

Week 4

Monday, January 22nd through
Sunday, January 28th:

Restricted Television Watching

Monday & Tuesday:

Vegetarian meals
(For example: vegetables, fruits,
tofu. No meat, fish or poultry)

Wednesday, Thursday & Friday:

Your Choice For Fasting:

Each Day Fast Until 3pm.
Vegetarian Meals After 3pm
(For example: vegetables, fruits,
tofu. No meat, fish or poultry)

Or

A Complete Fast (Water Only)
For Entire 3 Days.

End of the Consecration Dietary Schedule

January Revival Conducted By
Pastor Kenneth Lockhart
Will Be Held
Wednesday, January 24th Through
Friday, January, 26th
7pm Nightly.
Each Member Is Asked To Give
\$40 To Support The Revival.

Regular Daily Meals Dietary Guidelines

- ◆ During the month, please refrain from red meat, fried foods and snacking between meals.
- ◆ One serving of dessert, to be eaten with your meal, not to be saved for later.
- ◆ Limit amount of caffeine and sugar per day.
- ◆ On Sundays, we will fast until after morning service.
- ◆ Meals should be completed by 8pm or 2 hours before bedtime.

NOTE:

*These are guidelines only
and not mandatory.
Your physician should be
consulted regarding your
health limitations.*

Consecration 2018

January 2 - January 28, 2018



Greater Holy Temple Church of God in Christ

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www.greaterholyytemple.org
"The Bible Our Authority . . .
Souls Our Priority"

Eld. Lamont Lenox, Pastor
Eld. Walter Burton, Asst. Pastor
Mo. Pearl Sutton, Church Mother
Mo. Lillian Houston, Asst. Church Mother

Week 1

**Tuesday, January 2nd through
Sunday, January 7th:**

Tuesday through Thursday:

One meal per day following
the dietary guidelines.

Friday:

Complete fast until after Shut-In.

Prayer Service:

**Wednesday, 1/3 through
Friday 1/5, 7pm nightly.**

**Consecration Shut-In
Will Be Held**

**Friday, 1/6, 7pm through
Saturday, 1/7, 6am**

Saturday:

After Shut-In regular daily
meals following
the dietary guidelines.

Sunday:

Water only until after morning
service after morning service.
Regular daily meals following
the dietary guidelines.

Week 2

**Monday, January 8th through
Sunday, January 14th:**

Monday:

Regular daily meals following
the dietary guidelines.

Tuesday:

Complete fast until 3pm.
Regular daily meals following
the dietary guidelines.

Wednesday & Thursday:

Vegetarian Meals
(For example: vegetables, fruits,
tofu. No meat, fish or poultry).

Friday:

Complete fast until 3pm.
Regular daily meals following
the dietary guidelines.

Saturday:

Regular daily meals following
the dietary guidelines.

Sunday:

Water only until after morning
service after morning service.
Regular daily meals following
the dietary guidelines.

Week 3

**Monday, January 15th through
Sunday, January 21st:**

Restricted Television Watching

**Monday, Wednesday, Thursday
& Saturday:**

Regular daily meals following
the dietary guidelines.

Tuesday:

Complete fast until 3pm.
Regular daily meals following
the dietary guidelines.

Friday:

Complete fast until 3pm.
Regular daily meals following
the dietary guidelines.

Sunday:

Water only until after morning
service after morning service.
Vegetarian Meals
(For example: vegetables, fruits,
tofu. No meat, fish or poultry)