



CONSECRATION

2024

JANUARY 15-FEBRUARY 4

TO PREVENT BESET

RESET

HEBREWS 12:1-3

Join the 2024 Consecration Group!

*Scan the QR Code below to join the 2024
Consecration group!*

*You may also sign up on our Church Center
App!*

Just select 'Groups' then 'Other Groups.'



Greetings!

As we embark on a new season, I want to encourage each of you to join us in a 21-day consecration. This dedicated period of seeking the Lord through prayer and fasting is an opportunity for spiritual growth and renewal.

The consecration is scheduled for 21 days. (January 15- February 4, 2024.) A suggested guide for fasting, eating, drinking, reading and praying is given for your convenience.

I urge each of you to prayerfully consider committing to this 21-day consecration. Let's come together as a church body, seeking the Lord wholeheartedly and expecting Him to move mightily in our lives and in our church.

May God Bless You,
Pastor Ezra Howard

STLUKECOGIC.ORG/CONSECRATION

Why Commit to the 21-day Consecration?



SPIRITUAL RENEWAL

It is a time to set aside distractions and draw closer to God, allowing Him to renew our spirits.



COMMUNITY BONDING

Participating in this consecration as a church community will strengthen our bonds and unity in faith.



SPIRITUAL DISCIPLINE

Fasting and prayer are powerful disciplines that can deepen our relationship with God and align our hearts with His will.

What to Expect



DAILY GUIDANCE

Throughout the 21 days, we will provide resources, devotionals, and scriptures to guide you in your consecration journey.



SUPPORT AND ENCOURAGEMENT

We will come together as a church family to support and encourage one another through this period.

VISIT OUR WEBSITE FOR FASTING GUIDELINES, RECIPES HELPFUL TIPS, AND MORE!



THEME: RESET TO PREVENT BESET



Overview

RESET - to set again or anew

BESET - to trouble with problems

The theme "**Reset to Prevent Beset**" is centered around the idea of taking intentional steps to reset and realign our focus, faith, and commitment to prevent being hindered or entangled by the challenges and temptations of life.

KEY VERSE

Hebrews 12:1-3 (NIV) - "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.."

In life, it is important that we periodically reset and refocus. Hebrews 12:1 exhorts us to "throw off everything that hinders and the sin that so easily entangles." This reset involves three key steps - **RECOGNIZE, REMOVE AND REPLACE.**

The first step to resetting is to **RECOGNIZE** what is hindering us and entangling us in sin. We need to be honest with ourselves and discern the habits, attitudes or relationships that are weighing us down and pulling us away from our relationship with God. This may include things like unhealthy coping mechanisms, unforgiveness, idolatry or distractions that steal our time and attention from what is truly important.

The second step is to **REMOVE** these hindrances from our life. Once we recognize what needs to change, we must actively take steps to cut away the dead weight. This requires discipline and perseverance as old habits die hard. We may need to remove ourselves from certain environments, people or patterns of behavior that trigger our sinful tendencies.

The final step is to **REPLACE** our negative patterns with something positive. We cannot leave a void, but must fill our time and energy with righteous alternatives. We replace worry with prayer, idle time with good works, resentments with forgiveness. Drawing near to God through prayer, worship, Bible study and acts of service can help replace what we have removed from sinning and straying.

Periodically resetting and going through this process of recognize, remove and replace keeps us running the race set before us with perseverance as Hebrews 12:1-2 calls us to. It helps clear away clutter to focus fully on Jesus, the pioneer and perfecter of our faith.

Based on Hebrews 12:1, take some time to thoughtfully complete this worksheet as part of periodically resetting your focus in life.

RECOGNIZE

List 2-3 specific habits, attitudes or relationships that are currently hindering you or entangling you in sin:

- 1. _____
- 2. _____
- 3. _____

REMOVE

List the specific steps you will take to remove the above hindrances from your life:

- 1. _____
- 2. _____
- 3. _____

REPLACE

List some positive alternatives that you can pursue to replace what you have removed and draw nearer to God, such as worship, service projects, Bible study habits, etc:

- 1. _____
- 2. _____
- 3. _____

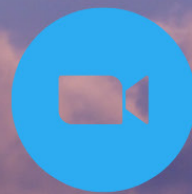
Use this opportunity to honestly evaluate areas of your life that need a reset. Commit to recognizing distractions, removing dead weight, and replacing it with righteousness. Keep progressing the race marked out for you with perseverance!



MORNING PRAYER

Monday - Fridays

6:00 AM - 6:15 AM



zoom

MEETING ID: **858 1460 5741**

PASSWORD: **PRAY**



zoom

ST. LUKE CHURCH OF GOD IN CHRIST
"Moving to a New Level...
Building On A Firm Foundation"

through the Bible

A DAILY READING OF GOD'S WORD

We're reading the entire Bible together!

Join us on Zoom every Monday - Friday at 12 Noon and/or 6:30 pm.




**SCAN THE QR CODE
& SIGN UP!**



MEETING ID: 820 5501 6096

PASSWORD: BIBLE

JANUARY 15 - FEBRUARY 4, 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	JAN 15 RENEWED STRENGTH Isaiah 40:31 <input type="checkbox"/>	16 GOD'S FAITHFULNESS IN TEMPTATION 1 Corinthians 10:13 <input type="checkbox"/>	17 STRENGTH IN CHRIST Philippians 4:13 <input type="checkbox"/>	18 MORE THAN CONQUERORS Romans 8:37 <input type="checkbox"/>	19 COME TO ME FOR REST Matthew 11:28 <input type="checkbox"/>	20 STAND FIRM IN FREEDOM Galatians 5:1 <input type="checkbox"/>
21 RUNNING WITH PERSEVERANCE Hebrews 12:1 <input type="checkbox"/>	22 SEEKING FIRST HIS KINGDOM Matthew 6:33 <input type="checkbox"/>	23 SETTING HEARTS AND MINDS ON CHRIST Colossians 3:1-2 <input type="checkbox"/>	24 ABIDING IN CHRIST John 15:5 <input type="checkbox"/>	25 TRANSFORMED BY RENEWING OF MIND Romans 12:2 <input type="checkbox"/>	26 LIVING AS JESUS DID 1 John 2:6 <input type="checkbox"/>	27 PUTTING ON THE NEW SELF Ephesians 4:22-24 <input type="checkbox"/>
28 NEW CREATION IN CHRIST 2 Corinthians 5:17 <input type="checkbox"/>	29 BLESSED IN PERSEVERANCE James 1:12 <input type="checkbox"/>	30 FINISHING THE RACE 2 Timothy 4:7 <input type="checkbox"/>	31 PERSEVERING IN GOD'S WILL Hebrews 10:36 <input type="checkbox"/>	FEB 1 ENDURING PATIENTLY Revelation 5:10 <input type="checkbox"/>	2 REAPING A HARVEST Galatians 6:9 <input type="checkbox"/>	3 HARVEST OF RIGHTEOUSNESS AND PEACE Hebrews 12:11 <input type="checkbox"/>
4 RUNNING FOR THE PRIZE 1 Corinthians 9:24 <input type="checkbox"/>	<p>INSTRUCTIONS FOR EATING: 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). 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. 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. 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>					