

JANUARY 2024



MESSIAS TEMPLE CHURCH

Bishop Harry S. Grayson, Pastor

# 21 Day

## CONSECRATION

January 8<sup>th</sup> - 28<sup>th</sup>

# In Pursuit of Sanctification

### Spiritual Transformation

"...be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Romans 12:2

A Time for Prayer, Fasting, & Reading God's Word.

## Official Guide

[www.messiastemple.org](http://www.messiastemple.org)



## Spiritual Transformation

Every year we have a fresh opportunity to examine our lives, assess our spiritual strengths and weaknesses, and develop a spiritual growth plan for the next 12 months. Why? The primary reason: the chief purpose of the Christian life is to know God. In order to know God we must experience spiritual transformation that results in Christian maturity.

This **transformation** is not about being “the best version of yourself” or even “becoming a better person”. Spiritual transformation in Christ is all about being molded and **conformed (or morphed)** into the likeness of Jesus Christ (Romans 8:28-29, Colossians 1:28).

Why do we need **transformation**? Whatever season of life you’re in right now there are areas of your life not in submission to Christ. The process of being **conformed** into the likeness of Christ is a life-long process where the Holy Spirit transforms every nook and cranny of our heart, mind, and soul to be more in conformity to the likeness of Christ. The biblical word for this process is **sanctification**. The apostle Peter exhorts believers to make “every effort” to grow in our faith on a regular, consistent, and diligent manner (2 Peter 1:1-15). The Bible indicates very clearly that no one drifts into maturity. It’s a process; an intentional process. “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.” — 2 PETER 1:5-7

Therefore, we enter 2024 with great expectations and a hopeful future that God will hear us and “*show us the evidence of our prayers be answered!*” The Bible reminds us that, 2 Chronicles 7:14 “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven...” People of God, we can be confident that when we pray, he will hear us (1 John 5:14)! We want to see people saved, and conditions changed to the glory of God. Therefore, let us unite during this fasting season with all sincerity, cry out to God in prayer, read His Word, and be spiritually transformed. We need God's mercy and grace to get through the days ahead.

***Remember, transformation takes place as you surrender to the Spirit, not by “trying harder” in the flesh. What do you need to focus on in 2024? Be intentional to pursue Him and His voice in the coming new year.***

The **21-Day Consecration** is designed to help us grow in our relationship with God and become complete in body, mind, soul, and spirit. It’s often said that it takes 21 days to change a habit, so this is not just about prayer and Bible study. It includes a partial fast, daily prayer, scripture readings and exercise. “Partial” fast means that we will eliminate some common things from our daily diet, but will provide options. *\*If you have any known medical conditions or think you have a medical condition, consult your doctor before beginning the fast.* Commit to attending all worship services and bible classes either on-site or virtually. Take notes on your personal reflection throughout this journey.

**Remember, this fast is not a diet or ritual; it is a sacred time. It is a time of consecration and prayer.**

# Sanctification WEEKLY FOCUS

## PRAYER & BIBLE READING

2

0

2

4

**Week 1: (Jan. 8-14)  
Foundation**

**Week 2: (Jan. 15-21)  
Hard Work**

**Week 3: (Jan. 22-28)  
The Payoff!**

**Faith**  
**Committing to obey God, trusting Him**

Hebrews 11  
An action word  
-faith for salvation  
-faith for an obedient walk

**Virtue**  
**Desiring to please God**  
Desire for mortal excellence

-Pro 31:10-31  
-Ruth 3:11

**Knowledge**  
**Learning God's Way**  
Applying the Bible to everyday life

-Ps 119:9-11, 115  
-2Pe 3:18  
-Ro 12:1,2

**Self Control**

**Determining to live by God's Word**  
Temperance – developing moderation in all areas of life, bringing self under the control of the Holy Spirit

- Gal 5:23  
- 1Ti 4:7  
- Pro 16:32

**Perseverance**

**Continuing until you get desired results**  
Cling to Jesus with all your might for as long as it takes!

- Ro 5:3,4  
- Eph 6:18

**Godliness**

**Habitually responding in Christlike character**

Growing to be more like Jesus, disciplined in Godliness

- Ro 8:28,29  
- Php 3:8-14

**Brotherly Kindness**

**Acting toward others as Christ would**  
Kindly, tenderhearted and forgiving

- Eph 4:32  
- 1Jn 2:9-11  
- 1Jn 3:14-17

**LOVE**

**Serving God & others motivated by Agape – the highest possible motivation for a believer**

God's love in us and through us  
- 1Co 13:13  
- Mt 22:36-40

### Prayer Focus:

- ◆ International Missions
- ◆ Our church family needs
- ◆ Souls to be saved
- ◆ Youth and Young Adults
- ◆ School Children and Youth
- ◆ Winning the battlefield of your mind

### Prayer Focus:

- ◆ Revival in the church. (Reignite the Fire)
- ◆ Bishop and Leadership.
- ◆ Souls to be saved, good health and healing in our bodies
- ◆ Your personal growth in God

### Prayer Focus:

- ◆ Spiritual growth in families
- ◆ Healing in our natural and spiritual bodies
- ◆ Bereaved families
- ◆ Souls to be saved
- ◆ Depression and anxiety

#### FASTING & MEDITATION

- Matthew 6:16-18; 4:1-11  
- Esther 4:12-17; 8:3-8  
- Daniel 1:1-21  
- Luke 2:36-38  
- Psalm 1:1-6; 19:1-14; 119:1-16  
- Isaiah 26:3-9  
- Joshua 1:1-9

#### PRAYER

- Luke 18:1-14  
- Matthew 6:1-18  
- James 5:13-24  
- 1 Thessalonians 5:12-24  
- Ephesians 6:10-20

#### GRATITUDE

Philippians 4:1-13  
Colossians 3:1-17  
Luke 17:11-19  
2 Corinthians 9:6-15  
Daniel 6:1-28

#### Less

Junk Food  
Sitting  
Late Nights  
TV Watching  
Frowning  
Talking  
Complaining  
Negativity  
Arguing  
Worrying  
Taking

#### More

Real Food  
Walking  
Rest  
Reading  
Smiling  
Listening  
Encouraging  
Gratitude  
Understanding  
Praying  
Giving

# Weekly Fasting:

2  
0  
2  
4

## Food: (Choose One)

- Option 1** | Tuesday & Thursday **Absolute** (Midnight to 4pm)
- Option 2** | Monday (Soup and Salad only),  
Wednesday (Absolute: Midnight to 4pm)  
Friday (Fruits and Vegetables Only)
- Option 3** | Monday- Friday - **Modified Danial Fast**.  
No fast food, No red meat, No fried foods, No sweets, No soft drinks.  
(Drink only water, coffee, tea, and 100% fruit juice)
- Option 4** | Choose any below that you will avoid for 21 Days  
( ) No Sweets ( ) No Meats ( ) No Carbs ( ) No TV

**No Social Media** (Facebook, Snapchat, Twitter, Instagram, etc.)

**No scrolling or posting!**

Except for work, news, or spiritual programs.



## Prayer

- ◆ **Personal Prayer** - 15 minutes of meditation and prayer each morning or before bed.
- ◆ **Online Corporate Prayer Every Tuesday @ 7:00pm**  
(VIA Zoom ID: 815 2637 9739 Passcode: 48197)

## Bible Reading

- ◆ 15 minutes bible reading each morning or before going to bed.

## EXERCISE

Exercise is an important part of a healthy lifestyle. It offers many health benefits – helps to control weight, lowers blood pressure, combats many health conditions and diseases, improves mood, boosts energy and more!

**HOW OFTEN TO EXERCISE:** Exercise at least 3 times per week, for at least 30 minutes. You don't have to do the full 30 minutes all at once; you can break it up throughout your day. Remember to drink at least five (5) 8 oz. glasses of water every day!

## Special Services

### HOLY COMMUNION

Sunday, January 28<sup>th</sup> @  
10:30am (EST)

Sacraments pickup if viewing  
online: Saturday, January 27<sup>th</sup> –  
12:00noon – 1:30pm



**FRIDAY EVENING PRAYER ONSITE**  
(7:00pm– 8:00pm)

Friday, January 19<sup>th</sup> & 26<sup>th</sup>

