



VP CONSECRATION & PRAYER GUIDE

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Feel free to go on campus and pray in the

WAR ROOM

Tuesdays – Thursdays

9:00AM – 4:00PM





VP CONSECRATION & PRAYER GUIDE

MARCH 2026



OUR TIME OF CONSECRATION

**FASTING & PRAYER START DATE
SUNDAY, MARCH 1st**

**FASTING & PRAYER END DATE
MONDAY, MARCH 30th @ 6:00PM**

DIAL 202-926-1080

ACCESS CODE: 981434#

PRAYER CALL-IN SCHEDULE ~ WEEKDAYS

Monday, March 2nd - Monday, March 30th

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

**Prayer and fasting schedules are also accessible at
VPCOG.ORG as "Consecration 2026"**

Consecration
Sunday, March 1st -
Monday, March 30th
Ends at 6:00PM

A Note from Pastor J



Prayer Schedule
Sunday, March 1st -
Monday, March 30th
Ends at 6:15PM

Greetings, Family!

2026 at the Vernon Park Church of God is “The Year of Restoration.” There is so much chaos in our country that it brings stress, unease, and hopelessness. I believe much of it has been coordinated to distract from the actual destruction of some of our liberty and freedom. As the people of God, we are called to stay focused and prepared for God’s planned purpose. Vernon Park Church of God is living through our 70th year of existence, and traditionally, we also dedicate a season of ministry-wide consecration. Once again, we’ve included a coordinated effort that blends prayer, fasting and studying with mental and physical preparation.

In times of restoration, it is vital that those being restored are tuned into the right frequency. We’ve had a season of testing that has seen struggle as well as victory. However, restoration is meant to bring people or community back to a state of normalcy. That “normal” allows us to maximize our time, space and effort going forward. Much of the change that is introduced or forced upon the world may continue, however, we’re IN this world, but not OF it. In my recent sermon series, we examined the importance of being eligible for restoration. I have mentioned several times, “restoration is the result of good planning.” In these unprecedented times, when places of worship are closing altogether, we must continue to study and stay in tune with God’s Plan.

Join Lady Maura, myself, and our leadership team each weekday morning at 6:00 A.M. for 15 minutes as we begin each day with collective prayer and thanksgiving. For those who cannot meet in the mornings, we are making the 6:00 P.M. opportunity available to do the same. Remember, the fast portion is a progressive Daniel Fast that allows each of us to participate with focus.

Peace,
Pastor J.

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 fatigue 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 Sunday, March 1st – Saturday, March 7th

FOR ENTIRE CONSECRATION

No carbonated beverages or drinks with caffeine, no red meat 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 Sunday, March 8th – Saturday, March 14th

(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 Sunday, March 15th – Saturday, March 21st

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 Sunday, March 22nd – Saturday, March 28th

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**

Sunday, March 29th and Monday, March 30th

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 Monday, March 30th

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).

2026 Consecration Prayer Guide

March 1st - March 30th "Lord, restore your people."

Theme: The Year of Restoration - Jeremiah 29:10-11

Jeremiah 29:11

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Weekdays twice daily ~ Prayer and Praise during our Consecration

Dial 202-926-1080

Access Code: 981434#

CALL-IN DAYS AND TIMES

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

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

The War Room is also available:

Tuesday - Thursday, 9AM - 4PM

WEEK #1 Sunday, March 1st – Saturday, March 7th

Spiritual Restoration

 **Prayer Focus** 

RETURNING TO GOD

Scripture Reading - Joel 2:12-13

Joel 2:12-13 *“Even now, declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.”*

WEEK #2 Sunday, March 8th – Saturday, March 14th

Personal Restoration

 **Prayer Focus** 

SPIRIT - SOUL - BODY

Scripture Reading - 1 Thessalonians 5:23 (NIV)

1 Thessalonians 5:23 (NIV) *"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."*

WEEK #3 Sunday, March 15th – Saturday, March 21st

Family Restoration

 Prayer Focus 

HEALING THE FIRST COMMUNITY - FAMILY

Scripture Reading - Joshua 24:15 (NIV)

Joshua 24:15 (NIV) "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve... But as for me and my household, we will serve the Lord."

WEEK #4 Sunday, March 22nd – Monday, March 30th

Communal Restoration

 Prayer Focus 

LIVING RESTORED TOGETHER

Scripture Reading - Matthew 5:14-16 (NIV)

Matthew 5:14-16 (NIV) "You are the light of the world. A town built on a hill cannot be hidden... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."