



## Saint James Lenten Consecration Guide 2016

The Christian Church recognizes “Lent’ as a period of 40 days (February 10<sup>th</sup> – March 26<sup>th</sup>, excluding Sundays) that believers prepare themselves for the celebration and Resurrection of our Lord and Savior Jesus Christ. Over the years, many believers have used the Lenten Season to draw closer to Christ, imitate Christ, and commit to a spiritual fast. This year, the Saint James Family is expecting to “exceed expectations” in every phase of our lives. Just as our Lord and Savior Jesus Christ was able to exceed expectations of his hometown community, we believe by faith that we too will exceed expectations in every area of our lives.

As your pastor, I’m humbly requesting that you covenant with me over the next 40 days to fulfill our 2016 Lenten theme of “Exceeding Expectations.” Below you will find the 2016 Consecration Guide. The Consecration is holistic and encompasses every area of our lives. This consecration is practical and requires sincerity, honesty, and most of all, discipline. I believe if you adhere to this consecration guide, you will find yourself in a better position holistically.

## 2016 Holistic Guide

- A) Spend quality time with God daily in prayer and devotion.
- Take advantage of Saint James' Prayer Conference Call daily at 6:00 AM and 9:00 PM.
- B) Be intentional in what you put in your body.
- Fast every Monday from 6:00 AM – 6:00 PM. For a more intense fast, please refer to the Daniel Fast (also available on the church's website).
- C) Become a "watchman/woman" for the "Dirt to Destiny Campaign."
- Read Isaiah 62:6. Pray day and night for the Vision.
- D) Participate in EVERY 2016 Lenten Worship Series by being physically present each night.
- Sow a minimum of \$20 for each Lenten Worship Experience.
- E) Read a chapter a day from the suggested reading list.
- "The Cost of Discipleship" or "Journey Through the Psalms"
- F) Participate in some type of "non-sinful" activity that helps you to relax 😊.
- Bowling, massage, yoga, PraiseMoves, reading, movies, family games, visit to the psychologist, etc.
- G) Make a commitment to become more physically fit over the next forty days.
- Exercising, running, walking, sit-ups, push-ups, etc.
  - Participate in Sweat Suit Sunday.
- H) Make a commitment to HONESTLY tithe 10% of your gross income.
- Make a pledge to the "Dirt to Destiny Campaign" that will please God.
  - Make an investment into a savings or mutual fund account.
  - If you do not have a Life Insurance Policy, get one over the next forty days.
  - Pay off at least one creditor.
- I) Engage in godly and positive conversations/lifestyles (positive language).
- Make it a priority to encourage somebody else.
  - Convey to those that are near and dear to you, that you love them.
  - Commit to NOT gossiping, slandering, or using abusive language.
  - If you do not have anything positive to say, then put a gate around your mouth. (James 1:26)

### Suggested Books to Read During Lent:

Bonhoeffer, Dietrich, The Cost of Discipleship (Simon & Schuster)

Hopkins-Dombowski, Denise, Journey Through the Psalms (Chalice Press)

## Daniel Fast Guidelines

(Scriptural Basis - Daniel 10:2-3)

### **Foods to include in your diet during the Daniel Fast:**

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, scallions, 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, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, French beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

The Fish Option: Limit their intake of fish to no more than twice a week. Abstain from shellfish, catfish, and any other fish or seafood that is a scavenger or does not have fins and scales.

### **Foods to avoid on the Daniel Fast:**

All meat and animal products including but not limited to beef, lamb, pork, and poultry.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips, etc.



# 2016 Lenten Devotional

*“For it is Written...”*

## Introduction

**Scripture: Matthew 4:4; 4:7; 4:10-11 (NIV)**

We are in a season of great expectancy. Many Christians believe that 2016 is the year that we are going to witness God doing the: “exceedingly abundantly above all that we ask, think or imagine” in our lives. Satan’s job is to throw you off your game and to lead you to believe that “it” –whatever God has shown you, promised you or planned for you – will never happen. So you must be prepared to FIGHT! However you cannot come to this battle using the same war tactics that you used in the past. When the enemy comes in to chip away at, to poke holes in or to utterly destroy your faith in God’s plan, purpose and destiny for your life, take a lesson from Jesus – whip out your sword! When Satan shows up during this Lenten season, confront, declare and remind him: “For it is written...” then watch him go away!

February 10, 2016

## “Bullseye”

**Scripture: Isaiah 54:17 (NKJV) & Psalm 91:9-11 (NKJV)**

Do you realize that you are moving target? The blood stain that you receive when you accept Jesus Christ as your personal Lord and Savior makes you a bullseye. Every time you exercise your faith, receive a blessing, or declare God’s promises over your life, the enemy aims, focuses in and shoots. Satan’s desire is to destroy you, your dreams and the plan God has for your life. Be encouraged, not only does God provide you with a hiding place but He also sends angels to protect you. While God plans to richly bless you, know that Satan has plans to kill those expectations. So when Satan releases his arrows, knock him off his game by declaring: For it is written: “No weapon formed against me shall prosper.” “God’s angels have charge over me!”

## Prayer

*Father we thank you for dispatching angels to provide security for us day and night. When the attacks of the enemy come fast and heavy, thank you for being a refuge and a shelter for us. We ask that you grant us a greater level of discernment. Help us to be ever watchful and prayerful – keeping our eyes and our minds focused on you during this season. Now God, may you be glorified, your people edified and the works of the enemy nullified, in Jesus Name!  
AMEN!*

February 15, 2016

## “Shut up Satan!”

### **Scripture: Habakkuk 2:3 (NKJV)**

Do you ever feel like God has you in “hurry up and wait” mode? He shows you a vision or He places a dream in your mind and with excitement you begin to pursue it. For a while things are going great and you are making progress; then suddenly things either take a turn for the worse or you seem to come to a screeching halt for no apparent reason. Satan sees this as a great opportunity to whisper doubt in your ear. You then become discouraged, start to abandon the idea or you go back to doing things “as usual”. Know that God is working out His plan behind the scenes. He has you in a holding pattern. When the lesson has been learned, the obstacle removed or the way prepared, God will allow you to proceed. So when progress seems to slow down and the enemy gets in your ear, shut him down by declaring: For it is written, “Though the vision tarry wait for it. It will surely come and it will not disappoint!”

#### **Prayer**

*Father I thank you for anointing my eyes to see what you see for me. Forgive me for allowing the enemy’s voice to ring louder in my ears than yours. I thank you for placing in my heart the desire to do your perfect will. When things don’t occur within the timeframe I expected, remind me that you are in control and, you know what is best for me. Help me to trust your timing and to wait on you. In Jesus Name, AMEN!*

February 22, 2016

### **“Choices”**

#### **Scripture: Deuteronomy 28:2-6**

Being an obedient Christian is often easier said than done. Disobedience takes you further away from or makes you totally miss what God has in store for you. Satan is the author of confusion. He will lead you to believe that doing things his way will yield you much quicker and even better results than following God’s prescribed way. While God does allow you free will, you must remember that Satan is a huge LIAR! God will not withhold any good thing from those who do what is right. So when Satan nudges you to disobey God declare: For it is written: “All these blessings will come on you and accompany you if you obey the Lord your God.”

#### **Prayer**

*Gracious God, forgive me for anything done in thought, word or deed against your will. Thank you for the Holy Spirit, who resides within me, bringing your word to my remembrance and helping me to obey. Thank you for pouring out new blessings and new mercies each morning. I ask that you continue to have your way in my life. Use me as you see fit. I pray I bring your name glory, In Jesus Name, AMEN!*

February 29, 2016

### **“God Has the Final Say”**

#### **Scripture: 2 Corinthians 1:20**

Perhaps you have “expected” God: to “do a new thing”; to “bless you indeed”; to “heal you of cancer, high blood pressure, depression, asthma”; to “give you the new house, car, job”; to “save your son, daughter, husband,

mother, father”; to “help you lose/gain weight”; to “find a mate/get married”; to “touch your finances” ...Each watch night service you usher the New Year in with prayer. Your expectations are high and your faith is strong. As the year progresses and change seems nowhere in sight, you start to believe that your prayers may have fallen on deaf ear. The enemy begins to plant seeds of doubt in your heart that God won’t do it. Be encouraged! For it is written: “For no matter how many promises God has made, they are “Yes and Amen” in Christ!”

### **Prayer**

*God when I want to give up because I don't see anything changing or anything different happening in my life, grant me your grace. Help me to know that you are a promise-keeper. Everything that you have shown me – if it is a part of your will - will indeed come to pass. Forgive me if I've run ahead of you or if out of fear, I lagged behind you. Help me to keep pace with you in this season. When I grow weary remind me that your grace is enough to see me through, in Jesus Name, AMEN!*

March 7, 2016

### **“My Declaration”**

**Scripture: Psalm 118:17**

In mental health the term “downward spiral” is used to describe when things are becoming progressively worse. Christians are not immune! There are moments in each of our lives when we are pushed beyond the limits of our emotional capacity – Moments where we can’t take one more phone call that a loved one has died; or witness another person being gunned down in our streets; or receive a diagnosis of terminal illness; or obtain a notice of foreclosure or bankruptcy ...Moments when you scream, “I can’t take this anymore. I can’t do this anymore!” Moments when you cry until you lose your voice. In these moments, you must refrain from listening to the devil! He will tell you that it won’t get any better. He may even suggest that you end it all. Immediately ask God to give you peace! God is Sovereign! He can change situations instantly. So take a deep breath, square your shoulders and pierce the eardrums of the enemy with a loud shout: For it is written, “**I SHALL LIVE AND NOT DIE!!!!**”

### **Prayer**

*How I need you, Father. I come against the spirit of suicide. I come against the spirit of abandoning the destiny that you have set before me. Search me O God. Remove anything that would hinder my ability to fulfill your will. I cast down any and everything that would try to exalt itself higher than you. Open up and clear out my ear gates so that I can hear your still small voice. Whisper daily into my ears that there is NOTHING that you and I can't get through if we do it together. You said you would never leave or forsake me. God as I draw near to you, please stay close to me. This is my prayer, in Jesus Name, AMEN!*

March 14, 2016

### **“I Belong”**

**Scripture: Ephesians 1:5-7**

We all have a need to belong, to be loved and to be accepted. Sometimes you choose to go along to get along in hopes that you will soon fit in. You can spend countless hours and lots of energy trying to gain the approval of bosses, spouses, friends, family, church folk and others only to be met with rejection. Ouch, that hurts! Insecurity sets in and questions swirl around in your head: *What did I do/say? What's wrong with me? Why don't they like me?* You will never figure it out. Stop wasting your time! You belong to God. You are loved by God. For it is written: "I am accepted in the beloved".

## **Prayer**

*Heavenly Father thank you that I am fearfully and wonderfully made. Forgive me for wasting time trying to fit into other people's lives and agendas. Deliver me from being a people pleaser. Holy Spirit, remind me that You do not accept me based upon my performance. You accept me by your grace. Help me to serve and please you for the rest of my days! So I can hear you say, "Well done my good and faithful servant." In Jesus Name, AMEN!*

March 21, 2016

## **"God In Me "**

### **Scripture: 1 John 4:4**

As the Lenten season draws to an end, remember that you are made of the right stuff. You are a joint heir with Jesus Christ. His blood runs through your veins. God's breath fills your lungs. The power of the Holy Spirit resides within you. God's peace is in your mind. God's love dwells in your heart - His favor rests upon you. In the days ahead as you work to complete your divine assignment(s), know that you will encounter the devil at every turn. Stand flat footed and remind the enemy: For it is written: "Greater is He that is within me than he that is in the world!"

## **Prayer**

*God, thank you for depositing within me EVERYTHING that I need to face the trials and triumphs within my life. Search me, if there be in wicked way in me wash me in your Son's most precious blood. Cut away anything and everything that will hinder me from fulfilling Your will and plan for my life. Help me to lay aside every weight and any sin that keep me from running the race you have set before me. Stir up every gift within me! Leave nothing untapped. Use me until I'm empty then fill me back up and use me again. Teach me how to pray. Help me to study and obey your word. Teach me how to sit at your feet, to seek your face, and to do your will. Help me continue to grow in the wisdom and knowledge of who You are.*

*Father I love you. Thank you for loving me and for using in spite of me. In moments of doubt, remind me that I am made of the right stuff. When I encounter adversity, remind me to stand, take courage and put on the whole armor of God - The greater one lives inside of me. It is in You that I live, move and have my very being. There is no weapon formed against me that shall prosper. I am the righteousness of God! I am an overcomer!*

*Thank you for every divine assignment and every divine appointment that you have uniquely designed just for me. Thank you for a greater level of discernment, wisdom, clarity of thought and understanding. Thank you for allowing me to come boldly before your throne of grace with my petitions and to make intercession on behalf of others. Teach me how to love others and to forgive as you so often forgive me. Thank you for your grace and mercy!*

*O God, I put my trust in you. In you there is no failure. You are my strength! You are my song! You are my all and all. I give You permission to show up and show out in my life. Have your way! Not my will, but Your will be done in my life. I declare: This is my season! This is my time! I am expecting the exceedingly, abundantly above all! I believe it! I receive it! It is so! In Jesus Name, AMEN! AMEN! AMEN!*