

ST. LUKE CONSECRATION CALENDAR ~ JANUARY 31 - FEBRUARY 20, 2022

Commitment to Healthy Living, Spiritually, Physically and Mentally

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WORSHIP THE LORD IN THE BEAUTY OF HOLINESS</p> <p>1 Chronicles 16:29</p>	<p>31</p> <p>SANCTIFY A FAST</p> <p>Joel 2:15-17 Isaiah 58:6-8</p>	<p>1</p> <p>CHOOSE AN ACCOUNTABILITY PARTNER</p> <p>James 5:16 Ecclesiastes 4:9-10</p>	<p>2</p> <p>GUARD YOUR TEMPLE</p> <p>1 Corinthians 6:19-20 1 Thessalonians 5:23</p>	<p>3</p> <p>PRAY FOR TEMPERANCE</p> <p>1 Corinthians 9:24 2 Peter 1:6 Galatians 5:22-23</p>	<p>4</p> <p>PRAY FOR HEALING</p> <p>Exodus 15:27 Isaiah 58:8</p>	<p>5</p> <p>THANK GOD FOR HIS STRENGTH</p> <p>Philippians 4:13 Isaiah 40:29-31</p>
<p>6</p> <p>FELLOWSHIP WITH THE SAINTS</p> <p>Psalms 133:1 1 Thessalonians 5:11</p>	<p>7</p> <p>ASK GOD TO SEARCH YOU AND CLEANSE YOU</p> <p>Psalms 139:23-24 2 Corinthians 7:1</p>	<p>8</p> <p>SPEND TIME ALONE WITH GOD</p> <p>Psalms 91:1 Matthew 6:6</p>	<p>9</p> <p>PONDER GOD'S PROMISES</p> <p>1 Kings 8:56 2 Peter 1:4</p>	<p>10</p> <p>MEDITATE IN THE WORD</p> <p>Psalms 1</p>	<p>11</p> <p>CONFESS YOUR FAULTS</p> <p>James 5:16</p>	<p>12</p> <p>PRAY FOR REPENTANCE AND FORGIVENESS</p> <p>2 Corinthians 7:1 Matthew 6:14-15</p>
<p>13</p> <p>PRAY FOR CHURCH GROWTH</p> <p>Matthew 9:37-38 Luke 14:23</p>	<p>14</p> <p>PRAY FOR THE INFILLING OF THE HOLY GHOST</p> <p>Luke 11:13 Acts 2:38-39</p>	<p>15</p> <p>SEEK GOD'S FACE</p> <p>1 Chronicles 16:11 Psalms 105:4</p>	<p>16</p> <p>PRAY FOR GUIDANCE AND DIRECTION</p> <p>Proverbs 3:5-6</p>	<p>17</p> <p>THANK GOD FOR STEADFASTNESS AND ENDURANCE</p> <p>1 Corinthians 10:13 James 1:12</p>	<p>18</p> <p>EXPECT A MIRACLE</p> <p>Isaiah 58:8-9 Mark 11:24</p>	<p>19</p> <p>CELEBRATE THE VICTORY</p> <p>1 Corinthians 15:57 2 Corinthians 2:14</p>
<p>20</p> <p>PRAY THAT WE CONTINUE TO LIVE A DISCIPLINED LIFE</p> <p>1 Corinthians 9:27 2 Timothy 3:14</p>	<p>INSTRUCTIONS FOR EATING:</p> <p>GREEN 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>PURPLE 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>RED 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>BLUE indicates "free days." Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and fried and fatty foods.</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