

CONSECRATION 2017
CORPORATE PRAYER & WORSHIP
SCHEDULE

- **Weekday Mornings Prayer Call**
Daily: Mon, Tue, Wed, Thu, Fri
Morning Glory Prayer Line
Mon, Wed & Fri 5:00–6:00am
Phone # 1 (218) 548-7326
Access Code: 2827
- **Wednesday Evening Prayer**
Before Bible Study
6:00pm–7:00pm
- **Friday Evening Prayer**
6:30pm– 8:30pm.



Address: 33 Lenox Street, Roxbury MA
Phone: +1 (617) 427-5700
Fax: +1 (617) 427-5706
E-mail: connect@crosstownchurch.net

CONSECRATION 2017
21 DAYS
OF PRAYER
& FASTING

Changing Lives by the Power of the Cross



*****Caution*****

If you have questions/concerns about your ability to participate due to health situations, please consult your doctor before beginning the fast.



CrossTown Church International

Changing Lives by the Power of the Cross

JANUARY 8—29, 2017

Year of Transformation

CONSECRATION 2017

21 DAYS
OF PRAYER
& FASTING

Romans 12:2 (NKJV)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

CrossTown Consecration 2017: “Year of Transformation” | January 8–29

Overview

January 8 – 29, 2017, CrossTown Church Int'l will begin our annual 21-day Consecration and Daniel Fast. This time of corporate prayer and fasting prepares our hearts to receive God's purpose for the year. As we consecrate ourselves in this season, we are seeking God for “TRANSFORMATION.” This transformation, according to Romans 12:2, begins with offering our physical bodies to God and ultimately revolutionizes our thinking. Our thoughts determine our actions! So, before we set agendas and tasks for 2017, we need a spiritual reordering of our minds. Journey with us into a higher level of experiencing the Holy Spirit.

Prayer and Spiritual Focus

- Daily Bible Reading & Personal Prayer Schedule: Commit at least 30 minutes a day to personal bible study, meditation and prayer. (Book of Romans)
- Corporate Prayer Times: See back of bulletin for CTC Consecration Prayer Schedule
- Sacrifice Recommendations: This is a time that should be dedicated to seeking God in complete obedience and sacrifice. Please refrain from pleasures, comforts, recreational activities, hobbies, television and social media activity.

General Fasting Recommendations

- Beginner: 3 Light Daniel Fast Meals A Day, Drink Plenty of Water
- Advanced: 1 Daniel Fast Meal A Day (after 5 pm), Drink Plenty of Water

Daniel Fast Guidelines

Foods You May Eat

- All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scalions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas and rice cakes.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
- All quality oils including but not limited to olive, grape seed, canola, peanut, and sesame.

- All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- Liquids: spring water, distilled water, 100% all natural fruit juices, 100% all natural vegetable juices
- Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to Avoid

Use this brief sentence as a guideline:
Avoid meats, sweets and treats.

- Meat including fish products
- Yeast
- Eggs
- Dairy: Milk, Cheese products
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes (examples are Splenda, Equal and Sweet & Low). You may use honey or Stevia as a natural sweetener.
- White flour and all products using it
- Margarine, Shortening, High Fat Products

