

From The Pastor's Pen

Greetings, in the Name of the Lord Jesus Christ.

Over the last 12 months we have met with many challenges. Yet through it all we lift our eyes toward heaven and say thanks. God has demonstrated His faithfulness to us and we must never forget the many wonderful things he has done. We must always acknowledge that it was God's grace that brought us through the difficult moments and blessed us in ways that cannot be measured in terms of dollars and cents. He has proven himself over and over again.

Now it is our turn God is calling us to draw closer to him and share his love and truth with others. He is challenging each of us to consecrate ourselves completely, body, soul, and spirit unto him so that others may receive through us the blessings God desires for them to receive.

God is calling us to set our spiritual house in order (Ezekiel 43:10-11:48:35). Setting our house in order requires each of us to be rightly aligned with the Spirit and Word of God. It is our deep desire to surrender our will and allow God to transform us, renew our minds, and increase our sensitivity to the Spirit and Word of God.

Under the direction of the Holy Ghost, ***I am calling every member and friend of Abundant Life Outreach Center (ALOC)*** to join us in a time of fasting and prayer beginning Monday, January 11, 2010.

This year our consecration will focus on the Vision and direction of the Church. So each set of day you will focus on the vision of the church, mission of the church, the fivefold ministry and what God says a disciple look like.

This is the right time to submit to the Spirit of the Lord. The body of Christ is called and equipped to do Kingdom business. Let each of us commit to discovering and living according to God's purpose for our Lives and where we fit in making sure that the vision is brought forth.

I have prepared this booklet to help guide you through this time of fasting, prayer, and daily devotion before, during and after the consecration.

May God richly bless you and prosper you on this journey,

Gary D. Ellis, Sr.,
Pastor & Founder

Abundant Life Consecration A Guide to Living a Consecrated Life Through Prayer and Fasting

How to use the Prayer and Devotion Guide

You will notice that each phase of the consecration is divided into a 2 or 3-day period. For each period you have been provided a guide for assisting you to build a “***focused prayer life***” for both during and after the consecration.

The prayer guide is divided into 5-minute intervals or sections. If you follow this guide you will be able to spend quality time with God and enjoy the time you spend in prayer.

Follow the instructions for each period. As you progress through each period add the instructions from the previous period. For example, add the instructions for January 11-12 (Day 1-2), which is 5 minutes of singing and praise--to the instructions for January 13-14 (Day 3-4), which is 5 minutes of giving thanks.

Therefore by the time you complete Day 4 of the consecration you will be able to enjoy 10 minutes of meaningful focused prayer. Continue this process for each period until you reach the end of the consecration. You will see also included in each day a passage for devotional reading and meditation.

To be successful during 40-Day Consecration you must:

1. **Pray**
2. **Follow the Daily Reading Plan:** *NOTE: If our fasting is not supported with prayer and a study of the Word of God, then we are on a hunger strike or a strict diet!*
 - a. *I would recommend reading Romans Chapters 6, 7, 8 each night before bed.*
 - b. *Take time to write your reflections and thoughts in your journal each day.*
3. **Get Connected and Committed to one of the Small Group Fellowships.** Commit to attending each week your small group session. (*See information regarding small groups at Grand Central in the vestibule.*)
4. **Make a determined effort to attend ALL Sunday Services and Mid-week Thursday Services.** Services are 8:30 am and 11:00 am and Mid-week services on Thursday nights at 7:30pm.

Consecration Covenant

I _____, hereby enter into a covenant agreement with my Lord Jesus Christ. I will submit myself to the Spirit of the Lord and consecrate myself for the glory and pleasure of God.

I will present myself as a living sacrifice unto God in fasting and prayer. I will pray daily for the members of my church and my leaders.

- I will honor my commitment to the consecration.
- I will set to memory the vision and mission states of ALOC.
- I will guard my heart and mind by avoiding conversations, activities, and entertainment which may harm my relationship with the body of Christ or/and distract me from my spiritual goals.

Signature _____

Date: _____

January 11: REMOVE Caffeine

Day 1 of 40 Days of Purpose

A Beginning Prayer: *“Dear Heavenly Father, I thank you for creating me in Your image. I thank you that I am fearfully and wonderfully made. I confess that you are the God that heals all my afflictions, you are my Great Physician. As I embark upon this consecration I ask You to heal my body from the top of my head to the soles of my feet. And that you remove the very taste of anything that you do not want me to have or put into my body; I acknowledge that my body is the temple of the living God. Lord, I pray that You would regenerate every bone, joint, tendon, ligament, tissue, organ, and cell of my body. For this is the day that the Lord has made, I WILL rejoice and be glad in it.”*
In Jesus Name, Amen.

- Make a list of worship choruses that you can learn or sing from memory. Lift your hands and sing aloud and walk around if possible. However, you can do this kneeling or sitting.

Abundant Life Outreach Center

We are created with Five Purposes

- Worship
- Minister
- Evangelize the un-church
- Make disciples
- Fellowship

Journalize you thoughts and reflections

January 12: REMOVE Caffeine

Day 2 of 40 Days of Purpose

Prayer and Devotion Guide

- Make a list of specific things that you want God to do for you over the next 40 days. Give Him Thanks!!!

- Add 5 minutes of giving thanks to God for all He has done for you. Mention everything that is on your desired list also. Thank Him for family members, healing, finances, job, salvation, etc. (Total: 10 Minutes)

Read Proverbs Chapter 2

Journalize your Thoughts and Reflections

January 13: REMOVE Caffeine

Day 3 of 40 Days of Purpose

It All Starts With God

“For everything, absolutely everything, above and below, visible and invisible, everything got started in him and finds its purpose in him.”
Colossians 1:16 MSG

The purpose of your life is far greater than your own personal fulfillment, your peace of mind, or even your happiness. It is far greater than your family, your career, or even your wildest dreams and ambitions.

Prayer and Devotion Guide

Spend a few minutes asking the Lord to help you remember that life is not about your or your personal plans and desires; rather it is about knowing and doing His will. IF YOU RECALL ANYTHING IN YOUR LIFE THAT MAY BE A HINDERING YOU FROM SEEKING OR

OBEYING GOD'S WILL, ASK HIM TO FORGIVE YOU. TRUST HIM TO DO SO.

Add this to your previous prayer steps

Journalize your Thoughts and Reflections

January 14: REMOVE White Sugar

Day 4 of 40 Days of Purpose

You Are Not an Accident

"I am your Creator. You were in my care even before you were born," says the Lord. Isaiah 44:2 CEV

Long before your parents conceived you, you were conceived in the mind of God. It is not fate, nor chance, nor luck, nor coincidence that you are breathing at this very moment. You are alive because God wanted to create you!

Read Proverbs Chapter 4

Prayer and Devotion Guide

- Make a list of all the spiritual strongholds in your life (example: fear, jealousy, pride, rebellion, stubbornness, pornography, lust, selfishness, etc.) (Please remember this list is between you and God) If you have a private journal or diary you may feel freer to write these things in one of either one of those.

- Take 5 minutes to thank God for revealing these strongholds to you. Plead the Blood of Jesus against them, ask forgiveness and claim victory over them.
- Call each stronghold by name as you confess each of them thank him for helping you to see yourself and thank him for loving you enough to help you tear down these strongholds in your life. (Add this to your previous prayer steps total of 15 minutes).

Journalize your Thoughts and Reflections

January 15: REMOVE White Sugar

Day 5 of 40 Days of Purpose

What Drives Your Life?

You, Lord, give perfect peace to those who keep their purpose firm and put their trust in you. Isaiah 26:3 TEV

Everyone's life is driven by something. Most dictionaries define the verb drive as "to guide, to control, or to direct." Whether you are driving a car, a nail, or a golf ball, you are guiding, controlling, and directing it at that moment. What is the driving force in your life?

Read Proverbs Chapter 5

January 16: REMOVE Fried Foods

Day 6 of 40 Days of Purpose

Made to Last Forever

This world is fading away, along with everything it craves. But if you do the will of God, you will live forever. I John 2:17 NLT

You have an inborn instinct that longs for immortality. This is because God designed you, in his image, to live for eternity. The reason we feel we should live forever is because God wired our brains with that desire! God has planted eternity in the human heart (Ecclesiastes 3:11 NLT)

January 17: REMOVE Fried Foods

Day 7 of 40 Days of Purpose

Seeing Life From God's View

Unless you are faithful in small matters, you will not be faithful in large ones. Luke 16:10 NLT

The Bible says life is a test, life is a trust and life is a temporary assignment. These ideas are the foundation of purpose driven living. To fulfill the purposes God created you for, you will have to challenge conventional wisdom and replace it with the biblical metaphors of life

Abundant Life Outreach Center **Mission Statement**

To love god and share his love and truth with other so that can become like Christ and bear must fruit.

- Love and learn God
- Love and lift others
- Love and live truth

January 18: REMOVE Red Meats

Day 8 of 40 Days of Purpose

Life is a Temporary Assignment

We fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but, what is unseen is eternal. 2 Corinthians 4:18 NIV

To make the best use of your life, you must never forget two truths: first, compared to eternity, life is brief. Second, Earth is only a temporary residence for you. You will not be here long, so do not get too attached. Ask God to help you see life on Earth as He sees it. With all the fascinating attractions, mesmerizing media, and enjoyable experiences available today, it is easy to forget that the pursuit of happiness is not what life is about. Only as we remember that life is a test, a trust, and a temporary assignment, will the appeal of these things lose their grip on our lives.

Prayer and Devotion Guide

- Set your affections on the things above. Seek ye first the kingdom of God. Make a list of Kingdom Priorities and Goals. Commit yourself each week to witnessing, teaching Bible studies, reading your Bible, volunteering in some area of ministry, increasing your giving, making new contacts, inviting people to church services, etc.
- Take 5 minutes to affirm your commitment to these goals and declare your success (Total: 30 Minutes)

January 19: REMOVE Red Meats

Day 9 of 40 Days of Purpose

The Reason For Everything

For everything comes from God alone. Everything lives by His power, and everything is for His glory. Romans 11:36 LB

The ultimate goal of the universe is to show the glory of God. It is the reason for everything that exists, including you. God made it all for His glory. Living for God's glory is the greatest achievement you can accomplish with your life. God says, "They are my own people, and I created them to bring me glory" (Isaiah 43:7 TEV), so it ought to be the supreme goal of our lives.

January 20: REMOVE ALL Meats

Day 10 of 40 Days of Purpose

Note: Diet will be only fruits and Vegetables. These may be eaten raw or cooked.

Planned For God's Pleasure

The Lord takes pleasure in His people. Psalm 149:4 TEV

Bringing pleasure to God is called worship. It is the first and primary purpose of your life. Anything you do that brings pleasure to God is an act of worship. Like a diamond, worship is multifaceted. Worship is a lifestyle.

Prayer and Devotion Guide

- Repent and ask for forgiveness of each of the spiritual strongholds that you confessed above as well as repenting for every act of disobedience including failure to do what God has placed you in this body to do. Keep in mind that repentance means changing directions.
- Take 5 minutes and ask God to deliver you from your secret sins and acts of disobedience. Affirm your willingness to obey His Word and abide in His will for your life.

January 21: REMOVE ALL Meats

Day 11 of 40 Days of Purpose

Note: Diet will be only fruits and Vegetables. These may be eaten raw or cooked.

What Makes God Smile?

The Lord is pleased with those who worship Him and trust His love.
Psalm 147:11 CEV

Since bringing pleasure to God is the first purpose of your life, your most important task is to discover how to do that. Fortunately, the bible gives us a clear example of a life that gives pleasure to God. The man's name was Noah. From his life, we learn the five acts of worship that make God smile.

God smiles when we love Him supremely,
God smiles when we trust Him completely,
God smiles when we obey him wholeheartedly,
God smiles when we praise and thank Him.
God smiles when we fulfill His purposes.

Abundant Life Outreach Center **Step to Discipleship**

- Love God above all else
- Love others and put the needs of others above your own
- Continue in the word
- Bear much fruit

January 22: REMOVE Starches & Dairy

Day 12 of 40 Days of Purpose

The Heart of Worship

Give yourselves to God . . . surrender your whole being to Him to be used for righteous purposes. Romans 6:13 TEV

Surrendering to God is the heart of worship. True worship – bringing God pleasure – happens when you give yourself completely to God. Offering yourself to God is what worship is all about. This act of personal surrender is called many things: consecration, making Jesus Lord, taking up your cross, dying to self, yielding to the Spirit. What matters is that you do it, not what you call it. God wants your life. All of it! Ninety nine and a half is not enough!

January 23: REMOVE Starches and Dairy

Day 13 of 40 Days of Purpose

Note: Diet will only consist of fruits and Vegetables. These may be eaten raw and cooked.

Becoming Best Friends With God

Friendship with God is reserved for those who reverence Him. Psalm 25:14 LB

Adam and Eve enjoyed an intimate friendship with God Unhindered by guilt or fear, they delighted in god and He delighted in them. We were made to live in the environment of God’s continual presence, but after the Fall, that ideal relationship was lost. Yet because Jesus secured our salvation and left His Holy Spirit in us, we all can become friends of God now. Since we were restored to friendship with God by the death of His son while we were still His enemies, we will certainly be delivered from eternal punishment by His life.” *Romans 5:10 NLT*

Prayer and Devotion Guide

- Read aloud Galatians 5:22-23. [22] But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, [23] Meekness, temperance: against such there is no law.

- Take 5 minutes to pray aloud, “Lord, help me to bring forth the fruit of the Spirit from deep in my heart.” Ask God to bring forth in you the fruits listed below (Total: 35 minutes)

LOVE – Help me to show love to everyone and all situations, including my enemies.

JOY – Help me to have a positive mind and a cheerful disposition at all times.

PEACE – Help me to be calm and know that God has all things in control.

PATIENCE – Help me to wait on God and endure difficulty cheerfully.

KINDNESS – Help me to be polite and respectable to all people, for I am an ambassador for Christ.

GOODNESS – Help me to look for opportunities to help or serve someone else and do so without being told.

FAITH – Help me to show confidence in God by my communication and my conduct - especially in the times of trouble.

GENTLENESS – Help me to consider the feelings and needs of others above my own.

SELF CONTROL – Help me to live according to the truth and the truth alone. Let me have control over my emotions and never let my emotions control me.

January 24: REMOVE Fruits and Vegetables (liquids only)

Day 14 of 40 Days of Purpose

Note: Try Fresh homemade juices from a juicer. Freshly made juices are a real treat and remember to drink plenty of non-chlorinated water.

Developing Your Friendship With God

Draw close to God, and God will draw close to you. *James 4:8 NL*

To instruct us in candid honesty, God gave us the book of Psalms – worship manual, full of ranting, raving, doubts, fears, resentments, and deep passions combined with thanksgiving, praise, and statements of faith. Every possible emotion is catalogued in the Psalms. When you read the emotional confessions of David and others, realize this is how God wants you to worship Him – holding back nothing of what you feel.

January 25: REMOVE Fruits and Vegetables (liquids only).

Day 15 of 40 Days of Purpose

Note: Try Fresh homemade juices from a juicer. Freshly made juices are a real treat and remember to drink plenty of non-chlorinated water.

Note: Avoid cream soups as they coat the lining of the digestive track. On the Saturday of this 3-day period consider trying a “Salt Flush.”

Worship That Pleases God

“Love the Lord your God with all of your heart, and with all your soul and with all your mind and with all your strength. “ *Mark 12:30*

God-pleasing worship is based on Scripture. Real worship is rooted in the Word; it is based on truth, not our imagination. God-pleasing worship is also from the heart. Made in God’s image, you are a spirit that resides in a body, and God designed your spirit to communicate with Him. Worship is our spirit responding to God’s spirit.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

Let your requests be known unto God.

- Make a list of specific things that you want God to do for you. **BE SPECIFIC!** James 4:2-3. Ye lust, and have not; ye kill, and desire to have, and cannot obtain; ye fight and war; yet ye have not, because ye ask not. [3] Ye ask, and receive not, because

ye ask amiss, that ye may consume it upon your lusts.
...nevertheless not as I will, but as thou wilt.” (Matthew 26:29)

If you are single and praying for a mate, you must be willing to wait on God. If you are in a relationship with an unbeliever, you should obey the Word and trust God’s plan for your life.

(Believer Defined: Believer is not just a person who CLAIMS to know God. A believer is someone whose life and lifestyle is one of holiness, truth, and commitment to the work of God and walking in harmony with the body of Christ)

If you are praying for material blessing, you must ensure that you have honored God in your giving and that you are willing to honor him with your increase. Take time to read the following passages aloud (Malachi 1:6-14; Malachi 3:8; Haggai 1:2-7; 2 Corinthians 9:6-11; Galatians 6:7)

- Take 5 minutes to pray for everything on your list (Total: 40 minutes)

January 26: REMOVE Fruits & Vegetables (LIQUIDS ONLY)

Day 16 of 40 Days of Purpose

Note: Try Fresh homemade juices from a juicer. Freshly made juices are a real treat and remember to drink plenty of non-chlorinated water.

When God Seems Distant

God said, “I will never leave you; I will never abandon you.” Hebrews 13:5 TEV

Friendships are often tested by separation and silence. In your friendship with God, you will not always feel close to Him. The deepest level of worship is praising God in spite of pain, thanking God during a trial, trusting God when tempted, surrendering while suffering, and loving God when He seems distant.

January 27 CLEAR LIQUIDS

Day 17 of 40 Days of Purpose

Also avoid soups with noodles and cream soups as they coat the lining of the digestive track just clear broths. On the Saturday of this 3-day period consider trying a "Salt Flush."

Formed for God's Family

His unchanging plan has always been to adopt us into his own family by bringing us to Himself through Jesus Christ. Ephesians 1:5 NLT

God wants a family, and He created you to be a part of it. This is God's second purpose for your life, which He planned before you were born. The entire Bible is the story of God building a family who will love Him, honor Him, and reign with Him forever.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

- Take 5 minutes to read the following verses quietly and meditate upon what God is trying to say to you (Total: 45 minutes)
- Read: Psalms 1:1-2; Psalms 19: 7-14; Philippians 2:12-18; and Philippians 4:8-9.

January 28: REMOVE Fruits & Vegetables (LIQUIDS ONLY)

Day 18 of 40 Days of Purpose

What Matters Most

The entire law is summed up in a single command: "Love your neighbor as yourself." Galatians 5:14

Since God is love, the most important lesson He wants you to learn on Earth is how to love. It is in loving that we are most like Him. Love is the foundation of every command He has given us. God wants us to love everyone, but He is particularly concerned that we learn to love others in His family. This is the second purpose of your life and it is called fellowship. Jesus said our love for each other is the greatest witness to the world.

Abundant Life Outreach Center Vision statement

- Possessing the land and changing our world
- Becoming the church that the un-church want to attend.

Tips about Fasting

Prior to beginning you FAST please consider the following:

1. You will begin to feel the effects of the fast in your body and spirit. The first three days (72 hours) are the usually the hardest. You may feel dizzy, light headed or have bouts with weakness as the body as the body cleanses itself.

After 72 hours, your body will change energy sources and the natural hunger will decrease. The hunger you feel will be only in you mind or 'habit hunger.' During the duration of the fast your body will begin to feed on stored sources of energy (fat).

2. Drink plenty of non-chlorinated water. When deciding how much water your body needs, take your body weight, divide it in half, this is the quantity of water you need to have to flush toxins and to remain hydrated each day.

3. When you feel hungry, remember it is habit hunger and you must conquer this habit with prayer, reading of the Word of God and meditation. This is a good time to use your prayer guide and begin praying and claiming victory over this stronghold.

4. DO NOT TALK OF FOOD AND HUNGER! The power of life and death are in the tongue) Talk only of your hunger for the Word of God and your love for His will in your life.

5. Consider doing a “Salt Flush” see receipts at the back of booklet.

January 29: TOTAL FAST Begins, Water ONLY (Non-chlorinated suggested)

Day 19 of 40 Days of Purpose

A Place To Belong

In Christ, we who are many form one body, and each member belongs to all the others. Romans 12:5

Even in the perfect, sinless environment of Eden, God said, “It is not good for the man to be alone” (Genesis 2:18). We were created for community, fashioned for fellowship, formed for a family, and none of us can fulfill God’s purposes by ourselves. While your relationship to Christ is personal, God never intends it to be private. In God’s family, you were connected to every other believer, and we will belong to each other for eternity. You are members of God’s very own family, citizens of God’s country, and you belong in God’s household with every other Christian (Ephesians 2:19 LB)

January 30: FAST, Water Only (Non-chlorinated suggested)

Day 20 of 40 Days of Purpose

Experience Life Together

Share each other's troubles and problems, and in this way, obey the law of Christ. Galatians 6:2 NLT

God intends for us to weave our lives together. The Bible calls this fellowship. Fellowship is experiencing life together. That includes unselfish loving, honest sharing, practical serving, sacrificial giving, sympathetic comforting, and all the other "one another" commands found in the New Testament. When it comes to fellowship size matter, smaller ones are better. Every Christian needs to be involved in a small group within your Church, whether it is a home fellowship group, Sunday school class, or a small Bible study. This is where real community takes place.

January 31: FAST, Water Only (Non-chlorinated suggested)

Day 21 of 40 Days of Purpose

Cultivating Community

We understand what love is when we realize that Christ gave His life for us. That means we must give our lives for other believers. I John 3:16 GW

To help build genuine fellowship in your Church or small group, you must make the effort to do five things: be honest, be humble, be courteous, respect confidentiality, and have frequent, regular contact with others. Relationships take time and effort, but the benefits far outweigh the costs and Jesus expects us to love each other the way He loves us.

February 1: ADD Back Other Liquids, (natural or fresh).

Day 22 of 40 Days of Purpose

Restoring Broken Fellowship

Do everything possible on your part to live in peace with everybody. Romans 12:18 TEV

Jesus said, “God blesses those who work for peace, for they will be called the children of God” (Matthew 5:9 NLT). If you want God’s blessing on your life, and you want to be known as a child of God, you must learn to be a peacemaker. Since you were formed to be a part of God’s family and the third purpose of your life on Earth is to learn how to love and relate to others, peacemaking is one of the most important skills you can develop. God has restored our relationship with Him through Christ, and has given us this ministry of restoring relationships (2 Corinthians 5:18 GW).

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

Tips for Breaking a Fast

1. Prayerfully consider what will you do now that you can eat?

Many people are defeated here by skipping this part of the consecration altogether. They begin adding things back into their diet too quickly and without moderation.

What they fail to see is that the discipline they have learned or gained thus far can now be applied to other areas of their life. Simply by saying “NO” to the flesh. I urge you not to rush, but seek to be temperate in all things. “I shall live and not die and declare the works of the Lord.” Psalms 18:17

2. Awaken the stomach gently DO NOT rush. Usually a liquid diet such as homemade fresh juices, *diluting them half and half with water for the first day, juicy Fruits (like water melon or fresh citrus juices) eaten in measured amounts or watery broths.*

Then add bland foods gradually. Avoiding dairy products and cream soups for the first day, clear soups or broth soups may be a healthier alternative.

3. Take the time to listen to the your body. *It may be trying to tell you that it does better without certain foods, such as white sugar, flour, rice, etc. Be obedient DO NOT add those things back and if you do, do it in moderation, a little over time, every now and then.*

February 2: ADD Back other Liquids (natural or fresh).

Day 23 of 40 Days of Purpose

Protecting Your Church

Let us concentrate on the things, which make for harmony and the growth of our fellowship together. Romans 14:19 PH

God loves unity. God desires us to experience oneness and harmony with each other. God wants us to be unified. Our heavenly Father, like every parent, enjoys watching his children get along with each other. Jesus, in His final moments before being arrested, prayed passionately for our unity. The Holy Spirit unites us in love.

February 3: ADD Back other Liquids (natural or fresh).

Day 24 of 40 Days of Purpose

Created to Become like Christ

As the Spirit of the Lord works within us, we become more and more like Him and reflect His glory even more. 2 Corinthians 3:18 NLT

From the very beginning, God's plan has been to make you like His son, Jesus. This is your destiny, and the third purpose of our life. What does the full image and likeness of God look like? It looks like Jesus Christ! On Earth, God's ultimate goal for your life is not comfort, but Christ like character.

February 4: ADD, FRUITS AND VEGETABLES (Raw or Cooked)

Day 25 of 40 Days of Purpose

How We Grow

Let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God – what is good and is pleasing to Him and is perfect. Romans 12:2 TEV

Our heavenly Father's goal is for you to mature and develop the character of Jesus Christ, living a life of love and humble service. Spiritual growth is not automatic. It takes an intentional commitment. You must want to grow, decide to grow, make an effort to grow and persist in growing. Discipleship – the process of becoming like Christ – always begins with a decision.

February 5: ADD, FRUITS AND VEGETABLES

Day 26 of 40 Days of Purpose

Transformed by Truth

Jesus said, "If you continue in my word, then are you my disciples indeed; and ye shall know the truth, and the truth shall make you free." John 8:31-32 KJV

The Spirit of God uses the Word of God to make us like the Son of God. To become like Jesus, we must fill our lives with His Word. God's Word is the essential spiritual nourishment; you must have to fulfill your purpose. The course meal is the Spirit's menu for spiritual strength and growth. To be a healthy disciple of Jesus, feeding on God's word must be our first priority. Jesus called it "abiding."

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 6: ADD, FRUITS AND VEGETABLES

Day 27 of 40 Days of Purpose

Transformed by Trouble

We know that in all things, God works for the good of those who love Him, who have been called according to His purpose. Romans 8:28

God has a purpose behind every problem. You should expect four kinds of problems in life: Trials are designed by God to draw us closer to Him and build our character. Temptations are designed by the Devil to draw us away from God and destroy our character. Trespasses are hurts caused by the sins of others. Troubles are usually, but not always, the consequences of our own sinful choices.

February 7: ADD, FRUITS AND VEGETABLES

Day 28 of 40 Days of Purpose

Growing Through Temptation

God blesses the people who patiently endure testing. Afterward, they will receive the crown of life that God has promised to those who love Him. James 1:12 NLT

To have the fruit of the Spirit is to be like Christ. Now then, does the Holy Spirit produce His fruit in your life? Instantly? No. Fruit matures and ripens slowly. God develops the fruit of the Spirit in your life by allowing you to experience circumstances where you are tempted to express the exact opposite quality! Character development always involves a choice, and temptation provides that opportunity. Every time you defeat a temptation, you become more like Jesus!

February 8: ADD, FRUITS AND VEGETABLES,

Day 29 of 40 Days of Purpose

Defeating Temptation

God is faithful. He will keep the temptation from becoming so strong that you cannot stand up against it. When you are tempted, He will show you a way out so that you will not give in to it. I Corinthians 10:13 NLT

Refocus your attention on something else. Ignoring a temptation is far more effective than fighting it. Once your mind is on something else, the temptation loses its power. So when temptations calls you on the phone, do not argue with it; just drop the receiver. To reduce temptation, keep your mind occupied with God's Word and other good thoughts. You defeat bad thoughts by thinking of something better. This is the principle of replacement. You overcome evil with good.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 9: **ADD, Starches & Dairy**

Day 30 of 40 Days of Purpose

It Takes Time

God began doing a good work in you, and I am sure He will continue it until it is finished when Jesus Christ comes again. Philippians 1:6
NCV

Spiritual growth, like physical growth, takes time. While we worry about how fast we grow, God is concerned about how strong we grow. God views our lives from and for eternity so He is never in a hurry. Discipleship is the process of conforming to Christ. Christ likeness is the destination where you will eventually arrive, but your journey will last a lifetime. So far, we have seen that this journey involves believing (through fellowship), belonging (through fellowship), and includes becoming (through discipleship). Every day, God wants you to become a little more like Him.

February 10: **May ADD Starches & Dairy**

Day 31 of 40 Days of Purpose

Accepting your Assignment

We are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

You are here to make a difference by serving God and others. This is God's fourth purpose for your life. Whenever you serve others, in any way, you are actually serving God, and fulfilling one of His purposes for creating you. We were not placed on Earth just to breathe, eat, take up space, and have fun. God fashioned each of us to make a unique contribution with our lives

Abilities. Your abilities are the natural talents that you were born with. Some people have a natural ability with words. Other people have

natural athletic abilities, excelling in physical coordination. Still, others are good at mathematics, music or mechanics.

To apply your abilities in service, you need to understand four truths:

1. All of our abilities came from God.
2. Every God smiles when we ability can be used for God's glory.
3. What I am able to do, God wants me to do.
4. If I do not use them, I will lose them.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 11: May ADD Starches & Dairy

Day 32 of 40 Days of Purpose

Shaped for Serving God

God works through different people in different ways, but it is the same God who achieves his purpose through them all. I Corinthians 112:6 PH

You are God's hand crafted work of art. You are not an assembly-line product, mass-produced without thought. You are a custom designed, one-of-a-kind, original masterpiece. God deliberately shaped and formed you to serve Him in a way that makes your ministry unique. Not only did God shape you before your birth, he planned every day of your life to support His shaping process. This means nothing that happens in your life is insignificant. God uses all of it to mold you for your ministry to others, and shape you for your service to Him.

February 12: MAY ADD Meats but Still NO Red Meats

Day 33 of 40 Days of Purpose

Understanding your Shape

God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings. 1 Peter 4:10 LB

February 13: MAY ADD Meats but still NO Red Meats

Day 34 of 40 Days of Purpose

Using What God Gave You

Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the Word of truth. 2 Tim 2:15

God wants you to discover your unique shape. Start finding out and clarifying what God intends for you to be and do. First, assess your gifts and abilities. Next, consider your heart and your personality. Third, examine your experiences and extract the lessons you have learned.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 14: MAY ADD RED Meats

Day 35 of 40 Days of Purpose

How Real Servants Act

If you give even a cup of cold water to one of the least of my followers, you will surely be rewarded. Matt 10:42 NLT
While knowing your shape is important for serving God, having the heart of a servant is even more important. Real servants make themselves available to serve. A servant must always be standing by for duty. Being a servant means giving up the right to control your schedule, and allowing God to interrupt it whenever He needs to. Real servants pay attention to needs. They are always on the lookout for ways to help others. When they see a need, they seize the moment to meet it. Since we find ourselves fashioned into all these

excellently formed and marvelously functioning parts in Christ's body, let us just go ahead and be what we were made to be.

Romans 12:5 MSG

February 15: MAY ADD Red Meats

Day 36 of 40 Days of Purpose

Thinking Like A Servant

Your attitude should be the same as that of Christ Jesus.

Philippians 2:5

To be a servant, you must think like a servant. God is always more interested in why we do something than in what we do. Real servants are self-forgetful. They focus on others, not themselves. This is what it means to lose your life – forgetting yourself in service to others. Jesus emptied Himself by taking on the form of a servant (Philippians 2:7 GW). You cannot be a servant if you are full of yourself. It is only when we forget ourselves that we do the things that deserve to be remembered.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 16: MAY ADD Fried Foods

Day 37 of 40 Days of Purpose

God's Power in Your Weakness

The Lord said, "My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9

Admit your weakness. Own up to your imperfections be honest about yourself if there are two great confessions in the New Testament: The first was Peter's, who said to Jesus, "You are the Christ, the son of the living God" (Matthew 16:16). The second was Paul's, who said to an idolizing crowd, "We are only human beings like you" (Acts 14:15 NCV).

February 17: MAY ADD Fried Foods

Day 38 of 40 Days of Purpose

Made For A Mission

Jesus Said, “Go and make disciples of all nations, Baptizing them in the name of the Father, and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age. Matthew 28:19-20

Your mission – introducing people to God – is the fifth purpose of your life. There are a number of reasons why you need to take this mission seriously. Jesus commands us to continue His mission. The Great Commission was not given to pastors but to every follower of Jesus. You are the only Christian some people will ever know and your mission is to share Jesus with them. Your mission is a great privilege. Although it is a profound responsibility, it is also an incredible honor to be used by God.

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 18: MAY ADD Fried Foods

Day 39 of 40 Days of Purpose

Sharing Your Life Message

Be ready at all times to answer anyone who asks you to explain the hope you have in you, but do it with gentleness and respect. I Peter 3:15-16 TEV

There are four parts to the life message God has put within you: God wants you to share your testimony. The essence of witnessing is simply reporting your personal experiences with the Lord. In a courtroom, a witness is not expected to argue the case, prove the truth, or press for a verdict; that is the job of attorneys.

Witnesses just tell what happened to them. Jesus said, “You will be my witnesses” (Acts 1:8), not “You must be my attorney.” Those who believe in the Son of God have the testimony of God in them (I John 5:10 GW).

Prayer and Devotion Guide

Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.

February 19: May ADD Caffeine(Not Recommended)

Day 40 of 40 Days of Purpose

Becoming a World-Class Christian

Send us around the world with the news of your saving power and your eternal plan for all mankind.” Psalm 67:2 LB

World-class Christians know they were saved to serve, and made for a mission. They are eager to receive a personal assignment and excited about the privilege of being used by God. Their joy, confidence, and enthusiasm is contagious because they know they are making a difference.

February 20: May ADD Caffeine (Not Recommended) REST DAY!

Balancing Your Life

Live life with a due sense of responsibility, not as those who do not know the meaning of life but as those who do. (Eph 5:15 (Ph)
Don't let the errors of evil people lead you down the wrong path and make you lose your balance.

February 21: Thank God that you made it the 40 days!

CELEBRATION SUNDAY Invite at least 3 people to celebrate with you!

Living With Purpose

David. Served the purpose of God in His own generation . . . Acts 13:36 NASB

There are many good things you can do with your life, but God's purposes are the five essentials you must do. You should commit the rest of your life to doing them. Unfortunately, it is easy to get distracted and forget what matters most.

This is why it is important to develop a purpose statement for your life, one that you can review regularly. A life purpose statement states the direction of your life, summarized God's purposes for your life, defines success for you, expresses your shape, and clarifies your roles.

God's purposes for my life are:

My Life's Purpose Statement is:

Closing Prayer: *Heavenly Father I thank You for sustaining me through this time of prayer and consecration. I thank you that You are made perfect in my weakness. Your grace was and still is sufficient for me. I thank You that Your steadfast love never ceases and Your mercies are new every morning. You say in Your Word that mourning may come for night, but the new day will bring gladness.*

Thank you for blessing me with a life style of healing. Restore unto me the joy of thy salvation. Help me to stay on the path that leads to life. In Jesus Name, Amen.

Sample Recipes

Salt Flush

Ingredients:

*Unrefined Sea Salt** (Be sure label says, “unrefined” may be slightly pink or tan in color this is okay as it is in its most natural state. Do NOT use coarse sea salt.

**Sea salt may be purchased at a whole food store or on the Internet.)*

32 oz of warm distilled water

Instructions:

Mix 2 tps of “unrefined” sea salt into one 32 oz. container of warm distilled water.

Stir until salt is dissolved.

Note some sedimentation may appear on the bottom of your container this is normal. Also, you may need to make slight adjustments in the amount of salt to use per your body weight. I would recommend trying it as is first.

Drink all; with a straw is best. Please allow 2-3 hours for bowel cleansing. Stay near the bathroom. Consider doing this early in the morning, prior to your normal activities.

Cabbage Lasagna

by Alicia Hollis

Ingredients:

1 large cabbage
1 box of ground BOCA meat
1 pack of fat free sharp cheese
1/2 bottle of traditional meat sauce
1/2 bottle of mushrooms and bell peppers sauce
2 teaspoon of ketchup

Instructions:

Boil Cabbage until soft separate the leaves,
In separate pan combine box of ground BOCA meat, 1/2 bottle of traditional meat sauce, 1/2 bottle of mushrooms and bell peppers sauce and 2 teaspoon of ketchup cook at medium for 5-7 minutes.
Spray baking dish with OLIVE oil spray, add one layer of cabbage then meat sauce, layer of cheese, follow this concept until baking pan is full (same concept like making a Lasagna)
Bake for 20-25 minutes

Huevos Rancheros (taken from www.recipes@myoptimumhealthplan.com)

1 Serving

This is a good brunch or lunch dish. Look for a brand of canned, low fat and low sodium all natural refried beans. (Or, make your own.) Most of the fat in this dish is "good fat" from the avocado; if you're trying to lose weight, you might skip the avocado or substitute apple or pear.

Ingredients:

1 whole wheat flour tortilla
1/4 cup low fat, all natural refried beans
1 egg (preferably organic)

2 tbsp salsa
1/4 avocado

Instructions:

Heat the tortilla in the oven briefly until it is slightly crisp. In the meantime, fry the egg and heat up the refried beans in the microwave. Assemble the dish by putting the beans on the crisp tortilla and topping with the fried egg. Garnish with salsa and avocado slices.