

New Destiny/Living Waters Church

2021 Consecration

Join us as we embark upon a New Year. This will be the Year of the Lords Favor. As we enter into 21 Days of Prayer and Consecration, expect to see a manifestation of God's favor and power by way of healing, salvation, promotion, direction, family restoration, miraculous provision, expansion and supernatural visitation. We believe and expect divine favor in our lives and in our Church.

Consecration Begins | **Monday, January 11th, 7 am to 5 pm Daily**

• **21-Day Fast begins January 11th; Ends Sunday, January 31st, 2021**

- Special Times of Evening Corporate Prayer
- Prayer Focus: Supernatural Favor, Increased Faith & Courage, Spiritual power, Kingdom Revelation, Acceleration. **WE BE FILLED WITH THE HOLY GHOST!**

First Fruit Sunday | Sunday, January 31st, 12 Noon

Join us as we celebrate the completion of the Consecration that God has called and plant our seed that will produce a harvest for years to come!

Fast Overview - Everyone is asked to participate in the Daniels Fast:

Daily Menu Plan (Some Paleo Dishes)

7am to 5pm daily:

1. Foods to eat: Fruits (fresh or frozen), Vegetables & Nuts (including Almond Butter and Peanut Butter)
2. Beverages: Water, Herbal Teas, Coffees, and 100% juices (sugar free) Smoothies – Water based!
3. Snacks: Sugar-free gum & mints (stay away from Aspartain, Sucarlose)
4. Sweeteners: Honey, Stevia, Agave Nector

After 5pm daily:

One main meal including any of the following:

1. Chicken, turkey, ground turkey, tuna, or other Seafood. (Grilled, Baked or Broiled)
2. Vegetables any kind, i.e., Broccoli, cabbage, asparagus, sweet potatoes
3. Multi Grain/Ezekiel bread i.e. (1 slice of Whole wheat bread per day).
4. Whole wheat pasta or Brown rice.

Foods to avoid on this Fast...

1. No red meats or pork
2. No starches (except whole wheat/whole grains)
3. No dairy products i.e., milk, cheese, yogurt, cream cheese, sour cream, etc.
(replace butter with olive oil, Almond milk – no sugar Coconut Milk)
4. No Candy
5. No Sugar
6. No Pop, Soda, Fruit punches, or juices (all contain sugar)
7. No Caffeine (Red Bull, 5 Hour Energy, etc)
8. **NO FRIED FOODS OF ANY KIND!!!!**

Remember: Please be mindful of the activities you partake in during this consecration (TV shows, social media, conversations, etc.),