

# ST. LUKE CONSECRATION CALENDAR - JANUARY 11-31, 2021

*Commitment to Healthy Living, Spiritually, Physically and Mentally*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 WORSHIP THE LORD IN THE BEAUTY OF HOLINESS 1 Chronicles 16:29	11 SANCTIFY A FAST Joel 2:15-17 Isaiah 58:6-8	12 FEED YOUR BODY, NOT YOUR APPETITE 1 Corinthians 9:25 Proverbs 23:2	13 GUARD YOUR TEMPLE 1 Corinthians 6:19-20 1 Thessalonians 5:23	14 PRAY FOR THOSE IN YOUR WORLD TO BE SAVED Matthew 5:16 1 Timothy 4:16	15 PRAY FOR HEALING Exodus 15:27 Isaiah 58:8	16 THANK GOD FOR HIS STRENGTH Philippians 4:13 Isaiah 40:29-31
17 FELLOWSHIP WITH THE SAINTS Psalm 133:1; 1 Thessalonians 5:11	18 ASK GOD TO SEARCH YOU AND CLEANSE YOU Psalm 139:23-24; 2 Corinthians 7:1	19 COMMIT TO LOVING ONE ANOTHER John 13:34; 1 John 4:20	20 PONDER GOD'S PROMISES 1 Kings 8:56 2 Peter 1:4	21 PRAY WITH JESUS FOR UNITY IN THE BODY John 17:20-24	22 PRAY FOR FAMILIES Joshua 24:15 Ephesians 6:1-4	23 PRAY FOR REPENTANCE AND FORGIVENESS 2 Corinthians 7:1 Matthew 6:14-15
24 PRAY FOR CHURCH GROWTH Matthew 9:37-38 Luke 14:23	25 PRAY FOR THE INFILLING OF THE HOLY GHOST Luke 11:13; Acts 2:38-39	26 PRAY FOR TEMPERANCE 1 Corinthians 9:25; 2 Peter 1:6; Galatians 5:22-23	27 PRAY FOR GUIDANCE AND DIRECTION Proverbs 3:5-6	28 PRAY FOR PRODIGALS TO COME TO THEMSELVES Luke 15:11-17	29 THANK GOD FOR STEADFASTNESS AND ENDURANCE 1 Corinthians 10:13 James 1:12	30 CELEBRATE THE VICTORY 1 Corinthians 15:57 2 Corinthians 2:14
31 PRAY THAT WE WILL CONTINUE TO LIVE A DISCIPLINED LIFE 1 Corinthians 9:27 2 Timothy 3:14	<p><b>INSTRUCTIONS FOR EATING:</b></p> <p><b>GREEN</b> indicates days during which you will eat only fruits, vegetables, nuts, whole grains. Only fruit juices (no added sugar) and water are allowed to drink. This is a partial fast. If you need to, you may add healthily prepared chicken or fish (4-6 ounces, not fried).</p> <p><b>PURPLE</b> indicates days in which we will eat only one meal. You are free to choose what meal you will eat. Meals are to follow the healthy eating guidelines.</p> <p><b>RED</b> indicates days during which you will totally abstain from food. Only water will be allowed to drink on these days. If this portion of the fast proves to be too difficult, you are invited to eat a single meal following the "Green" principles.</p> <p><b>BLUE</b> indicates "free days." Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and desserts.</p>					

*And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.  
1 Thessalonians 5:23*