaders must be diligent in preserving it. Our prayer as leaders should be...*Create in me a clean heart, O God: and renew a right spirit within me. Psalm 51:10*
- **Requires a Personal Effort** – As leaders, maintaining unity requires constant work and commitment, not just automatic alignment.
- **Practical Ways to Cultivate Oneness** – Casting a clear vision (without a vision the people perish). Unified leadership can clearly define and communicate a share of oneness for the church and community. Leaders must show the church and community what oneness and unity looks like by precept and example.
- **Addressing Disunity Proactively** – Leaders must resolve any disunity among themselves to prevent confusion and destruction with the broader group.
- **Practicing Humility** – Leaders should humble themselves and avoid elevating their own opinions or ideas. Leaders should be quick to forgive and keep a repenting spirit.
- **Show Gentleness and Patience** – Being gentle and patient with others, even when dealing with differing viewpoints or annoyances, is crucial for preserving unity.
- **Being with One Another** – This involves patiently enduring the shortcomings of others in love and understanding that others are also maturing.
- **Avoid Grudges** – Leaders must strive to let go of offenses, preventing them from escalating into larger grudges that can divide the body of Christ.

The Takeaway of Leadership:

Godly leadership is humility, Christ like service to others, rather than the pursuit of personal power, status, or ambition. This approach is rooted in biblical principles and motivated by a deep desire to Glorify God and lead people toward a deeper faith in Christ Jesus.

Prayer:

Heavenly Father, I come before You with a humble heart, knowing that without Your wisdom, I cannot lead Your people well. Teach me to lead with love, not pride; with patience, not haste; with truth, not compromise. Help me to see each member as You see them — precious, unique, and deeply loved. Grant me discernment to lead your people through seasons of joy and trial, courage to stand firm in Your Word, and compassion to walk alongside them in their struggles. Lord, keep my heart pure, my motives sincere, and my vision aligned with Your will. May my leadership point them not to me, but always to You — In Jesus' name, Amen.

Reflections:



Prayers of Unity

Here are some examples of unity prayers

For General Unity and Understanding

Heavenly Father. We thank you for the gift of the Holy Spirit. May we grow in mutual affection and in the desire to announce the Gospel message more faithfully, that the world may come together in unity and welcome the Prince of Peace, through Christ our Lord, Amen.

For Unity in the Church

Father, I pray for unity in the church that we can all come together and recognize the anointing and the assignments that have been given to us and yet respect one another and still be a blessing. And Lord, if we disagree, be respectful and we continue to walk in love, respect and honor. Amen

For Unity in Families

Most Holy Redeemer, you are our strength, hope and unity. We pray for unity in our family. We ask that you bless us with the spirit of togetherness. When we meet and speak to one another, may we listen, communicate well and be willing to understand each other with love. Amen

For Unity Amidst Division

Lord, heal the rifts that separate us. Turn our hearts away from hatred, envy and jealousy and turn our hearts towards love. Replace anger with peace and transform our indifference into genuine care. Let our actions reflect your love, creating and ripple of unity that touches our families, friends and communities. All these prayers we pray in Jesus Name, Amen.

Day 14 – Friday, January 23rd

Revival: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast eat chicken, turkey, fish, eggs, vegetables and whole foods. Limit no sugar added fruit juices to only one or two glasses per day. Drink plenty of water. Refrain from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

The Power of Praying for One Another

James 5:13-16

¹³ Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. ¹⁴ Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ¹⁵ And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. ¹⁶ Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. ^[b]

Devotional Lesson:

The strength of unity is found in our ability to support one another along the way. Being part of the body of Christ is not just about sharing good times together; it is about God giving us a family with whom we can walk through life's most difficult moments.

In the book of James, we are instructed: “Therefore, confess your sins to one another and pray for one another, that you may be healed.” It is interesting that when sin is confessed, the direction given is not to abandon, judge, or condemn one another. Rather, Scripture tells us that when one of us falls into sin, it is time for the family

of God to draw near and pray. More specifically, we are called to pray for one another so that healing may come from God.

That is what true unity looks like—a place of safety where we can admit our struggles and difficulties and be met with grace and faithful prayer. In that space, the Spirit of God is able to do the work of healing us and empowering us to conquer the sin that entangles us.

How can we be more unified and faithful in praying for one another and in petitioning the Lord for one another's healing?

1. _____
2. _____
3. _____
4. _____
5. _____

Reflections:

Today's Devotion written by Pastor Dr. Kneeland Brown

Day 15 – Saturday, January 24th

Prayer: 12:00pm – 1:00pm

Fasting: Refrain from eating anything until after 1pm (can drink water).

After the fast eat chicken, turkey, fish, eggs, vegetables and whole foods. Limit no sugar added fruit juices to only one or two glasses per day. Drink plenty of water. Refrain from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

A Turtle on a Fence Post

Ecclesiastes 4:9-10 (ESV)

⁹ Two are better than one, because they have a good reward for their toil. ¹⁰ For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

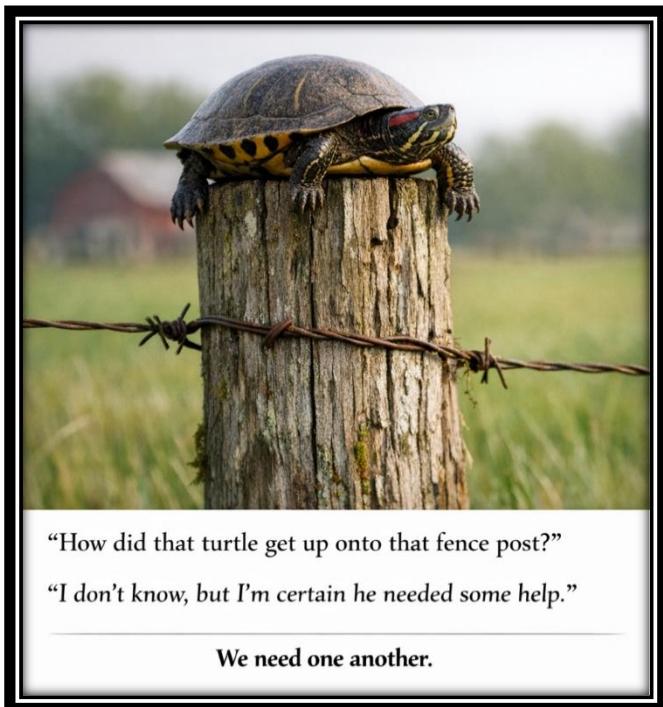
Devotional Lesson:

There is a story that in the late author Alex Haley's office, there was a framed picture of a turtle sitting atop a fence post. A visitor to Mr. Haley's office stared at the picture for a moment, then turned to him and asked, "How did that turtle get up onto that fence post?" To which he replied, "I don't know, but I'm certain he needed some help."

Unity matters because, like that turtle on the fence post, we all need some help along the way to reach our goals. I believe that if we are honest with ourselves, each of us can admit that there are things we have accomplished, storms we have survived, and circumstances we have navigated that required the support of others.

Unity allows us not to rely solely on our own strength, but to lean upon the strength of others; not to operate only from our own wisdom, but to draw upon the wisdom God has poured into those around us; not to stand only on our own measure of faith, but to be encouraged by the measure of faith God has given to our brothers and sisters beside us.

God has united us with one another because we need one another.



Reflections:

Today's Devotion written by Pastor Dr. Kneeland Brown

Day 16 – Sunday, January 25th

Prayer: 6:30 pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)
After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish and seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

The Oneness of Geese

What Can We Learn from Them?

Two are better than one; because they have a good reward for their labour.

¹⁰ For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

Devotional Lesson:

Supportive friendships are absolutely necessary for our spiritual growth. We all need a friend or someone we can lean on. When we fall down, we need help getting up again. We must learn to trust others, reach out and admit our need for support. This will give us added strength, wisdom and protection in our spiritual journey.

James 5:16 (KJV) says: “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

Geese Show Unity

Geese fly in V-shape formation creating an uplifting air current for the birds behind, which increases their flock's flying range by 71% compared to flying alone. Each formation has a lead goose. When the lead goose gets tired, it falls back into the formation, and another goose takes its place demonstrating a system of shared leadership among the flock.

Geese are known for their strong family bonds and loyalty to their flock. Many stay with the same flock for their life span. Geese honk to encourage those at the front, symbolizing how groups need to encourage and support one another to maintain speed and direction. When a goose falls out of formation due to injury or illness, two drop out of the formation to help and protect until it can fly again or dies before rejoining the flock or forming a new formation. This demonstrates mutual support and teamwork.

Many years ago, when I was a teenager, Bishop Dr. Oliver Hanney Jr., Dean of the Charles Harrison Mason Theological Seminary, came to Wichita, Kansas for a Kansas Southwest Jurisdictional meeting of the Church of God in Christ. He preached a dynamic message and told a story of a little boy who was traveling with his father during a cold snowy day.

A little boy and his father were traveling to their destination, the father's car happened to get stuck in the snow. He began to go backwards and forwards, from drive to reverse rocking the car. This created a deep hole in the snow, and the car was completely stuck. The father then tried to push the car out by putting one of his legs outside the car with one hand on the steering wheel while pushing on the gas pedal to accelerate the movement of the car. This did not work. The car was stuck.

The father was persevering, pushing giving it all he had. With compassion and concern, the little boy saw his father's effort and tremendous hard work. He felt sorry for his father. The little boy prayed and said two words, "Jesus Push!"

Immediately the car moved forward from the hole where they were stuck. The father and son rejoiced, praising God for His kindness and miraculous power.



Our God can do anything and no one or anything can stop Him. The father and his son found out with perseverance and determination we can do all things through Christ which strengthens us. When we say, “Jesus Push” with faith, He gives us the inner strength that we need to do anything. Nothing is impossible for those who believe and trust in our God and Savior Jesus Christ.

Job 42:2 (NLT)

I know you can do anything, and no one can stop you.

Philippians 4:13

I can do all things through Christ which strengthens me.

Takeaway:

This childlike faith is a way of approaching God with humility, trust and confidence. With simple and pure faith, it moves God. It is based on kindness, compassion and understanding.

Prayer:

Lord, I thank you for the times I have said, "Jesus Push" and you have given me the inner strength that I needed to move forward. I know I can do all things through you, exceedingly and abundantly above all I can ask or think according to the power that works in me.

In Jesus name, Amen.

Reflections:

Day 17 – Monday, January 26th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water)

After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish and seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

Scriptures to Encourage You!

Seek the Lord and his strength, seek his face continually.

I Chronicles 16:11

*But you, take courage! Do not let your hands be weak,
for your work shall be rewarded.”*

2 Chronicles 15:7 (ESV)

Wait for the Lord; be strong and take heart and wait for the Lord.

Psalm 27:14 (NIV)

Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 12:12 (ESV)

*Teach me your way, O Lord, that I may walk in your truth;
unite my heart to fear your name.*

Psalm 86:11 (ESV)

²⁵ *Let your eyes look directly forward, and your gaze be straight before you.*

²⁶ *Ponder^[a] the path of your feet; then all your ways will be sure.*

Proverbs 4:25 – 26 (ESV)

For he satisfies the longing soul, and the hungry soul he fills with good things.

Psalm 107:9 (ESV)

*Even to your old age I am he, and to gray hairs I will carry you.
I have made, and I will bear; I will carry and will save.*

Isaiah 46:4 (ESV)

²² *The steadfast love of the Lord never ceases; [a] his mercies never come to an end;
²³ they are new every morning; great is your faithfulness.*

²⁴ *“The Lord is my portion,” says my soul, “therefore I will hope in him.”*

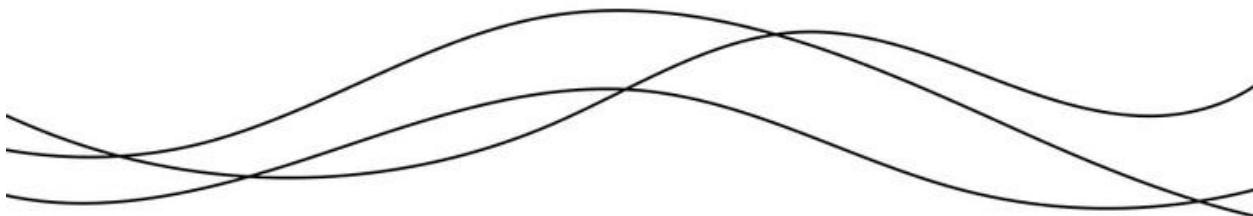
Lamentations 3:22 – 24 (ESV)

For nothing will be impossible with God.”

Luke 1:37 (ESV)

²⁰ *Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.*

Ephesians 3:20 – 21 (ESV)



Reflections:

Day 18 – Tuesday, January 27th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water).

After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish, seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

Perseverance in Leadership

Philippians 4:13

I can do all things through Christ which strengthens me.

Perseverance is a key leadership skill that involves overcoming challenges, learning from them and inspiring others to do the same.

Problem Solving:

Perseverance is more than just not giving up. It's about identifying challenges, understanding why they exist and finding a way to overcome them.

Inspiring Others:

Leaders who persevere can inspire their teams to stay determined and work through difficulties together. They can show their teams that anything is possible, and they should never give up on their goals.

Building a Resilient Culture:

Perseverance can help others create a workplace culture that is resilient and collaborative.

Setting an Example:

Perseverance sets leaders apart from others and shows that they are committed to their vision.

Learning from Failure:

Failure is a part of leadership and leaders who persevere learn from their mistakes.

In social psychology a similar concept to perseverance is grit, which is defined as perseverance and passion for long term goals.

Leadership is a tough job. It requires a cool head and a firm commitment to your organization or those you lead in times of crisis. That's why perseverance is a critical skill for every leader. You must be a consistent presence, setting an example of calm and confidence.

Leadership requires your time and dedication to God and the people that you lead. I encourage you as leaders to stay before God in prayer, fasting, seeking God's face, and keep your focus upon God. Trust in the Lord with all thine heart; and lean not to your own understanding. In all your ways acknowledge the Lord, and He shall direct your paths. The steps of a good man (leader) are ordered by the Lord; and he delights in His ways (their ways),

My Prayer for Leaders:

Dear Heavenly Father, I pray for all leaders of your people. I pray that they will not lead selfishly, for personal ambition or vain conceit. I pray that you help leaders to realize that leading is really a task that requires us to serve even as Christ served. Please help us to follow His example of servanthood.

In Jesus name, Amen.

Reflections:

Day 19 – Wednesday, January 28th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating until after 3:00pm (can drink water).

After 3:00pm **eat** vegetables and whole food. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish, seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

The Ultimate Example of Perseverance Jesus Christ our Savior and Lord

Isaiah 53:5 (Read the entire chapter)

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Jesus is the ultimate example of perseverance in the Bible, and he demonstrated this in many ways...

Enduring the Cross:

Jesus endured the brutality of the cross, including scouring and crucifixion, despite being alone, denied and betrayed. He persevered to the cross because of his love for people and God's love; *John 3: 16 says, For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

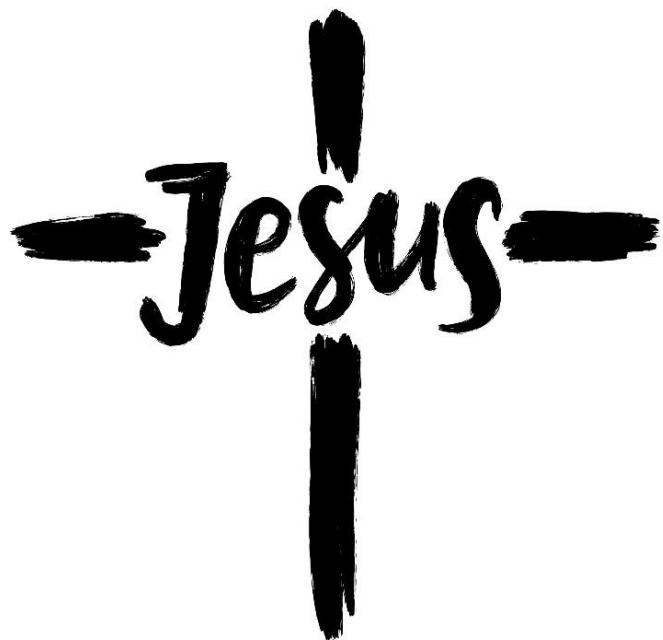
Remaining committed Jesus loved us to the end, even through distance and time. He was willing to go to the cross for our sake.

Remain Resilient:

Jesus demonstrated that it's possible to persevere even when faced with rejection and cruelty. He endured shame from being ridiculed by the people he came to save. Even in opposition from religious leaders, he persevered.

Using Suffering to Develop his Relationship with God:

Jesus used suffering to show us an opportunity to develop and refine our relationship with God. Suffering can help identify our weak points and strengthen our faith in God to be stronger Christians so we can be an example to the world.



Prayer:

Lord, thank you for your ultimate example that you demonstrated for us in your suffering, dying, and giving your life on the cross for our salvation and deliverance from sin. We are eternally grateful.

In Jesus name, Amen.

Reflections:

Day 20 – Thursday, January 29th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating until after prayer. Drink plenty of water. After prayer we will have our soup and salad fellowship.

Perseverance in Finishing the Race

II Timothy 4:7 – 8

⁷I have fought a good fight, I have finished my course, I have kept the faith:

⁸Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

These verses use the metaphor of a race to represent a Christian life, emphasizing the importance of perseverance and faithfulness until the very end.

Key Points of these verses:

- “*Fought a good fight*”
 - Represents actively living a Christian life, facing challenges and overcoming obstacles.
- “*Finished the race*”
 - Signifies completing the journey of faith, reaching the end of one’s life.
- “*Kept the faith*”
 - Highlights the importance of remaining true to one’s beliefs throughout life.

Scriptures to remind ourselves as we run this race:

Hebrews 12:1 – 2

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

² Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Ecclesiastes 9:11

I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.

As human beings, we cannot accurately predict the outcome of life challenges. Our trust is in God. Our victory in a struggle is not guaranteed to the person who initially starts off fast or strong, but rather to the one who has the perseverance and resilience to stay the course through the challenges. Perservance emphasizing the importance of endurance over quick bursts of effort. It is never a sprint but always a marathon. *Matthew 24:13 says* is well: *But he that shall endure unto the end, the same shall be saved.*

Take away:

Those who remain faithful to Christ unto the end will receive eternal, everlasting life, forever in Heaven to be with the Lord. What a wonderful, marvelous, magnificent, and awesome time that will be forever, and ever and ever...Amen!

Prayer:

Lord, help me to keep fighting the good fight of faith. Stay on course, keep the faith and finish my race because I know in the end I WIN! Glory!
In Jesus name, Amen.

Reflections:





Maintaining What God has Done for You

After allowing God to cleanse you from what you watch on television, what you watch, and listen to on the internet and the kind of music you listen to; Do not return to them after the fast. Things that are unholy need to remain dead. If you return to those things, you are defeating your purpose. You want to keep your temple clean at all times. This allows for the Spirit of God to flow freely in you so when God is ready to you use, you are ready to be used. The purpose of fasting is to give us a thorough cleaning to take us to a higher level each year. Make fasting a part of your life throughout the year. Keep up with the prayer services throughout the year.

They are as follows...

Weekday prayer	Tuesday and Friday	6:00 am – 7:00 am
Sunday prayer	Sunday	9:00 am – 9:30 am

Other Prayer services...

The pastor will schedule prayer services monthly as the Lord leads.

As you keep fasting and prayer a part of your life and being faithful to the church by attending services as frequently as possible, you will see Spiritual growth and God's anointing in your life.

Congratulations!

You made it through 20 days of Fasting and Prayer.

***Anointed Oil and prayer cloths will be handed out
during the last prayer service***



In days to come, you can ease back into eating some of the foods you enjoy. If you eat all the things you gave up during the fast immediately, it could cause you to become ill and not feel well.

I encourage you to make concentration, fasting, prayer, meditation and praise a part of your everyday life. In doing so, you will become a stronger

Christian. Your relationship with Jesus Christ will be amazing and you will have a continual praise now and forever. Amen.

Notes
