

Kingdombread International Church
"A City of Salt, Light & Love ; Serving the Bread of Life"
PO Box 653, Lansing, Illinois 60438-0653
Apostle Jonathan J. Sr. & Prophetess Donna L. Hall, Founding Pastors

2020
21 DAY CONSECRATION GUIDE
CONSECRATION DATES: March 20, 2020 – April 10, 2020



**Theme: "The Decade of Divine
Order; Perfected Vision; Double
Portion Mantles"**

*1 Corinthians 14:40; Psalm 91; Luke 4:18; John 4:34,35;
2 Kings 2:9-14*

*If you have any questions or need further info:
Email: Jesus@Kingdombread.com
Phone: 833.273.2348*

Shalom Kingdombread Family & Friends!

The LORD be magnified in this *Decade of Divine Order; Perfected Vision; Double Portion Mantles!* I invite you to Join me & First Lady Prophetess Hall once again, as we turn our plates down to seek the face of our God in our first **Holy Consecration Fast** unto the Lord in this new decade! As we continue to dwell IN THE SECRET PLACE OF THE MOST HIGH and ABIDE UNDER



THE SHADE & DEFENCE OF THE ALMIGHTY, we long to be more like Him! Because of this longing, it is by His all-sufficient grace that we choose to humble ourselves under His mighty hand by consecrating our lives unto Him in **21 Days (3 weeks)** of *watching, prayer and fasting*. This year, our **Holy Consecration Fast** begins on **Friday, March 20, 2020 at 12:01AM** and **ends on Good Friday, April 10, 2020 at 12:01AM**. Please note that this Fast is voluntary and it is your choice to participate or not. For those who choose to participate, we have prepared this **21 Day Consecration Guide** to provide instruction on how we will Consecrate our lives together as the Body of Christ for the next 21 days. On the following pages, you will find consecration instruction for each week. This includes a *Weekly Prayer Focus, Daily Scripture Meditation Reading, Scripture Memorization, Breakfast-Lunch-Dinner Menu, and Journal Space to record your thoughts*. During this Holy Consecration Fast, you are also encouraged to join our Daily Prayer Calls, **Monday-Friday @ 6am, Noon, and Midnight (CDT)**. **Dial: 712-775-7270 Access Code: 948820#**. First Lady & I are looking forward to being transformed & perfected with each of you in our Father's Presence during this Consecration! May God bless & keep you always is our prayer.

Shalom aleichem

Apostle J

GUIDELINES FOR 2020 CONSECRATION

Special Note: Please be sure to contact your health professional for advice and guidance before committing to any fast.

- **Eliminate** all red meats, fried foods, pastries, candies, junk foods, sweeteners, syrups, molasses, teas, coffees, sodas, sports drinks (i.e., Gatorade, PowerAde, etc.), energy drinks, & alcohol.

Unless otherwise instructed in this Guide, you may include the following in your diet:

- **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**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter. **All legumes**. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans. **All quality oils**, including but not limited to olive, canola, grape seed, peanut, and sesame. **Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.
- **ALTOID Breath Mints and/or Breath Strips** are permissible for combating halitosis, which is the name of a bad breath condition common with fasting. **FYI, drinking plenty of water or chewing on a piece of raw celery or fresh parsley leaves are natural ways to freshen your breath.**

-2-

WEEK ONE
FRIDAY, MARCH 20TH @ 12:01AM – THURSDAY, MARCH 26TH
DAYS 1-7

- ♥ **This Week's Prayer Focus: Spiritual Cleansing, Personal Healing & Deliverance**
- ☞ **Daily Scripture Meditation Reading: Psalm 51:1-19; Jeremiah 17:14**
- 📖 **Scripture Memorization: Psalm 51:6,7 (KJV)** *"6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. 7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." Jeremiah 17:14 ¹⁴Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise."*
- † **Commit 1 hour a day to Prayer, Scripture Meditation and Bible Study**

MENU

(You may include dairy products, whole wheat grains, nuts & seeds,)

- 🍷 **BREAKFAST: Cereals, Fruits** *(Can be fresh/frozen/dried/juiced/canned.)*
- 🍷 **LUNCH & DINNER: Poultry (White Meat only), Seafood, Soups, Salads and all Vegetables. *(Vegetables can be fresh, frozen, dried, juiced or canned.)***
- 💧 **Drink at least 6 glasses of room temperature to cool water per day. No ice.**
Recommend: Filtered water, spring water, or distilled water.

WEEK TWO
SATURDAY, MARCH 27TH – THURSDAY, APRIL 2ND
DAYS 8-14

- ♥ **This Week's Prayer Focus: Intercession for Family/Friends/Harvest/World**
- ☞ **Daily Scripture Meditation Reading: Nehemiah 4:1-23; John 4:34,35**
- 📖 **Scripture Memorization: Nehemiah 4:14 (KJV)** *"And I looked, and rose up, and said unto the nobles, and to the rulers, and to the rest of the people, Be not ye afraid of them: remember the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses." John 4:34,35* *"34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work. 35 Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest."*
- † **Increase Prayer, Scripture Meditation & Bible Study to 2 hours per day**

MENU

(You may include whole wheat grains, nuts & seeds, legumes)

Eliminate all Poultry, Seafood and Bread. NO LUNCH.

- 🍷 **BREAKFAST: Limited to Fruit only.** *(Can be fresh, frozen, dried, juiced or canned.)*
- 🍷 **DINNER: Limited to Soups, Salads and all Vegetables.**
- 💧 **Drink at least 7 glasses of room temperature to cool water per day. No ice.**
Recommend: Filtered water, spring water, or distilled water

WEEK THREE
FRIDAY, APRIL 3RD - FRIDAY, APRIL 10TH @ 12:01AM
DAYS 15-21

♥ **This Week's Prayer Focus:** Lord, prepare us for the increase

☞ **Daily Scripture Meditation Reading:** Genesis 17:1-5

📖 **Scripture Memorization:** Genesis 17:1,2 (Complete Jewish Bible) *When Avram was 99 years old Adonai appeared to Avram and said to him, "I am El Shaddai [God Almighty]. Walk in my presence and be pure-hearted. ² I will make my covenant between me and you, and I will increase your numbers greatly."*

DAY 15-18: FRIDAY, APRIL 3RD – MONDAY, APRIL 6TH

† Increase Prayer, Scripture Meditation & Bible Study to 2.5 hours per day

MENU

(You may include nuts & seeds, legumes)

NO BREAKFAST. NO LUNCH.

🍷 **DINNER:** *Limited to Soups only.*

💧 **Drink at least 8 glasses of room temperature to cool water per day. No ice.**
Recommend: Filtered water, spring water, or distilled water.

DAY 19 & 20: TUESDAY, APRIL 7TH & WEDNESDAY, APRIL 8TH

† Increase Prayer, Meditation & Bible Study time to 3 hours a day

MENU

NO BREAKFAST. NO LUNCH. NO DINNER

💧 **LIQUIDS ONLY**

Liquids include: filtered water, spring water, distilled water, fresh fruit juices, and vegetable juices. Broth is permissible, if needed.

DAY 21: THURSDAY, APRIL 9TH - FRIDAY, APRIL 10TH @ 12:01AM

† Increase Prayer, Scripture Meditation & Bible Study to 3.5 hours per day

MENU

(You may include nuts & seeds, legumes)

🍷 **LUNCH ONLY: Soups & Salads**

💧 **Drink at least 8 glasses of room temperature to cool water per day. No ice.**
Recommend: Filtered water, spring water, or distilled water.



WHEN BREAKING YOUR FAST

Do not eat solid foods or large meals immediately after breaking your fast. This may cause damage to your stomach and body. Instead, gradually reintroduce foods into your diet and make every effort to maintain the spiritual & physical benefit you've acquired during the Consecration. For the Lord will complete the good work that He's begun in you as He perfects that which concerns you!

In Jesus's name. Amen [Philippians 1:6; Psalm 138:8]

