**Beth-Rapha Ministries International C.O.G.I.C.**

***House of Healing***

***Superintendent Varrett John Kennedy, Senior Pastor***

2023 SEASON OF CONSECRATION: THE YEAR OF TRANSFORMATION AND RESTORATION

January 16 – February 5, 2023

**Daily Scripture Reflection begins 1/15/2023. During 2023 Consecration, from 1/16/2021 at 12:01 A.M. until 2/5/23 at Midnight, Participants will observe their commitment.**

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| What is it? | A season of special focus which involves prayer and reading of the Word along with a time of seeking the face of God; the dedication of oneself to the service and worship of the Lord. Additionally, beginning 1/16, please choose three food items and/or activities from which you will abstain for 21 days. |
| What is the  Biblical precedent  For it? | Consecration: Isaiah 58, Exodus 32:29, II Chronicles 29:31  Prayer, Fasting and Reading of the Word of God: 1 Samuel 1:6-8, 17, 18; Ezra 8:21-23; Nehemiah1:4; Ether 4:16; Daniel 9:3, 20; Joel 1:14; Joel 2:12; Matthew 4:2; Matthew 6:16-18; Luke 2:37; Acts 10:30; Acts 13:2. Corporate Fasting: 1 Samuel 7:5, 6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15, 16; Jonah 3:5-10; Acts 27:33-37. |
| How do we do it? | 1. Please read the Guidelines below.  2. Please abide by the Calendar provided in the email.  Remember that it is the attitude of a heart sincerely seeking God to which God responds with a blessing. May God greatly bless us as we fast and rededicate our lives! |

DIETARY GUIDELINES

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| Preparation | 1. PRAY.  2. If you have health challenges, seek the consultation of your Physician prior to commencing with this consecration. |
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| SCHEDULE  OF  FAST | During the period of January 16 through February 5, one will refrain from consuming THREE food items/groups that he/she REALLY ENJOYS eating. However, instead of giving up all three food items, One may fast two food items and choose to eliminate a daily activity (favorite television show(s), social media engagement, long telephone conversations, etc.) which will also meet the requirements of giving up three things during this Consecration. PLEASE CONSULT WITH YOUR DOCTOR IF YOU ANTICIPATE ANY HEALTH CHALLENGES. |
| DIETARY REQUEST | During the next 21 Days, please choose certain food items you will not consume during the next 21 days.  . |
| Nutritional  Suggestions | 1. Over a 30-minute period, drink at least 1 quart of water THREE TIMES DAILY  2. When thirsty, drink water immediately. |
| At the end of the Consecration | Take time to transition back into your regular diet, by eating non-heavy foods and drinking plenty of liquids. |

OTHER GUIDELINES

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| 1. Increase Prayer Time: | Tithe at least two (2) hours and forty (40) minutes every day through prayer, Bible Study, Meditation, or by just being quiet and still. This time does not have to be completed all at once. |
| 2. Reduce or exclude the  Following: | Secular TV or radio, Social Media activities, magazine reading, social telephone calls  Christian Programs/Films are Highly Recommended |
| 3. Exercise: | Try to include some type of fitness activity – walking, daily stretching and deep breathing, floor exercises, light weights, etc. |
| 1. Married couples: 2. Children 3. Healthy Diets | “Do not deprive one another except with consent for a time…” (I Corinthians 7:5a)  Parents: Encourage Family Unity and Bonding through Holy Spirited activities and events.  CHILDREN: Please limit your video game playing.  Let’s all reduce the amount of FAST-FOOD consumption. |