

2024 Consecration

Sun, Jan 7th 12pm—Sun, Jan 21, 12pm ~ 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"

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

Observation - Write the truth or insight you see in the verse (s)

Application - Write how the truth or insight applies to your life

Prayer - Write a prayer/response to God



About the Conference

A time for Sons and Daughters to Gather for Revelation, Renewal, and Revival from the Heart of the Father. Join Us for a Refreshing and renewing time for Sons and Daughters to gather around the Father for Instruction, Strength, and Healing.

Our Mission

A time and opportunity for the Word of God to come in with depth and power.

A time to invite in sets of giftings that will broaden your capacity for Ministry to the Congregation.



2024

CONSECRATION

Living Water

Jer. 17:7-8

7 "But blessed is the one who trusts in the Lord,
whose confidence is in him.
8 They will be like a tree
planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."



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

2024 CONSECRATION SCHEDULE

CONCECRATION 14-day Fast Sunday, Jan 7th @ 12:00pm - Sunday, Jan 21st @ 12:00pm
ABBA CONFERENCE 4 days-Jan 18th-21st, Thurs 7pm, Fri 7pm, Sat 9am, Sat 6pm, Sun 10am

DATE	DAY	READING	DAILY SCRIPTURE	DAILY FAST REQUIREMENTS	MEDIA	CONSECRATION SERVICES SCHEDULE	TIME
1/7/2024	(0) Sunday	Consecration BEGINS at 12:00 Noon - Daniel Fast			7 Hours Media per week	Sun Morn Consecration Worship Word Service	10:00am
1/8/2024	(1) Monday	OVERSHADOWING Pages 1-3	Luke 1:35	Daniel Fast			
1/9/2024	(2) Tuesday	THE WILDERNESS Pages 4-6	Luke 4:14	Daniel Fast			
1/10/2024	(3) Wednesday	SENT Pages 7-9	Luke 9:1-2	Daniel Fast		Wed Night Consecration Worship Word Service	7:00pm
1/11/2024	(4) Thursday	UNBELIEF Pages 10-12	Matthew 13:54-58	Daniel Fast			
1/12/2024	(5) Friday	ABILITY Pages 13-15	Matthew 25:14-18	Daniel Fast			
1/13/2024	(6) Saturday	WAIT TRAINING Pages 16-18	Luke 24:49	Daniel Fast		3 Hr Prayer (Men, Women, Young People)	9:00am
1/14/2024	(7) Sunday	TIMING Pages 19-21	Acts 1:8	Daniel Fast	7 Hours Media per week	Sun Morn Consecration Worship Word Service	10:00am
1/15/2024	(8) Monday	POWER CHARGE Pages 22-24	Ephesians 1:19-20	Daniel Fast			
1/16/2024	(9)Tuesday	"POWER" PRAYER FOR OTHERS Pages 25-27	Ephesians 3:16-19	Daniel Fast			
1/17/2024	(10) Wednesday	GUIDES AND PROVIDES Pages 29-30	Ephesians 3:20-21	Daniel Fast		Wed Night Consecration Worship Word Service	7:00pm
1/18/2024	(11) Thursday	WALK AND TALK Pages 31-33	1 Thessalonians 1:4-5	Daniel Fast		ABBA CONFERENCE - General Session	7:00pm
1/19/2024	(12) Friday	GOD'S PROMISES Pages 34-36	Romans 4:20-21	Daniel Fast		ABBA CONFERENCE - General Session	7:00pm
1/20/2024	(13) Saturday	DUNAMIS WISDOM Pages 37-39	1 Corinthians 1:21-25	Daniel Fast		ABBA CONFERENCE - General Session	9:00am
					ABBA CONFERENCE - Youth/Young Adults - General Session/Reception	6:00pm	
1/21/2024	(14) Sunday	EVERYTHING WE NEED Pages 40-42	2 Peter 1:3	Consecration ENDS at 12:00 Noon	Sun Morn Consecration & Abba Conference Celebration	10:00am	

Working through the book Dynamite Prayer, Reading Scripture, Journaling and Prayer.