

FSWC 2022 CYOC (Choose Your Own Consecration) & 21 Days of Prayer

DATES

1/9/22: 2022 CYOC Kick-off

1/10/22: CYOC Start

1/31/22: CYOC End

THEMES

Primary themes: Spiritual maturity, Prayer, Rest

KEY SCRIPTURES

- Galatians 5:16-18
- Romans 8:5, 26-27; Romans 12:2
- 1 Peter 2:1-3; Hebrews 5:12-14, 6:1-3

GUIDELINES

Our 2022 consecration time will build upon the holistic focus from previous years. This year, we want to acknowledge the spiritual maturity of every believer and encourage you to design your own consecration based on what you, in partnership with The Holy Spirit, feel you need to prepare you for what's to come in 2022. The guidelines below represent options that you can tailor to address the needs of your spirit, mind and body. We will also have a stronger focus on prayer and have provided a prayer guide for each day of the consecration.

Prayer

While everyone can determine the details of their consecration, we are asking everyone to participate in 21 days of prayer using the prayer guide slightly adapted from the Four Square Church's 21 Days of Prayer + Fasting. Read and pray the scriptures and prayers for each day. There are family activities to allow the entire family to join actively in prayer each day.

Food/Drink

- If you choose to abstain from food, you will choose the days and times of your fasting. During your non-fasting times, we encourage you to eat healthy food and drink beverages that are good for your body. Spend your fasting time praying, reading, worshipping, enjoying God and His creation. If you have medical conditions, please remember that God can heal while taking medications and following doctor's orders. During this pandemic, be safe and wise. We are not encouraging anyone to starve or significantly weaken their body from a lack of food/nutrients.
- Healthy Eating & Drinking - Eat clean (lean meats, fruits and veggies); minimize/eliminate junk and fast food. Drinks: plenty of water, 100% fruit juice (in moderation), tea and coffee (caffeine in moderation), minimize soda and all alcoholic beverages

Exercise

Take walks and get fresh air if weather permits. If not, try to exercise indoors by walking in place or lifting light weights. Try to engage in light physical exercise each day if you are able.

Rest

It's very important for everyone to take time out to rest in the Lord and get adequate sleep to rejuvenate your mind, spirit and body.

Giving/Serving

Think and pray about how you can give of your resources (skills, talents, finances) to show the love of God and help/serve those around you.

Media/Entertainment

Detox from negative and ungodly media and entertainment. Minimize/eliminate intake of negative and/or ungodly music, television, news and social media. Read and listen to things that will encourage/uplift/inspire you to mature in Christ and be strengthened for the work that God is calling you to.

Resources:

Bible Gateway (www.biblegateway.com) - for online Bible reading and research

Scripture Memory Guide by Ed Strauss – book to help you learn the Bible and memorize scripture

Foursquare Church's 21 Days of Prayer + Fasting (<https://www.foursquare.org/events/21-days-of-prayer/>) - additional resources on prayer and fasting