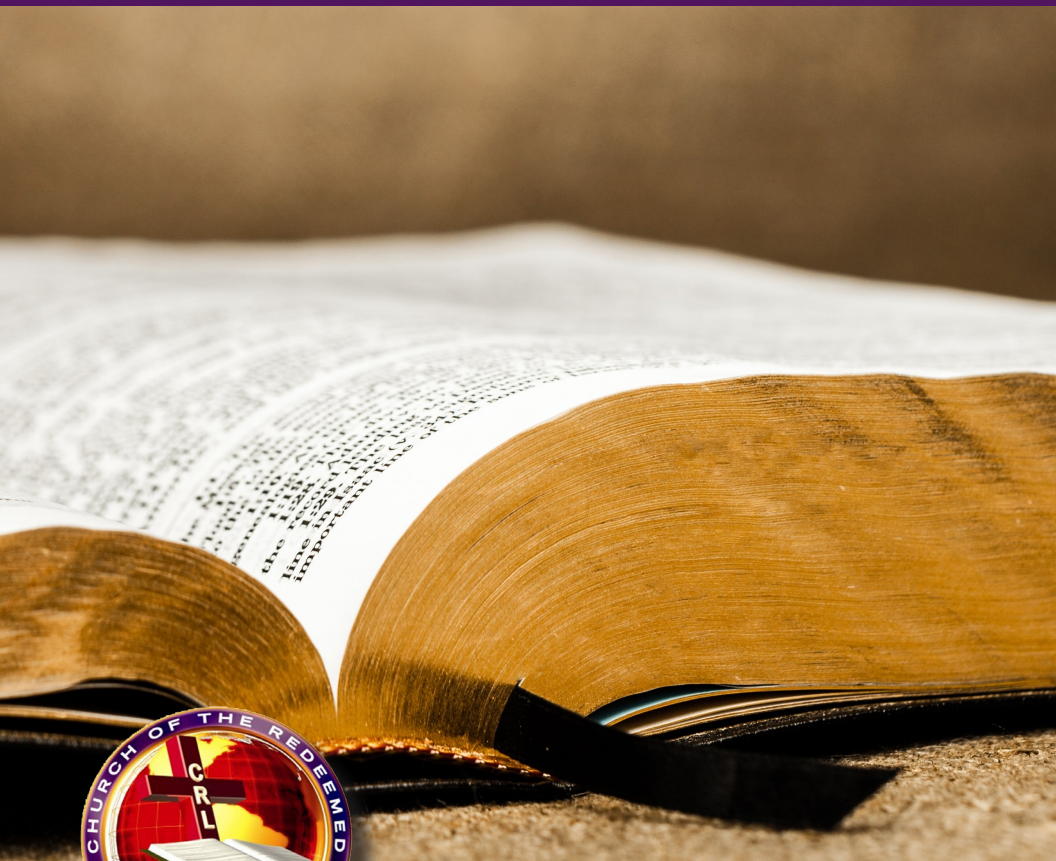


The Church of the Redeemed of the Lord

# CONSECRATION

2026

*Walking Worthy of God's Call*  
*Ephesians 4:1-3*



*Dr. Jerome Stokes, Sr., Pastor*





A Church Committed to the Word and Ways of God

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## **Commitment, Guidelines, and Time Period**

The Church of the Redeemed of the Lord will be consecrating the entire month of January. Wednesday is the main fast day, however, we encourage everyone to fast more during this month of consecration. Although the entire church will be consecrating during this time, some will continue throughout the year.

### **Time Periods:**

- 1<sup>st</sup> period — 6am -12pm
- 2<sup>nd</sup> period — 12pm - 6pm
- 3<sup>rd</sup> period — 6pm - 12midnight
- 4<sup>th</sup> period — 12midnight - 6am

Those who desire to continue can follow the guidelines in this booklet. We understand that everyone's schedule may not allow them to commit to the guidelines; however, we expect all CRL members to consecrate at a level higher than usual.

We are asking and encouraging everyone to continue praying during our weekly prayer times throughout the year (Wednesdays 6-7pm). This unifies us all when we set aside a specific time to pray and fast together.

## **Specific Requests**

1. Be on time to all services and scheduled prayer meetings.
2. Mend all broken fellowships.
3. Abstain from all church conflict and division.
4. Adhere to strict Godly living.
5. Continue tithing consistently or become a consistent tither.

## **Specific Prayers**

1. CRL's Pastor and Associate Pastors
2. CRL Leadership
3. CRL Day Staff
4. CRL Membership
5. Increased commitment and dedication to Christ and His work
6. Greater involvement of each member in the work of ministry
7. Increased CRL anointing for soul-winning
8. Greater stability and steadfastness
9. World Leaders, National Leaders and Local Leaders
10. Healing for families and individuals dealing with all types of diseases and illnesses
11. Healing for families and individuals affected by COVID-19
12. Strength and Healing for individuals and families dealing with grief
13. CRL unity and efficiency
14. Increase in tithes and offerings
15. Increase in souls being filled with the Holy Spirit
16. Expansion of CRL's Missions

# Prayer and Fasting

A true fast is not merely abstaining from food, it means refraining from evil. It involves bringing your body (physical), soul (mind, thoughts, will, emotions, and desires) and spirit, under subjection to the Lord.

## BODY

- Hands – keep free from activities motivated by greed
- Feet – cease running after sin
- Eyes- Refrain from watching that which is sinful
- Ears – stop listening to evil talk and gossip
- Mouth – keep from speaking foul words and unjust criticism, or slander

## SOUL

**Isaiah 58:3-7** *“Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?”* (Fasting God’s way is not for an outward show)

- Abstain from sin and greed
- Relieve the heavy burdens
- Do not be an oppressor (finger pointing / speaking falsely to cause harm)
- Free the oppressed (the poor, the workers, the slaves)
- Feed the hungry
- Shelter the homeless
- Clothe those who have no clothes
- Show kindness and mercy to your own family

**Galatians 6:10** *“Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers”.*

## SPIRIT

- Set aside quiet time to be with the Lord.
- Choose a specific verse or passage of Scripture and slowly read it, stop and meditate upon it. Then “pray that Scripture”.
- Fast for repentance. Joel 1:13-14
- Commit yourself to sanctification. Isa. 1:16-17; Eph. 5:26; II Cor. 7:1; I John 1:8-9; I Cor.1:30; John 17:17; II Tim. 2:21; Isa. 1:19
- Fast and Worship. Acts 13:2-3
- Pray prayers of thanksgiving. Acts 6:4; Jude 20; Col. 4:2; I Tim 2:1-2
- Minister to the Lord with fasting. Eph. 5:18-21; Acts 13:2
- Read and Meditate in the Word.
- Discipline your body. I Cor. 9:27
- Humble yourself. I Pet. 5-6
- Walk in the Spirit. Gal. 5:16
- Pray for what you want God to work in your life and your character. Heb. 4:14; Heb. 11:6; Rom. 10:17; Heb. 12:2; I Cor. 2:16; I Cor. 1:30; Phil. 4:13; Rom. 5:5; I John 4:16; I John 5:18; Gal. 1:4; Eph. 2:6; Col. 1:13; Rom. 8:2; 2 Tim. 1:7; Rom. 8:31; I John 5:4-5; Eph. 2:10; Phil. 2:13; Col. 3:16; Phil. 1:6



## **Fasting Specifics**

- Everyone is expected to participate in this consecration through both prayer and fasting.
- Consider fasting 6am-4pm or 6am-6pm.
- Consider fasting some full days.
- We will fast in the sense that we will deny ourselves from feeding off the thoughts that are improper and which hinder our walk with the Lord.
- We will also fast by abstaining from habits that are hindering our walk with the Lord.
- We will fast by cutting out some of our normal activities and devoting that time to God. (i.e. watch less TV/movies, refrain for a period of time from social media and spend that time studying God's word, praying, or watching religious programs.)
- We will fast by abstaining from our normal level of food intake.
- If you are not accustomed to fasting from food, do not be overly ambitious.
- Consider a fruit fast and eat fruit for a day or two rather than other foods.
- Consider fasting by eating one meal a day, at a time of your choice.
- Consider fasting 1-3 days without food. It is recommended that fasts that extend longer than three days be conducted with water intake.
- Consider fasting a half day and gradually increasing the length.
- If you are accustomed to fasting use your experience.
- Consider fasting at least 2-3 days per week during the time of consecration.
- Consider fasting for longer periods if you have experience fasting.

**\*Please consult your physician before participating in any prolonged fast from food.**

## Consecration Notes and Scriptures

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