



VP CONSECRATION & PRAYER GUIDE

MID-MARCH 2025



**FULL SCHEDULE AND DETAILS WILL BE AVAILABLE
IN A SPECIAL EDITION NEWSLETTER**

OUR TIME OF CONSECRATION (PRAYER & FASTING)

**FAST START DATE
THURSDAY, MARCH 20th**

**FAST END DATE
FRIDAY, APRIL 18th @ 6:00PM**

**Prayer CALL IN Schedule Starts
Thursday, March 20th - Friday, April 18th**

M-F 6:00 AM & 6:00 PM

**The prayer and fasting schedule is also on our website
VPCOG.ORG in a
Special Edition "Consecration" Newsletter**

A Note from Pastor J

Consecration
Thursday, March 20th -
Friday, April 18th
Ends at 6:00 PM



Prayer Schedule
Thursday, March 20th -
Friday, April 18th
M-F 6:00 AM & 6:00 PM

Greetings, Family.

As you are aware, 2025 at the Vernon Park Church of God has been dubbed, "The Year of Manifestation." I believe many things on the earth are going to become very apparent to all of us as the year continues. That includes God's will and assignment for Vernon Park Church of God. This is our 70th year of existence, and while we're making plans to celebrate that historic event, we also dedicate a 30-day ministry-wide session of consecration. To consecrate is to make or declare something as sacred or to dedicate something formally to a divine purpose. Once again, we've included a coordinated effort that blends prayer, fasting and studying with mental and physical preparation.

It has become very apparent to the entire world the changes that are either being introduced or forced upon us all. In my recent sermon series, we've examined the importance of being able to understand the actual agendas and workings of the flesh while keeping our Christian testimony. I've mentioned several times in my current sermon series, "The highest compliment you can pay a Christian is to call them a godly person." In these unprecedented times, when churches are seeing less attendance, and many places of worship are closing altogether, we must continue to seek God's face and reflect His glory.

I'm asking that all those who attend in-person services as well as those who attend digitally join Lady Maura and I, along with our entire leadership team each morning at 6:00 A.M. for 15 minutes as we begin each day of our consecration in collective prayer and thanksgiving. For those who cannot meet in the mornings, we're making the 6:00 P.M. opportunity available to do the same. Nothing starts a day like being in God's presence and intentionally seeking His guidance. As always, the 30-day season's Fast Schedule is attached and awaits your participation. It's a progressive Daniel Fast that allows each of us to participate with focus.

Peace,
Pastor J.

Philippians 4:6
Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

PUT YOURSELF ON A SCHEDULE

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. Invite God to use you, your family, your church, your community, your country and beyond. Pray for His purpose for your life and empowerment to do His will.

PREPARING YOURSELF PHYSICALLY

Fasting requires reasonable precautions. Consult your physician first, especially if you are pregnant, taking prescription medications, or have a chronic ailment. Some persons should never fast without professional supervision.

IT'S IMPORTANT TO NOTE, WHILE YOU FAST...

You may experience dizziness, the "blahs" or withdrawals from caffeine. Avoid drugs, even natural herbal drugs and homeopathic remedies.

• ELIMINATE MEDICATION ONLY WITH PHYSICIAN'S SUPERVISION •

- Limit your activity, and exercise only moderately.
- Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for possible temporary mental discomforts such as impatience, crankiness, and anxiety.
- Expect some physical discomforts. You may have fleeting hunger pains, and sugar may cause headaches. Physical annoyance may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the most challenging. As you continue to fast, you might experience a sense of well being, both physically and spiritually. However, should you feel hunger pains, increase your liquid and juice intake.

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and life will motivate and strengthen you to continue. The best fruit juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery or leafy green vegetables. In cold weather, you may enjoy warm vegetable broth. Avoid caffeinated drinks. Be aware that gum or mints stimulate digestive action in your stomach and may make you hungrier.

Think on the GOoD things...
you can have as much water,
Word and time with God as
you like!



And permissible
items based on
the schedule.

WEEK #1 Thursday, March 20th – Wednesday, March 26th

FOR ENTIRE CONSECRATION

No carbonated beverages or drinks with caffeine, no red meats of any kind
and no sweets (includes candy, pastry, cakes, pies, etc.)

3 MEALS PER DAY ARE ALLOWED IN WEEK 1

Breakfast may include fruits, breads, cereal (hot or cold), milk, hot drinks
(without caffeine) and juice.

Lunch and dinner may include vegetables, soups, breads and pastas; white
meat is also permissible (fish, chicken and turkey, etc.)

*Please drink at least 5 glasses of water per day
(room temperature to cool/easy on the ice)

****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK #2 Thursday, March 27th – Wednesday, April 2nd

(NO MEAT FOR DURATION)

Eliminate all white meats

Breakfast menu remains the same: may include fruits, breads, cereal
(hot or cold), milk, hot drinks (without caffeine) and juice.

Vegetables, soups, fruits, pastas and salads are permissible

*Please drink at least 5 glasses of water per day
(Room temperature to cool/easy on the ice)

****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK #3 Thursday, April 3rd – Wednesday, April 9th

Eliminate lunch from your daily schedule

BREAKFAST AND DINNER ONLY

Breakfast menu remains the same: may include fruits, breads, cereal (hot or cold), milk, hot drinks (without caffeine) and juice.

Dinner is limited to soups, salads (including pasta salads) and vegetables

*Please drink at least 5 glasses of water per day
(Room temperature to cool/easy on the ice)

****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

WEEK #4 Thursday, April 10th – Wednesday, April 16th

Eliminate breads from all meals

Fruit only for breakfast plus (juice, water or hot decaffeinated drinks)

DINNER IS LIMITED TO SOUPS AND VEGETABLES

*Please drink at least 5 glasses of water per day (room temperature to cool/easy on the ice)

****SPEND TIME IN PRAYER AND READING OF THE SCRIPTURES DAILY**

Thursday, April 17th and Friday, April 18th

ELIMINATE SOLID FOODS

WATER ONLY (DRINK BROTH AND/OR FRUIT JUICE IF NEEDED)

****INCREASE YOUR TIME IN PRAYER, MEDITATION AND SCRIPTURE AND A DEDICATED TIME OF THANKSGIVING.**

Consecration Ends at 6pm Friday, April 18th

BREAKING YOUR FAST

End your fast gradually. Do not eat solid foods immediately after your fast. Suddenly re-introducing solid foods to your body and digestive system will likely have negative consequences. Try several smaller meals or snacks each day.

If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health. Here are some suggestions to help you end your fast properly.

Apply the progressive fast backwards and incorporate one meal with meat, poultry or fish, and gradually reintroduce caffeinated or carbonated beverages into your system, until you are able to eat regular meals again prayerfully with healthier choices. God wants you to prosper and be in good health (3 John 2).

2025 Prayer Consecration Prayer Guide

March 20th - April 18th

“Lord, Manifest Your Glory”

Theme: The Year of Manifestation - 1 Timothy 3:16

1 Timothy 3:16

"And without controversy great is the mystery of godliness: God was manifested in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory."

Weekdays twice daily ~ Prayer and Praise during our Consecration

Dial 202-926-1080 - Access Code: 981434#

Monday - Friday, **6:00 - 6:15 AM**

Monday - Friday, **6:00 - 6:15 PM**

You can also pray in the War (Prayer) Room

Tuesday -Thursday, 9AM - 4PM

WEEK #1 Thursday, March 20th – Wednesday, March 26th
Spiritual Growth & Consecration

 **Prayer Focus** 

Dedicate ourselves fully to Christ, grow spiritually, and align with God's will

Scripture Reading - Romans 12:1-2, 2 Corinthians 7:1

Memory Verse - 2 Corinthians 7:1

Romans 12:1-2 "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

2 Corinthians 7:1 "Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."

WEEK #2 Thursday, March 27th – Wednesday, April 2nd
Evangelism, Education & Fellowship

 **Prayer Focus** 

Boldly share the Gospel, deepen biblical understanding,
and strengthen relationships.

Scripture Reading - Acts 2:42, Matthew 28:19-20

Memory Verse - Acts 2:42

Acts 2:42 "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

Matthew 28:19-20 "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

WEEK #3 Thursday, April 3rd – Wednesday, April 9th
Worship, Service & Acts of Compassion

 **Prayer Focus** 

Develop a lifestyle of worship and service, showing Christ's love through action.

Scripture Reading – John 4:23-24, Mark 10:45

Memory Verse – Mark 10:45

John 4:23-24 "Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. 24 God is spirit, and his worshipers must worship in the Spirit and in truth."

Mark 10:45 "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

WEEK #4 Thursday, April 10th – Wednesday, April 18th
Family, Next Generation & Celebration

 **Prayer Focus** 

Pray for spiritual revival, strong families, the next generation, and celebrating God's faithfulness.

Scripture Reading - Joel 2:28-29, Psalm 145:4, Hebrews 11:3

Memory Verse - Hebrews 11:3

Joel 2:28-29 "And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days."

Psalm 145:4 "One generation commends your works to another; they tell of your mighty acts."

Hebrews 11:3 "By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible."