



CONSECRATION MONTH



FOR THE MONTH OF FEBRUARY

Daniel 1:11-17



TIME OF FASTING: 12:00 AM - 4:00 PM ; ONE MEAL DAILY

THINGS TO EAT

VEGETABLES
LEMON WATER*
(*SUGAR SUBSTITUTE MAY BE USED)
CHICKEN, FISH OR SEAFOOD
TURKEY
FRESH FRUIT AND NUTS
MILK/WATER (AT LEAST 1 QUART)*
FRUIT JUICES
SALT (VERY LITTLE)
EGGS (BOILED OR POACHED)

THINGS NOT TO EAT

NO SODA, COFFEE, OR TEA (UNLESS
IT IS GREEN OR HERBAL TEA)
NO SWEETS OR JUNK FOOD
NO STARCHES
NO TELEVISION EXCEPT THE NEWS

NOTE: *DRINK WATER WITHIN ONE HOUR SPAN AFTER MEAL.

RESULTS:

At the end of the month, if you go through the consecration, your appetite for God will increase and your body will be in good health. Your eyesight will be better both spiritually and naturally. Migraine headaches will be gone. There will be no stiff joints or swelling in the legs or feet. Blood pressure and blood sugar will be normal.

Important Note: If you are diabetic or have any health conditions, please be sure to consult your doctor regarding any medical concerns and fasting. If you decide to take medication, please eat. Always maintain your faith and faith during the fast.

