



MESSIAS TEMPLE CHURCH

Bishop Harry S. Grayson, Pastor

21 Day CONSECRATION

January 9th - 29th

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

Communion
With God

Official Guide

www.messias temple.org

JANUARY 2023

January 2023 (21 Day Consecration Schedule)

Does the idea of **communion with God** draw you in or push you away? There is much in our lives that distracts and prevents us from experiencing genuine communion with God. Living in a fast-paced society with endless demands and countless opportunities can mean that slowing down to **commune with God** can seem indulgent if not outright impossible. Amid our frantic schedule, we can even find ourselves feeling guilty when we are not constantly accomplishing things. But interpersonal relationships are not “things” to be accomplished. They are more about “being” than “doing,” and they need attentiveness, mutual exchange, and care to flourish. Relationships cannot be life-giving sources of strength if we are not present in and to them. **Communion with God** is a deep need for every human, whether we acknowledge the need or not.

Therefore, we approach 2023 with great expectations and a hopeful future that God will hear us and heal our land! 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, and will forgive their sin and heal their land.”

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 and, with all sincerity, cry out to God in prayer. We need God's mercy and grace to get through the days ahead.

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.

Special Services

HOLY COMMUNION

Sunday, January 29th @ 10:30am (EST)

Sacraments pickup if viewing online:

Saturday, January 28th – 12:00noon – 1:30pm

FRIDAY EVENING PRAYER ONSITE

Friday, January 13th & 27th

@7:00pm– 8:00pm

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.**

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WEEKLY PRAYER & BIBLE READING

Week 1: (Jan. 9-15)

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

Focus Scriptures to Read: 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

Week 2: (Jan. 16-22)

Prayer Focus:

Spiritual growth in families

Healing in our natural and spiritual bodies

Bereaved families

Souls to be saved

Depression and anxiety

Focus Scriptures to Read: PRAYER

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

Week 3: (Jan. 23-29)

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

Focus Scriptures to Read: GRATITUDE

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

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Weekly Fasting:

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*)

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

No scrolling or posting!

Except for work, news, or spiritual programs.

REFOCUSING OUR FINANCES

- Save a dollar a day, seed it in the Word, and sow it towards financial freedom on Sunday January 29th.

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!

WITNESSING (Disciple Making)

Set your goal to witness to 3 people and invite them to church.

NOW LET'S COMMIT:

What Day (s) are you Fasting this Week? _____

What type of Fast? _____

What time frames will your Fast? ____ : ____ AM to ____ : ____ PM

What is your need/desired outcome from fasting and this Consecration? _____
_____.

Do you have a Prayer Partner to Fast with you? Y/N

List 3 people you can witness to and invite to church:

What are your Personal Prayer Targets you will pray for during your Fast
time: _____.

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