

IMPACT Fast and Consecration 2024

Monday January 22nd (12am) through Sunday February 4th (after worship)

Purpose: To make a sacrifice that will propel us closer to God coupled with setting the framework for creating an IMPACT as a ministry and in our personal lives.

What you will need:

1. Commitment & Willingness
2. Copy of the Fasting Guidelines
3. Copy of the Daily Prayer & Scripture Guide
4. A Journal
5. Access to a Bible
6. Access to YouTube

FASTING GUIDELINES

Fasting in its purest sense is to abstain/refrain from certain dietary considerations for a stated timeframe. **Please note** that if you have certain medical obligations that you must tend to for your health, **please do so.**

Total Restrictions for the ENTIRE FAST & CONSECRATION

From 12:00 a.m. Monday 01/22 until Sunday 02/04 (after worship)

No Sweets, bread, chips, pasta, fried foods, sodas, and alcoholic beverages. Your beverage choice can be water, coffee, and/or non-sugary tea!

At Least 5 of the Fasting Days

No meat!

At Least 5 of the Fasting Days

Eat in an 8-hour window only, liquid only for the remaining 16!

Additional Asks

- Stay current with our prayer and scripture guide daily!
- Journal about your fasting and consecration experience daily!
- Watch at minimum the teaching series, The Main Ingredient on YouTube!
- Avoid carnal behaviors, media, and conversations daily!
- Eliminate non-essential financial purchases daily!
- Meditate in silence for at least 10 minutes daily!
- Intently study the church's vision video and slides!
- Work on your own vision plan!