2023 Consecration
TABERNACLE "Making Room for God"

Wed, Jan 11 – Tues, Jan 31 ~ The Daniel Fast—(Daniel 10:3)

Eating Principles

The Daniel fast is not a total abstinence from food. In this fast you may eat grains, legumes (beans), fruits and vegetables (*be careful of fatty salad dressings).*

1. Drink from 90 – 128 ounces of water daily. While fasting, the body has more waste to get rid of. This is why it is important to consume no less than 90 ounces of water per day.

***The following schedule is suggested*:**
Morning: Drink 30-40 ounces of water before 11am
Mid-day: Drink 30-40 ounces of water before 3pm
Evening: Drink 30-40 ounces of water before 9pm

2. Plenty of non-sugar cranberry juice should be taken; this helps to flush the kidneys.

3. Abstain from fatty foods, caffeine, sugar, and processed flour.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned.
All vegetables. These can be fresh, frozen, dried, juiced or canned.
All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds (nut butters including peanut butter)
All legumes. These can be canned or dried.
Some dairy: Non-fat & non-sugar milk or cheese
All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.
Beverages: spring water, distilled water or other pure waters, Natural fruit juices and Vegetable Juices, but not more than 24oz a day.

Exercising & Eating Please Note: As with any nutritional and/or exercise program, individuals who plan to participate in this Fast are advised to seek the consultation and advise of their Physician, prior to initiation. Suggested exercise program: If your workout regularly, please consider some alternatives during the fast.

Daily Walk

Consecration is the amount of your unconditional surrender to God.

So, what does consecration mean in your daily Christian walk?

1. **Start and End Every Day With God in Prayer**
2. **Read His Word Daily**
3. **Journal Daily - As you pray and read the Word of God, journal your time with Him.**
4. **Limit the distractions i.e. media (T.V., internet, games, phone etc.)**

Daily Journaling: "SOAP"

***S*cripture** - Write the verse (s) through which Jesus is (or may be) speaking to you

***O*bservation** - Write the truth or insight you see in the verse (s)

***A*pplication** - Write how the truth or insight applies to your life

***P*rayer** - Write a prayer/response to God

Ephesians 2:19-22
Christ Our Cornerstone

19 Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, 20 having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, 21 in whom the whole building, being fitted together, grows into a holy temple in the Lord, 22 in whom you also are being built together for a dwelling place of God in the Spirit.

John 1:14

The Word became flesh and blood,
and moved into the neighborhood.
We saw the glory with our own eyes,
the one-of-a-kind glory,
like Father, like Son,
Generous inside and out,
true from start to finish.

Zephaniah 3:17

The LORD your God in your midst,
The Mighty One, will save;
He will rejoice over you with gladness,
He will quiet you with His love,
He will rejoice over you with singing."

6465 Cherry Ave., Long Beach, CA 90805
PH: 562-424-3333 - www.llcfwest.com

Exodus 25:8

And let them make Me a sanctuary, that I may dwell among them.

Light & Life West
"The People Loving People Place"

2023 CONSECRATION SCHEDULE

TABERNACLE ~ "Making Room for God"

21-day Fast Wednesday, 12pm January 11th -Tuesday, January 31st @ 12pm

DATE	DAY	DAILY SCRIPTURE		DAILY FAST REQUIREMENTS	MEDIA	CONSECRATION SERVICES SCHEDULE	TIME
		OLD TESTAMENT	NEW TESTAMENT				
1/11/2023	Wednesday	Ex 10-11	Luke 11	Consecration BEGINS at 12:00 Noon	7 Hours Media per week	Wed Night Consecration Worship Word Service	7:00 PM
1/12/2023	Thursday	Ex 12-13	Luke 12	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/13/2023	Friday	Ex 14-15	Luke 13	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/14/2023	Saturday	Ex 16-18	Luke 14	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)		Sat Morning - Men's prayer service	9:00am-10:30am
1/15/2023	Sunday	Ex 19-20, Ps 121	Luke 15	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)		Sun Morn Consecration Worship Word Service	10:00am
1/16/2023	Monday	Ex 21-22	Luke 16	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/17/2023	Tuesday	Ex 23	Luke 17	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/18/2023	Wednesday	Ex 24-25	Luke 18	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)	7 Hours Media per week	Wed Night Consecration Worship Word Service	7:00 PM
1/19/2023	Thursday	Ex 26-27	Luke 19	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/20/2023	Friday	Ex 29-29	Luke 20	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/21/2023	Saturday	Ex 30-31	Luke 21	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)		Sat Morning - Women's prayer service	9:00am-10:30am
1/22/2023	Sunday	Ex 32-33	Luke 22	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)		Sun Morn Consecration Worship Word Service	10:00am
1/23/2023	Monday	Ex 34-35	Luke 23	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/24/2023	Tuesday	Ex 36-37	Luke 24	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/25/2023	Wednesday	Ex 38-39	Acts 1	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)	7 Hours Media per week	Wed Night Consecration Worship Word Service	7:00 PM
1/26/2023	Thursday	Ex 40	Acts 2	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/27/2023	Friday	Gen 11:10-32	Acts 3	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/28/2023	Saturday	Gen 12-13	Acts 4	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/29/2023	Sunday	Gen 14-16	Acts 5	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)		Sun Morn Consecration Worship Word Service	10:00am
1/30/2023	Monday	Gen 17-19, Ps 61	Acts 6	Daniel Fast (eat grains, legumes,beans, fruits, & Vegtables)			
1/31/2023	Tuesday	Gen 20-21	Acts 7	Consecration ENDS at 12:00 Noon			

Bible Reading, Journaling and Prayer: Read the daily Devotional each morning Use your journal for what God has revealed to your heart each day and journal for sermon notes