



21 DAY CONSECRATION GUIDE

A guide for participating in
21 Days of Consecration at
the Rock.





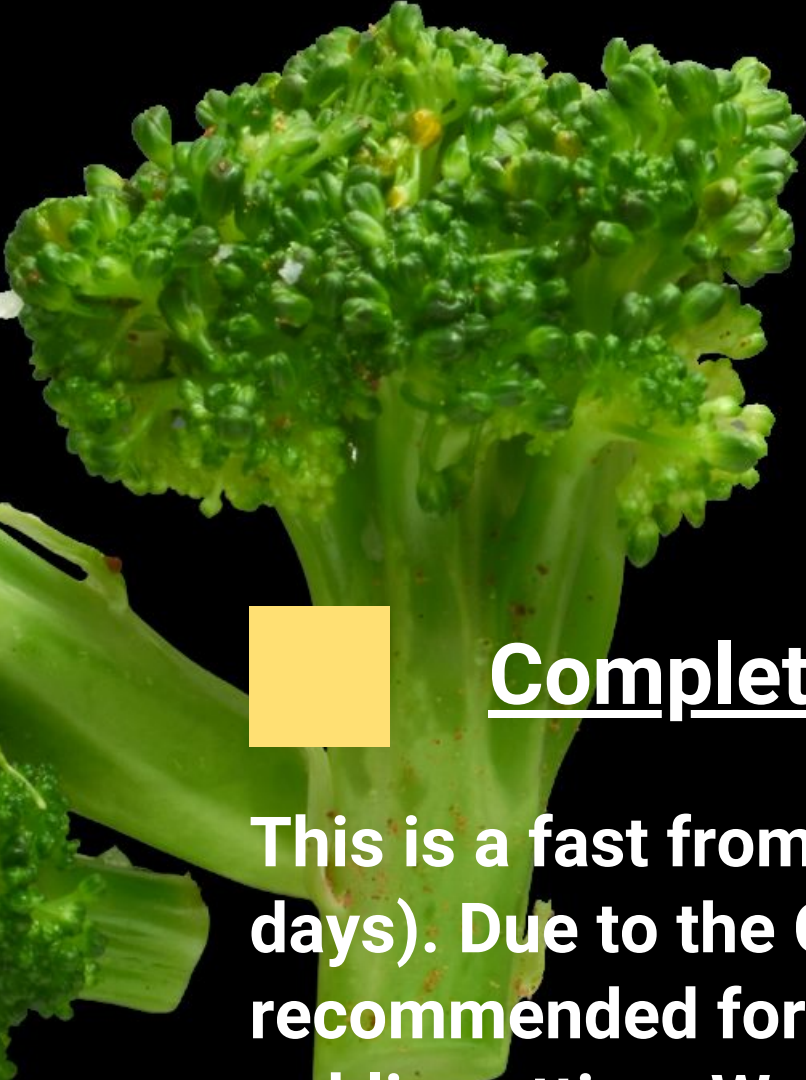
Welcome Message

Solid Rock Family, welcome! God has been gracious and we have made it to 2025. Our prayer theme will be Hebrews 13:8: “Focus on **Jesus**”. This season will be dedicated to the Lord to show us how to lead people to Freedom in Christ! Let us not only turn down our plates, but pray! Let us devote one additional hour each day to the prayer topics in this guide. Let's P.U.S.H - Pray Until Something Happens!

**-Rev. J. Tim Quainoo, MTS
and Pastor Jill Quainoo, RDN
Senior Pastors**



HOW SHOULD YOU FAST THIS YEAR?



Complete Fast

This is a fast from all food for a period of time (1 or more days). Due to the Coronavirus Pandemic, this one is recommended for those who are home and not working in a public setting. We believe that God wants you to be okay spiritually and physically, and taking care of your body is just as important this season.

Partial Fast

Fasting from a meal or for several hours each day with a break from the fast at a specific time (such as fasting from breakfast every day). This can also include fasting from solid food for a time (limiting consumption to blended fruits, vegetables, nuts, and/or water).





ALTERNATIVE FASTING METHODS

Daniel Plan

A healthy eating decision based on Daniel 1:8-16. This plan has been published by Saddleback Church. The plan is a strict vegan diet coupled with exercise.

Clean Food Diet

Fasting from any junk food or sweets. This is recommended for those who cannot fast from food for medical reasons (such as pregnant women or people with medical conditions, see below).

Attention Consecration

This is a fast that we can all do in conjunction with whichever fast we choose. We urge you to fast from excess screen time, social media time, and any other habits that distract you from time with God (such as shopping, watching sports games, video games, etc.)





Do's & Dont's

Before you fast, you should:

PRAY! Be led by the Holy Spirit. You should not be pressured to participate.

Consult your doctor, caretaker, or medical professionals who care for you.

Pay attention to your body. Any changes in bodily function should be reported to a doctor right away.

You shouldn't fast if:

You have metabolic conditions like diabetes or conditions (such as thyroid conditions, congestive heart failure, seizure disorders, anemia).

You take medications that require food.

You are pregnant, looking to get pregnant, or are a breastfeeding mother.

HERE ARE 7 PRAYER TOPICS THAT YOU CAN
FOCUS ON AS YOU FAST AND PRAY :

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Schools - Students, Teachers, Administrators, Staff, Parents, Resource, and Support team members.

Government - Local, State, and Federal.

Neighborhoods - Housing Stability, Equitable Resources, Healthy Communities, and First Responders.

Churches - Solid Rock , Your Pastors, Unity among the Churches, Persecuted Believers around the world.

Families - Marriages, Parent/Child relationships, Healing, Financial Stability and Security, Intergenerational Wealth.

Global Concerns - Frontline Workers, Ethical Business Practices, Wisdom for government leaders.

Revival - Matthew 6:10! “On Earth As It Is In Heaven.”



Short Course on Fasting

Adapted from Rev. Brenda K. White.

What is the purpose for fasting

A means of worship - God-centered, God-intended and God-ordained

An expression of grief, distress, or repentance

As a preparation for God's guidance and renewal

To reveal the things that control or hinder our intimacy with God

To remind us that we are sustained by every word that proceeds from the mouth of God

To help keep our balance in work and life

To strengthen the soul.



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What is biblical fasting?

Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (Acts 13:2; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.



Short Course on Fasting

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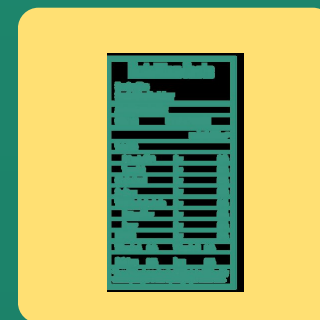
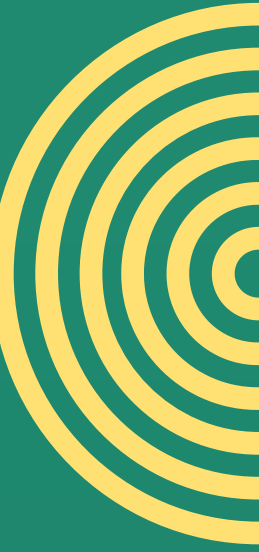
Biblical examples of fasting?

- Jesus fasted to acknowledge reliance on the Holy Spirit and God's Word. (Luke 4:1,2).
- Daniel fasted for three weeks to express his grief (Daniel 10:2-3).
- Nehemiah fasted for confession and repentance (Nehemiah 1:4).
- David humbled himself for God to intervene because of injustice (Psalm 35:13), (2 Samuel 12:17, 23).
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The early church fasted while worshiping and committing their ministry to the Lord. They also fasted for guidance, confirmation and the appointment of elders (Acts 13:2; 14:23).





Things To Pay Attention To When Eating



Ingredients
List



Nutrition
Needs



Rhythms of
Rest



God's Word

Guide To Fasting



You must pray.
Fasting without prayer is only dieting. Prayer is the power. Matt 17:21



Fasting from foods is a discipline. But, our true hunger and thirst is for righteousness.
Is 58:6



Hydrate. Hydration is imperative.
Whichever fast you choose. Please drink water!



Be mindful of any medical conditions.
Consult with your doctor as needed.

“Jesus Christ is the same yesterday and today and forever!”

-Hebrews 13:8 (NET)





JESUS

2025 will be a year to focus
on our Risen, Reigning, and
Returning KING!

