

# BEREA FAMILY TABERNACLE OF FAITH CHURCH CONSECRATION

## JANUARY 2023

UNITY/PRAYER	FAITH/FAMILY	FORGIVENESS/HUMILITY	OBEDIENCE/LOVE
<b>WEEK ONE</b>	<b>WEEK TWO</b>	<b>WEEK THREE</b>	<b>WEEK FOUR</b>
January 2-6	January 9-13	January 16-20	January 23-27
<b>NO SWEETS</b>	<b>NO SWEETS/NO BREAD</b>	<b>NO MEAT</b>	<b>ONE MEAL A DAY</b>
No Pastries, Nothing Pre-Sweetened. No Cookies, No cake No Ice Cream. *Fresh Fruit is OK. <b>DRINK WATER ONLY</b>	No Flour, No Cornmeal, No Crackers **You may eat Rice/ Potatoes	No Meat Fresh Fruits/Vegetables/Soup ** You May Eat Eggs/Peanut Butter	<b>Two Hour</b> Meal per day- you may eat or drink anything you like. Do Not Space Out The Time

**\*\* PLEASE BE ADVISED** BY YOUR DOCTOR ABOUT MEDICATIONS, WATER AND FOOD. ALWAYS FOLLOW DOCTOR'S ORDERS\*\*

\*\* Each week commences midnight Sunday and ends 4pm Friday with sat and sun non-fast days.

\*\* This is a progressive fast:

Week 1- no sweets, week 2- no sweets and no bread, week 3- no sweets, no bread and no meat, week 4-one meal daily, with your choice of beverage and food (to be consumed within 2 hours)

\*\* For spiritual purposes it is recommended to consider the following:

Listen to gospel music or ministry cd/tapes, read bible or biblical literature, watch biblical TV shows and watch biblical movies (Examples: Ten Commandments, Revelation, Left Behind, Passion of Christ, Grace Card, Fireproof. There are a lot of Christian Movies on YouTube)

No leisure telephone use, no leisure laptop/computer use, no leisure cell phone use, no recreational activities (example- no exercising, no playing video games, no computer games, no Facebook (unless conducting business), no Instagram, no TikTok.