**11 And He Himself gave some [to be] apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, 13 till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;**

**Ephesians 4:11-13 (NKJV)**

Greetings KLCM Citizens,

I am delighted that we, as a church family, are able to deepen our spirituality as we engage the disciplines of Scripture reading, fasting and prayer. To be sure, these disciplines can be difficult to maintain without a heightened focus on their true purposes and a committed effort to ensuring that we persevere until we see the results of growth and spiritual maturity.

The Fast is one of the ways by which we deny ourselves and draw closer to our God for the purpose of deeper spiritual and dependence on God. This year, we will spend **every Thursday as well as the last week in this in this month** modifying our diets and fortifying our discipleship by employing the plan that the Old Testament personality Daniel employed when he was found to be more excellent in his work efforts than all others who served with him (read Daniel chapter one).

To be sure, the Daniel Fast is not intended to simply be a weight loss diet, even though it's likely that you will lose weight during its implementation. The Daniel Fast is not intended to be a fad whereby we simply enjoy the swapping of meal plans with our family and friends, although I encourage you to do so. The Daniel Fast is a way by which we discipline ourselves and draw closer to God through the significant modification of our usual eating practices and implementation of prayer and reading of Scripture. The Fast is intended to display our dependence on God to make it through this process, so that we can see phenomenal results during and after the Fast experience.

For those who are engaging the Fast for the first time, WELCOME! Your pastor is so excited for you and the step you have made. For those who have shared with us across the years, thank you so much for taking seriously our responsibility to focus our attention on disciplined eating that will make our bodies healthier and cause us to rely on God in ways that we may not have as we employ the spiritual disciplines of Scripture reading and prayer to help us manage the inherent challenges included in this 13-day experience.

This Guide has been created to assist you in holding fast to the commitment we have made to press our way through these days with fortitude and faithfulness. It is our hope that the information contained herein will assist you in the modifications you will need to make in your personal practices so that you will: experience the transformation in your spiritual practices that result in each of us becoming stronger Christians for the glory of God!

WE CAN DO THIS because we can do ALL things through Christ Who strengthens us (cf. Philippians 4:13)! Make sure you get a prayer/accountability partner or group for this journey.

Stay committed and know that our God will bless our efforts as we move through this first month of 2025.

Thank you for joining us on this journey! Let's believe God for great things and expect great things from God as we, as a church family, attempt great things for God as we begin 2024 with discipline, devotion and dedication!

Working Until He Comes,

**+Sterling V. Porter, III**

Apostle Sterling V. Porter, III

**Tuesday, January 1, 2025 thru Friday, January 31, 2025**

**We will observe the following:**

* **Every Thursday**
	+ Absolute fast – Midnight until 3:00 p.m.
* **Monday, January 27, 2025 thru Friday, January 31, 2025**
	+ Absolute Fast – Midnight until 3:00 p.m..
* **Throughout the entire consecration, you can drink:**
	+ Water, Flavored Water, Natural Fruit Juices, Tea, Coffee, Milk and Clear Sodas.
* **Throughout the entire consecration, you may not eat:**
	+ Fried Foods, junk foods, sweets, snacks and/or desserts

**FOODS TO ENJOY**

* ALL VEGETABLES (including potatoes) - fresh, frozen, dried" or juiced\*
* ALL FRUITS - fresh, frozen, dried\* or juiced\*
* ALL WHOLE GRAINS - amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn
* ALL NUTS & SEEDS - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds and unsweetened nut butters\*
* ALL LEGUMES - dried or canned\*, black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas
* ALL QUALITY OILS - avocado, coconut, grapeseed, olive, peanut, sesame and walnut

 BEVERAGES - water only: distilled, filtered and spring water

* OTHER\* - unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products and tofu
* \*For packaged food check the ingredients list to ensure there are no added sugars, chemicals or preservatives.

**FOODS TO AVOID**

* ALL MEAT & ANIMAL PRODUCTS - bacon, beef, buffalo, eggs, fish, lamb, poultry, pork and animal sausage
* ALL PLANT BASED MEATS - butter, cheese, cream, milk and yogurt
* ALL DAIRY PRODUCTS - Impossible Foods, Beyond Meat, etc.
* ALL SWEETENERS - agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia and sugar
* ALL LEAVENED BREAD & YEAST - baked goods and Ezekiel bread (if it contains yeast and honey)
* ALL REFINED & PROCESSED FOOD PRODUCTS - artificial flavorings, chemicals, food additives, preservatives, white flour and white rice
* ALL DEEP-FRIED FOODS - chips, French fries and potato chips
* ALL SOLID FATS - lard, margarine and shortening

 BEVERAGES - alcohol, carbonated drinks, coffee, energy drinks and herbal tea

If an individual is on medication, he or she should continue to take them, unless directed otherwise by a physician. Physician consultation is necessary because some medications will preempt one’s ability to fast while other medications can be safely taken during a fast.

During this time of fasting, we will give ourselves to three (3) areas:

1. **WORSHIP**
2. **WORD**
3. **PRAYER**

**Prayer**

**Morning Prayer**

Prayer-line

6:00 a.m.

Every day – January 1, 2025 – January 31, 2025

Tuesday

12 noon

**Telephone Number -** 1-267-807-9611

**Access Code -** 645162#

**Daily Meditation**

**14**Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

2 Chronicles 7:14 (NLT)

***Prayer Focus***

***SPIRITUAL GROWTH.*** Which Areas Do You Need To Grow In God?

***INTERCESSION*** What Are You Believing God For In Someone Else's Life?

***HEALTH*** What Do You Need God To Do Concerning Your Health?

***RELATIONSHIPS***

***Relationships*** What Connections Are You Asking God to Clarify?

***FINANCES*** What Are You Trusting God To Do In Your Finances?

**WHAT IS CONSECRATION??**

Hebrews 7:28

* To consecrate is to devote and dedicate your life to God for a sacred or high purpose
* It is concentrated effort to set the captives free.
* To be anointed.

Hebrews 10:19-23

* To totally enter into the presence of God without thinking of ourselves and without hesitation.

**WHO SHOULD CONSECRATE??**

**I Peter 2:5, 9-10**

* The chosen ones, the people of God.
* Those who want to get closer to God.

**II Corinthians 4:7**

* We are called out for a purpose.
* The Holy Spirit abides within.

**WHEN SHOULD WE CONSECRATE??**

* Ideally always.
* Dedicated and consecrated lives cause prayers to be heard by God.

**HOW SHOULD WE CONSECRATE??**

**II Corinthians 2:1**

* Consecrate by cleansing ourselves of all filthiness of the flesh and spirit.
* Out of a pure heart and with clean hands.
* By emptying out all that is not like God.
* **Strategy Against the Enemy**
	+ Watch for the Enemy.
* Be temperate in watching television and radio programming.
* Find a time to meditate on God.
* Rea your word daily.

**EFFECTS OF CONSECRATION**

**Psalms 119:11, 33:34**

* Bring a unity of the spirit.
* When we touch God, then he will heal the land.