

21 DAYS OF PRAYER AND CONSECRATION: JANUARY 5TH THRU 25TH



Welcome to a Spiritual Journey with Releasing Living Waters Ministries!

As we embark on our 21 Days of Prayer and Consecration, we invite you to fast, pray, and renew your spirituality. This consecration period, led by Pastor Tonya Williams, is designed to deepen our connection with the Lord and strengthen our faith.

What is Consecration?

Consecration is a dedicated time of focusing our hearts and minds on God. It involves setting ourselves apart from daily distractions to seek a closer relationship with Him through prayer, meditation, and immersion in His Word.

Daily Schedule:

- Morning Prayer: 6:30 AM (EST)
- Join us on Facebook and YouTube for daily corporate prayer.
- Dial-In Number: 1.857.232.0156 | Conference Code: 407862

Daniel Fast Guidelines:

- Fasting Period (12:00 AM to 1:59 PM): This time, adhere strictly to the Daniel Fast guidelines, focusing on fruits, vegetables, nuts, seeds, and whole grains. Please avoid processed foods and beverages, adhering to the principles of simplicity and nourishment.
- Meal Period (2:00 PM to 11:59 PM): Besides the Daniel Fast guidelines, you may include chicken and/or fish (baked or broiled). Ensure that the preparation remains in line with the healthy eating principles of the fast, avoiding heavy oils or fried foods.



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Approved Foods:

- **Fruits:** Fresh, frozen, or dried fruits. Examples include apples, oranges, bananas, berries, and melons.
- **Vegetables:** Fresh or frozen vegetables, including leafy greens, carrots, cucumbers, and bell peppers.
- **Whole Grains:** Brown rice, quinoa, barley, and whole wheat products.
- **Legumes:** Beans (such as black beans, chickpeas, and lentils), peas, and lentils.
- **Nuts and Seeds:** Almonds, walnuts, chia seeds, flaxseeds, and sunflower seeds.
- **Lean Proteins:** Chicken or fish (baked or broiled) during mealtimes.

Meal Suggestions:

- **Breakfast:** Smoothies made with fruits, leafy greens, and plant-based milk; oatmeal with fresh fruit; or a fruit salad.
- **Lunch:** A hearty vegetable soup or stew; a quinoa salad with mixed vegetables; or a wrap with beans and vegetables.
- **Dinner:** Baked chicken or fish with a side of steamed vegetables; a bean and vegetable stir-fry; or a mixed green salad with nuts and seeds.
- **Snacks:** Fresh fruit, vegetable sticks with hummus, or a handful of nuts.

Hydration:

- **Water:** Drink plenty of water throughout the day to stay hydrated.
- **Herbal Teas:** Unsweetened herbal teas can be consumed during fasting hours.

Avoid:

- **Sugary Foods and Beverages:** Avoid sweets, sugary drinks, and processed snacks.
- **Refined Grains:** Avoid white bread, white rice, and other refined grain products.
- **Fried Foods:** Steer clear of fried foods and excessive use of oils.
- **Caffeinated Beverages:** Minimize or avoid coffee and caffeinated teas.

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Meal Planning Tips:

- **Prepare Ahead:** Plan and prepare your meals in advance to stay on track with the fast.
- **Read Labels:** Check food labels to ensure no hidden sugars or forbidden ingredients.
- **Stay Balanced:** Ensure your meals are balanced with a variety of fruits, vegetables, and proteins.

By following these food guidelines, you will be able to participate fully in the Daniel Fast, enhancing your spiritual journey during this consecration period.

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CARVING OUT TIME FOR GOD: How to Make the Most of Your Consecration

Making Time for God:

During our 21 Days of Prayer and Consecration, it is essential to intentionally carve out time for God amidst our daily routines.

How to Participate:

1. **Fasting:** Follow the Daniel Fast guidelines during the specified hours.
2. **Prayer:** Engage in daily personal and corporate prayer. Join our morning prayer sessions online.
3. **Study:** Dedicate time to reading and reflecting on the Word of God.
4. **Spiritual Nourishment:** Immerse yourself in spiritual practices that enhance your relationship with God.

Here are some practical tips to help you prioritize your spiritual practices and make the most of this sacred time:

1. Establish a Routine:

- **Set Specific Times:** Allocate specific times each day for prayer, meditation, and Bible study. Whether it's early in the morning or late in the evening, consistency will help you build a habit.
- **Create a Schedule:** Incorporate your spiritual practices into your daily schedule. Use reminders on your phone or planner to keep you on track.

2. Create a Sacred Space:

- **Designate a Quiet Area:** Set up a quiet, distraction-free space in your home where you can focus on your spiritual activities. This could be a corner of a room with a comfortable chair, a Bible, and any devotional materials.

3. Engage in Daily Devotion:

- **Prayer:** Dedicate time each day for personal prayer. Start and end your day with prayer to set a spiritual tone.
- **Bible Study:** Spend time reading and reflecting on Scripture. Consider using a daily devotion or Bible reading plan to guide your study.

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4. Utilize Available Resources:

- **Join Corporate Prayer:** Participate in our daily morning prayer sessions at 6:30 AM on Facebook and YouTube.
- We are working from the book Divine Sync by Dr. Tonya Williams

5. Practice Mindfulness:

- **Meditate on God's Word:** Take moments throughout your day to meditate on Scripture and reflect on its application in your life.
- **Be Present:** Practice being present in your spiritual activities, free from distractions and focused on your relationship with God.

6. Keep a Journal:

- **Record Your Journey:** Keep a journal to document your thoughts, prayers, and insights during the consecration period. Reflecting on your journey can deepen your spiritual experience.

7. Stay Accountable:

- **Connect with Others:** Share your experiences and progress with a friend or group. Mutual support and encouragement can help you stay committed.

By carving out dedicated time for God, you will enrich your spiritual life and draw closer to Him. Embrace this consecration period with intention and openness, allowing God to make a profound impact on your life.