**Ready 2 Serve Ministries Fast/Consecration**

**Start Date:** January 3rd at 6 p.m.

**End Date:** January 23rd at 6 p.m.

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***Fasting Instructions:***

During this period, we are fasting away from TV, Meats or Sweets, consult with your physician.

Select a 12hr block out of each day to fast for the 21-day period

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**Week 1**

(*January 3rd* - *January 9th*):

**Praying/Meditation Instructions:**

At 6 a.m. and 6 p.m. daily prayer and meditations on God’s word.

***We will be focusing on self-healing, deliverance, and growth.***

* Daily Instructions: Listen to God’s Medicine: <https://www.youtube.com/watch?v=0ZWUThnylZk>
* Declaration: <https://www.youtube.com/watch?v=MDPo6v9zz2A> and <https://www.youtube.com/watch?v=MEsKfa6YB-I>
* Write in Thanksgiving Journal (Daily)
  + Write down 3 things you are thankful for and why?
  + Share your list with someone

Worship Music: <https://www.youtube.com/watch?v=xImPeLO4oGc> (Ready 2 Serve)

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**Week 2**

(*January 10th - January 16th***)**:

Praying/Meditation Instructions:

At 6 a.m. and 6 p.m. daily prayer and meditations on God’s word.

***We will be focusing on family-healing, deliverance, and growth.***

* Daily Instruction: Listen to Atomic Power of Prayer: <https://www.youtube.com/watch?v=2xxhQrgCACQ>
* Declaration: <https://www.youtube.com/watch?v=MDPo6v9zz2A> and <https://www.youtube.com/watch?v=MEsKfa6YB-I>
* Write-in Thanksgiving Journal (Daily)
  + Write down 3 things you are thankful for and why?
  + Share your list with someone

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**Week 3**

(January *17th* - *January 23rd*):

Praying/Meditation Instructions:

At 6 a.m. and 6 p.m. daily prayer and meditations on God’s word.

***We will be focusing on community-healing, deliverance, and growth.***

* Daily Instruction: Listen to A Powerful Blessing Prayer Over Your Home: <https://www.youtube.com/watch?v=3orZrYPCJpQ> and/or <https://www.youtube.com/watch?v=3orZrYPCJpQ>
* Declaration: <https://www.youtube.com/watch?v=MDPo6v9zz2A>

<https://www.youtube.com/watch?v=MEsKfa6YB-I>

* Write-in Thanksgiving Journal (Daily)
  + Write down 3 things you are thankful for and why?
  + Share your list with someone
* Praise and Worship:
  + [https://www.youtube.com/watch?v=xImPeLO4oGc](ohttps://www.youtube.com/watch?v=xImPeLO4oGc)

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