



 **Mt. ENNON**  
BAPTIST CHURCH

*For People on the GROW!*

# 40 DAYS OF CONSECRATION

*"Seeking God's Face"*

FEBRUARY 22<sup>ND</sup> - APRIL 8<sup>TH</sup>



# A WORD FROM OUR PASTOR

Holy Consecration is a 40-day period (excluding Sundays) of prayer and fasting that begins on Ash Wednesday, February 22<sup>nd</sup>, and ends on Saturday, April 8, 2023.

This is a time for reflection on the spiritual disciplines of obedience, self-examination, meditation on the Word of God, and self-denial that we might draw closer to the Lord.

During this season, each member is asked to commit to the following:

- ◆ Each day engage in the following:
  1. Prayer Focus (*See Itinerary*)
  2. Read Scripture (*See Itinerary*)
- ◆ Choose one thing to abstain from throughout the Lenten Season
- ◆ Participate in a progressive dietary fast
- ◆ Fast solid foods on Wednesdays 6am-6pm
- ◆ Join our weekly prayer call on Wednesdays at 6:00am

**301-715-8592 ~ Meeting ID: 831 7386 3384 ~ Passcode: 838982**

- ◆ Listen to the weekly curated musical playlists
- ◆ ***Please consult your physician before making any major dietary changes***

It is my fervent prayer that this season of consecration will lead us to deeper depths and higher heights in the Lord!

Please email your individual prayer request to:

**[PrayerRequest@mtennon.org](mailto:PrayerRequest@mtennon.org)**



# PROGRESSIVE DIETARY FAST

## Week 1

- Eliminate pork, fried foods and alcohol

## Week 2

- In addition to above, eliminate red meat and sweets

## Week 3

- In addition to above, eliminate sugary drinks and caffeine

## Week 4

- In addition to above, eliminate poultry

## Week 5

- In addition to above, eliminate all meat

## Week 6

- In addition to above, eliminate processed carbohydrates  
(e.g., bread, pasta, rice, cereal, etc.)

## Week 7

- Eat a plant-based diet of vegetables, fruits, nuts, seeds and drink water

# SCRIPTURE ITINERARY

Join us for the *40 Days of Seeking God's Face*. We will focus on drawing closer to God through this period of Holy Consecration. Take a moment each day to meditate, read scripture and pray according to the week's focus.

## **Week 1: Seeking God's Face in Prayer**

- Wednesday, February 22<sup>nd</sup>
  - Psalm 121
- Thursday, February 23<sup>rd</sup>
  - Matthew 7.7-8
- Friday, February 24<sup>th</sup>
  - 2 Chronicles 7.13-16
- Saturday, February 25<sup>th</sup>
  - Ephesians 3.14-21

## **Week 2: Seeking God's Face in Scripture**

- Monday, February 27<sup>th</sup>
  - Isaiah 55.6-11
- Tuesday, February 28<sup>th</sup>
  - 2 Timothy 3.16-17
- Wednesday, March 1<sup>st</sup>
  - Hebrews 4.12-13
- Thursday, March 2<sup>nd</sup>
  - Matthew 13.1-23
- Friday, March 3<sup>rd</sup>
  - Joshua 1.7-8

- Saturday, March 4<sup>th</sup>
  - Romans 11.33-36

### **Week 3: Seeking God's Face in Communion**

- Monday, March 6<sup>th</sup>
  - Matthew 6.33
- Tuesday, March 7<sup>th</sup>
  - Jeremiah 29.11-13
- Wednesday, March 8<sup>th</sup>
  - Psalm 63.1-4
- Thursday, March 9<sup>th</sup>
  - James 4.7-10
- Friday, March 10<sup>th</sup>
  - John 15.1-11
- Saturday, March 11<sup>th</sup>
  - Jude 24-25

### **Week 4: Seeking God's Face in Worship**

- Monday, March 13<sup>th</sup>
  - Psalm 91
- Tuesday, March 14<sup>th</sup>
  - John 4.23-24
- Wednesday, March 15<sup>th</sup>
  - Romans 12.1-2
- Thursday, March 16<sup>th</sup>
  - Psalm 95.1-7
- Friday, March 17<sup>th</sup>
  - Psalm 8

- Saturday, March 18<sup>th</sup>
  - 1 Thessalonians 5.23-24, 28

### **Week 5: Seeking God's Face in Praise**

- Monday, March 20<sup>th</sup>
  - Psalm 100
- Tuesday, March 21<sup>st</sup>
  - Isaiah 25.1
- Wednesday, March 22<sup>nd</sup>
  - Psalm 103.1-5
- Thursday, March 23<sup>rd</sup>
  - 1 Chronicles 16.8-11
- Friday, March 24<sup>th</sup>
  - Psalm 30
- Saturday, March 25<sup>th</sup>
  - Psalm 34.1-8

### **Week 6: Seeking God's Face in Meditation**

- Monday, March 27<sup>th</sup>
  - Psalm 1
- Tuesday, March 28<sup>th</sup>
  - 1 Corinthians 15.58
- Wednesday, March 29<sup>th</sup>
  - Psalm 46.10
- Thursday, March 30<sup>th</sup>
  - 1 Kings 19.11-13
- Friday, March 31<sup>st</sup>
  - Psalm 119.9-16

- Saturday, April 1<sup>st</sup>
  - Numbers 6.24-26

### **Week 7: Seeking God's Face in Fellowship**

- Monday, April 3<sup>rd</sup>
  - John 13.34-35
- Tuesday, April 4<sup>th</sup>
  - 1 Thessalonians 2.1-13
- Wednesday, April 5<sup>th</sup>
  - 2 Chronicles 20.13-17
- Thursday, April 6<sup>th</sup>
  - Colossians 3.12-17
- Friday, April 7<sup>th</sup>
  - Acts 16.25-34
- Saturday, April 8<sup>th</sup>
  - Romans 15.7-13

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## **Submit Prayer Requests**

Via email ~ [PrayerRequest@mtennon.org](mailto:PrayerRequest@mtennon.org)

Online ~ [mtennon.org](http://mtennon.org)

***Select Stay Connected and the Prayer Request button at the top of the page***

# Prayer Resources ~ Books

Dangerous Prayers ~ Craig Groeschel

A Hunger For the Holy ~ Calvin Miller

The Daniel Plan ~ Rick Warren

The 40-Day Soul Fast ~ Cindy Trimm

The 40-Day Surrender Fast ~ Celeste Owens

Prayers That Avail Much ~ Germaine Copeland

Becoming A Prayer Warrior ~ Elizabeth Alves

Prayer of Petition ~ Jerry Savelle

Prevailing Prayers of the Bible ~ Kimberly Ray

A Praying Life ~ Paul Miller

Fasting For Spiritual Breakthrough ~ Elmore Towns

Show Me the Way: Daily Lenten Readings ~ Henry J.M. Nouwen

Celebration of Discipline ~ Richard Foster

Discerning the Voice of God ~ Priscilla Shirer

## WATCH US LIVE!

### SUNDAYS:

8:45AM & 11:00AM



### WEDNESDAYS:

Virtual Morning Bible Study @10:00AM

Virtual Evening Bible Study @7:00PM