

# TVC | True Vine Church

*Branches with one great purpose...bearing fruit for the Kingdom of God – John 15:5*

February 5, 2021

Praise the Lord!

As we begin our consecration, I want to encourage us as a unified body to pray for our unity and strength for 21 days (February 8 – February 28), and beyond. The purpose of this fast is to center our mind, body, and soul towards God. This fast is not like other fast that requires no eating from one particular hour of the day to another. However it does require us to eat only specific foods.

If followed accordingly, the **first week** of the fast will produce a natural cleansing of your body. Please remember no meats, even in our soups. The **second and third week** of our fast produces a habit of eating the more healthier foods that we might not normally eat with consistency.

However, consecration is not about the eating, it's more about spiritual awareness. It's about laying aside the weights that so easily set us back. When we become so heavy, and burdened by life's challenges, it's time to be renewed in our inner being. Just as important it is to be consistent with a healthier intake of foods, it is also important to be consistent with praying

Prayer is our way of communicating with God, and it prepares our vessel to receive God's response to our prayers.

- **We can use spices, and olive oil to cook with, but we should use these things in moderation.**
- **We should not have any dairy products, even in salad dressings, or sauces.**
- **We should not have any breads.**
- **No red meats (only chicken, fish, and that's the second and third weeks).**
- **We can have 100% juices (be mindful, juices have lots of sugar).**
- **We can have nuts, and raisins.**
- **We can have grits, oatmeal, brown rice, or wheat pasta.**
- **We can use honey, and raw sugar.**
- **We should stay away from regular granulated sugars, and substitute sugars. The point is to try to eat as healthy and natural as possible. Remember this is about a discipline for our body, and our spirit.**

I believe God is going to bless us as we commit ourselves to this consecration.

Blessings to our success,  
Pastors Ron and Kim

# EMPOWERING TRUE VINE THROUGH COMMITTED CONSECRATION

## Period of Cleansing and Self Denial

*February 8 – February 28, 2021*



When you fast you are setting yourself up for answered prayer. God promised when we fast in the right way, He will answer us. Isaiah 58:9 Then you will call and the Lord will answer, you will cry for help and he will say, here am I. God will answer our prayers because when we fast, our spiritual capacity to hear and receive is increased. We are empty of our own interests and are ready for Him to fill us.

When we consecrate ourselves we need to be careful not to hinder the effectiveness of our fasting. It must be done in the right spirit. Isaiah 58 tells us the right and wrong way to fast.

**Isaiah 58:3-4**

Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. This is the wrong way to fast because it is characterized by injustice to others and ended in quarreling and strife.

If anyone wants to get serious with God, he must show it by his commitment to doing the things he should be doing with the right attitude.

Either you're fasting or on some kind of diet. If you're on a diet, you can watch TV, play computer games or do whatever you want. However, if you're going to consecrate yourself before God, then you have to set yourself apart and seek Him rather than your own interests. That is what we have to do if we want God to be pleased with our fast. God wants us to earnestly seek Him and His ways. In turn, He will pour out His power through us.

## TRUE VINE CHURCH

*"Branches with one great  
purpose...bear fruit".*



**74 Corbet St  
Dorchester, MA 02124  
857-869-4906**

***Pastor Ronald D. Odom, Sr.  
Co-Pastor Kim D. Odom***

# CONSECRATION

*February 8 – February 28, 2021*

## 1<sup>st</sup> Seven Days

**February 8 – 15**

**Drink:** Water, Juices, Tea

**Eat:** Soups, Salads, Fruit,  
Vegetables, Jell-O

## Last Fourteen Days

**February 16 – February 28**

**Drink:** Water, Juices, Tea,  
Ginger Ale

**Eat:** Soups, Salads, Fruit,  
Vegetables, Baked  
or Broiled Poultry,  
Fish, Jell-O

## Read Isaiah 58:6-9, 11

Isaiah says that the fast God is pleased with has the power to break the chains of injustice and destroy the yokes of the oppressed. God's anointing can deliver people from their burdens. This anointing comes through fasting that is consecrated and committed to God.

Therefore, a true fast will cause you to understand and value the important things in life. You will become a giver; you will begin to love people and want to meet their needs. You will have a burden for souls.

O

Isaiah 58:12 tells us the outcome of such a fast: Your people will rebuild the ancient ruins and will raise up the age old foundations, you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. People's lives will be restored to God, and you will also receive God's blessings. For example verse 8 says, then your light will break forth like the dawn, and your healing will quickly appear. You have an opportunity to activate your faith for healing when you fast. Perhaps you've been praying for healing for a long time. God is saying because you are willing to consecrate yourself to Me and humble yourself on behalf of others, I'm going to bring healing speedily.

Isaiah 58:8 also says your righteousness will go before you, and the glory of the Lord will be your rear guard. The Lord will protect you. If people set traps for you, God will say, in effect, that is one of my consecrated saints, don't touch him. These and other blessings will come as a result of a fast that is pleasing to God.

## Things to Pray for During Consecration...

Pray for souls to be saved (St. Matt. 18:11<sup>Is</sup> & St. John 3:17)  
III

Pray for the youth of our church (Isaiah 40:30, I Timothy 4:12 & II Timothy 2:22)

Pray that God would give us a solution to the violence in our community (Lev. 26:6)

Pray that the fruit of the spirit will operate along with the gifts of the spirit in our church (Galatians 5:22 & Corinthians 12)

Pray for those incarcerated and those re-entering into the community (St. Matthew 25:36 & Acts 16:16-26)

Pray for our city, state and federal government officials (I Timothy 2:1-4)

Pray for marriages (Colossians 3:18, 19 & Ephesians 5:22-33)

Pray for the single adults (I Corinthians 7:7-9, 32-35)

Pray for those struggling with sexual immorality (I Thessalonians 4:1 – 7 & I Corinthians 6:18-20)

Pray for the Pastor and Co-Pastor of True Vine, our Church membership/virtual partnership, and Community as a whole, that God's will be done.