

2025 Consecration

Wed, Jan 1st, 6pm-Sun, Jan 22nd, 6pm ~ The Daniel Fast (Daniel 10:3)

Eating Principles

The Daniel fast is not a total abstinence from food. In this fast you may eat grains, legumes (beans), fruits and vegetables (*be careful of fatty salad dressings*).

1. Drink from 90 – 128 ounces of water daily. While fasting, the body has more waste to get rid of. This is why it is important to consume no less than 90 ounces of water per day.

The following schedule is suggested:

Morning: Drink 30-40 ounces of water before 11am

Mid-day: Drink 30-40 ounces of water before 3pm

Evening: Drink 30-40 ounces of water before 9pm

2. Plenty of non-sugar cranberry juice should be taken; this helps to flush the kidneys.

3. Abstain from fatty foods, caffeine, sugar, and processed flour.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned.

All vegetables. These can be fresh, frozen, dried, juiced or canned.

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 (nut butters including peanut butter)

All legumes. These can be canned or dried.

Some dairy: Non-fat & non-sugar milk or cheese

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

Beverages: spring water, distilled water or other pure waters, Natural fruit juices and Vegetable Juices, but not more than 24oz a day.

Exercising & Eating Please Note: As with any nutritional and/or exercise program, individuals who plan to participate in this Fast are advised to seek the consultation and advise of their Physician, prior to initiation. Suggested exercise program: If your workout regularly, please consider some alternatives during the fast.

Daily Walk

Consecration is the amount of your unconditional surrender to God.

So, what does consecration mean in your daily Christian walk?

1. **Start and End Every Day With God in Prayer**
2. **Read His Word Daily**
3. **Journal Daily - As you pray and read the Word of God, journal your time with Him.**
4. **Limit the distractions i.e. media (T.V., internet, games, phone etc.)**

Daily Journaling: "SOAP"

Scripture - Write the verse (s) through which Jesus is (or may be) speaking to you

Observation - Write the truth or insight you see in the verse (s)

Application - Write how the truth or insight applies to your life

Prayer - Write a prayer/response to God



About the Conference

A time for Sons and Daughters to gather for Renewal, Revelation and Revival from the Heart of the Father. Join us for a time of Instruction, Strengthening and Healing.

Our Mission

A time to invite in sets of giftings that will broaden our capacity for Ministry.

A time and opportunity for the Word of God to come in with depth and power.

JOIN US ▼



Visit Our Website
www.llcfwest.com

2025

CONSECRATION

Honoring the Father "Practicing Reverence"

Isaiah 58:11 NLT

The LORD will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.



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2025 CONSECRATION SCHEDULE

Honoring The Father- Practicing Reverence

21-day Fast Wednesday, January 1st 6PM -Wednesday, January 22nd 6PM

DATE	DAY	DAILY SCRIPTURE		DAILY FAST REQUIREMENTS	MEDIA	CONSECRATION SERVICES SCHEDULE	TIME
		1 Psalm a Day	1 Chapter a Day				
1/1/2025	Wednesday		Psalm 25-26	Consecration BEGINS at 3:00 PM	7 Hours Media per week		
1/2/2025	Thursday	Psalm 1	Psalm 27-28	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/3/2025	Friday	Psalm 19	Psalm 29-30	Fasting Food and Technology (7pm FRI- 9am SAT)		**Special Fasting Instruction	
1/4/2025	Saturday	Psalm 23	Proverbs 16	Daniel Fast (eat grains,beans, fruits, & vegetables)		"Undeniable" 3 Hour Prayer	6:00AM - 9:00AM
1/5/2025	Sunday	Psalm 31	Proverbs 17	Daniel Fast (eat grains,beans, fruits, & vegetables)		Sun Morning Worship Service	10:00AM
1/6/2025	Monday	Psalm 46	2 Samuel 1	Fasting Food and Technology (3pm MON- 6am TUES)		**Special Fasting Instruction	
1/7/2025	Tuesday	Psalm 51	2 Samuel 2	Fasting Food and Technology (3pm TUES- 6am WED)		**Special Fasting Instruction	
1/8/2025	Wednesday	Psalm 84	2 Samuel 3	Fasting Food and Technology (3pm WED- 6am THURS)	7 Hours Media per week	**Corporate Prayer	7:00PM
1/9/2025	Thursday	Psalm 91	2 Samuel 4	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/10/2025	Friday	Psalm 95	2 Samuel 5	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/11/2025	Saturday	Psalm 100	2 Samuel 6	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/12/2025	Sunday	Psalm 103	2 Samuel 7	Daniel Fast (eat grains,beans, fruits, & vegetables)		Sun Morning Worship Service	10:00AM
1/13/2025	Monday	Psalm 119:1-32	2 Samuel 8	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/14/2025	Tuesday	Psalm 121	2 Samuel 9	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/15/2025	Wednesday	Psalm 139	2 Samuel 10	Fasting Food and Technology (3pm WED- 6am THURS)	7 Hours Media per week	**Prayer via Zoom	7:00PM
1/16/2025	Thursday	Psalm 37	2 Samuel 11	Fasting Food and Technology (3pm THURS- 6am FRI)		**Abba Conference	7:00PM
1/17/2025	Friday	Psalm 42	2 Samuel 12	Fasting Food and Technology (3pm FRI- 6am SAT)		**Abba Conference	7:00PM
1/18/2025	Saturday	Psalm 63	2 Samuel 13	Fasting Food and Technology (7pm SAT- 12 noon SUN)		**Special Fasting Instruction	
1/19/2025	Sunday	Psalm 86	2 Samuel 14	Daniel Fast (eat grains,beans, fruits, & vegetables)		Sun Morning Worship Service & Abba Conference Celebration	10:00AM
1/20/2025	Monday	Psalm 145	2 Samuel 15	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/21/2025	Tuesday	Psalm 146	2 Samuel 16	Daniel Fast (eat grains,beans, fruits, & vegetables)			
1/22/2025	Wednesday	Psalm 150	2 Samuel 17	Consecration ENDS at 3:00 PM			

Bible Reading, Journaling and Prayer: Read the daily Devotional each morning Use your journal for what God has revealed to your heart each day and journal for sermon notes