

Sanctify Yourselves: Prepare to Reach Your Destiny

(Joshua 1:1-9)

You are on your way to experiencing your destiny! It is within your reach but where GOD is taking you, you've never been before. Get ready but pay attention to the journey. The journey will require that you focus and pay attention to what GOD is saying and not what you know. The journey will also require that you prepare your mind, body, and soul to make the appropriate adjustments because the stuff that you have been accustomed to is about to change. The journey will further require that personal devotion become your traveling partner. With this in mind, move on to your new places of promise and prosperity. Over the next few weeks, this Lenten season will be a new experience for you as it helps to facilitate your entrance into your destiny environment.

Lent is a season of *soul-searching and repentance*. It is a season for reflection and taking stock. Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days. All churches that have a continuous history extending before AD 1500 observe Lent. The ancient church that wrote, collected, canonized, and propagated the New Testament also observed Lent, believing it to be a commandment from the apostles. (See *The Apostolic Constitutions*, Book V, Section III.)

Instructions: Begin your day and end your day with Bible reading and prayer (Joshua 1:1-9; Daniel 10: 11-12; Matthew 14:23; Mark 1:35). Pray and praise GOD continuously. Pray to the Father that His will be done in your life. Be specific when you pray. Use the daily scripture reading and pray for their fulfillment in your life. Pray to GOD concerning the purpose of this consecration. Praise GOD for the revelation of salvation through and by His Son, Jesus. Praise Him for the realization of deliverance, faith, and victory in and through His Word. Praise GOD for who He is, what He has done, and what He will do.

During this consecration, abstain from excessive gesturing, talking, etc. and maintain a pleasant demeanor. Select a prayer partner, one you can meet with or converse with daily in prayer. Stay focused on your purpose for this consecration by meditating on the benefits (results) rather than the challenge. Lift up the **Pastoral and Ministerial staff** and other church leaders, as often as you can, in prayer. Become an effective intercessor in prayer, praying in the Spirit.

Week One (or every Wednesday)

This consecration is not total abstinence from food but your willingness to forego certain pleasures. You may choose to abstain from various things (certain foods or fast food, watching hours of TV, drinking sodas, gossiping, etc.).

Drink: Water, Natural Juices, Lemon Tea, Vegetable Juice

Eat: Moderate portions or eat after 3pm. **Remember** that Sunday is a day of celebration because of the Resurrection. Do not catch up your eating on Sundays!

Week Two

Drink: The same as the previous week

Eat: The same as the previous week; you may add- fresh fruit (including a fresh salad) canned or frozen fruit if packed in its own natural juices); any green vegetables, corn or tomatoes

Week Three

Drink: The same as the previous weeks

Eat: The same as the previous weeks to include: fresh garden salad, tuna or salmon (right out of the can) boiled or baked potatoes (without sour cream, bacon, bits, cheese, etc.)

IMPORTANT NOTE: As the consecration comes to a close, be sure not to resume eating a large meal. Listen for instructions-you will need to gradually allow your body to resume its normal intake. This may be a good opportunity for you to take control of your eating habits.

Scripture List for the Fast (Memorize a verse daily)

Seven Days of Purification

Day 1	Psalm 139
Day 2	Deuteronomy 7:7-8; Daniel 1:12-13
Day 3	Joshua 3:5
Day 4	Psalm 63:1
Day 5	Psalm 119:9; Isaiah 6:6-7
Day 6	Daniel 9:3-4
Day 7	1 Corinthians 6:15

Seven Days of Discipline

Day 8	Deuteronomy 10:12
Day 9	Psalm 40:8
Day 10	1 Corinthians 9:27
Day 11	Colossians 3:5-7
Day 12	Hebrews 12:7-8
Day 13	2 Timothy 4:5
Day 14	Jeremiah 18:4

Seven Days of Increased Faith, Tried Faith

Day 15	Isaiah 65:17-25
Day 16	Psalms 20:4-5
Day 17	Psalms 40:3
Day 18	1 Corinthians 2:5
Day 19	Hebrews 11:6
Day 20	Romans 4:20-21
Day 21	Isaiah 33:22-23

Lent consists of 40 days and so you will need to develop your own scriptural base for the remaining 19 days and keep a list of them.

TO GOD BE THE GLORY!