



Cathedral of Hope - Month of Consecration

Theme: "Return to Me as Vessels of Honor"

(2 Timothy 2:21)

Beloved Cathedral of Hope family,

God is repeatedly inviting us to return to Him with wholeness of heart and without pretense. Our spiritual departure has lulled us into a place of compromise, which has deterred us from pursuing His personal and corporate outpouring. We have created idols of personal pleasure, convenience, and carnality. Yet, we want His favor, His mercy, His glory, and His goodness without restraint. He's calling us higher. He's calling us to 'greater.' He's calling us to 'more' in Him, with consistency and resolve.

As we enter this sacred month of consecration, we come before the Lord with humility and expectation. This is a time to corporately draw closer to Him, to purify our hearts, and to realign our lives with His Word and will. The clarion call is clear: God is inviting us to return to Him as *vessels of honor*—set apart, sanctified, and prepared for every good work.

Throughout this season, we will seek the Lord together in prayer, fasting, and devotion, focusing our hearts and minds on the following areas:

1. **Being Vessels of Honor** We commit ourselves to living lives that reflect holiness, integrity, and surrender. We are called to be consecrated instruments through which God can pour out His glory.
2. **Reigniting the Ministry Within Ourselves** Each of us has been entrusted with gifts and callings. During this time, we seek God for renewed passion, clarity, and boldness to serve Him faithfully and effectively in every area of ministry at Cathedral of Hope.
3. **Expansion of Cathedral of Hope** We believe God is enlarging our territory. We pray for growth, not only in numbers, but in spiritual depth, unity, and influence—that Cathedral of Hope will continue to be a light in our community and beyond- IGNITING the fire within and around us!
4. **Protection of Family Units** Our families are on divine assignment. We pray for strength, covering, and restoration within households, that marriages, children, and generations will be firmly rooted in Christ and prepared for expansion in this season.
5. **Government** Scripture calls us to intercede for those in authority. We will lift up our local, state, and national leaders, asking God to grant wisdom, righteousness, and justice in every decision.

As we consecrate ourselves, let us remember that this is not simply a ritual, but a divine exchange—laying down our will for His, setting aside distractions to seek His face, and preparing ourselves for the greater works He has called Cathedral of Hope to accomplish. Together, let us return to Him—purified, strengthened, and ready—as vessels of honor.

COH Consecration Fast 2025

Prayer and fasting are spiritual practices that deepen one's relationship with God. Fasting involves abstaining from food, drink, or other fleshly pleasures for a set period of time. Fasting has been used by many Christians throughout history, and the Bible shows that people often fasted and prayed together during times of crisis or when seeking God's guidance.

Isaiah 58:6 - 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?

Cathedral of Hope Sons and Daughters are not naïve in this process of fasting and consecrating ourselves before The Lord. This maturity affords us the privilege of building upon the growth we've experienced over the years, corporately. This year, our fasting schedule will reflect our maturity and hunger for restoration and returning to Christ as Vessels of Honor with accountability. Over the 21 days, we will engage in "SYS" (set your sacrifice), Daniel Fasting, and Full Fasting. With each week, our sacrifice will increase, to intensify our hunger for holiness.

Reasons to Fast

- Worshipping God (Luke 2:37; Acts 13:2)
- Repenting of sin (Jonah 3:5-9; Joel 2:12)
- Preparing for ministry (Matt. 4:1-17; Mark 1:12-13; Luke 4:1-14; Acts 13:3-4)
- Expressing grief and sorrow (2 Samuel 1:12; Nehemiah 1:4)
- Petitioning for God's help (2 Samuel 12:15-17; Esther 4:16; Daniel 9:3-5)
- Deliverance and protection (Psalm 69:10; Ezra 8:21-23)
- Seeking wisdom (Acts 14:23)



Ways Fasting and Prayer Can Help You

- **Focus on God:** By setting aside distractions, fasting can help people focus on seeking God's will and direction for their lives.
- **Having Right Motives:** Fasting can help people align their will with God's by focusing on their prayer time and pressing in with heightened sensitivity. This can help people pray with a heart of worship, gratitude, and an outward vision that cares for the needs of others.
- **Intensify Prayer:** The Bible says that spiritual fasting intensifies prayer.

Consecration Activities

- **21-Day Morning Prayer** 5am –5:15am | COH Prayer Line (605) 313-5107; 532400#
- **Teen Bible Study** 4th Tuesday @ 7pm | Zoom ID: 875 3480 2923 - Passcode: Anchored
- **Sacrificial Prayer@ Band Room** Sunday Afternoon, September 14th, 5 pm - 6 pm
- **Sacrificial Prayer Walk** Sunday Afternoon, September 21st, 5 pm - 6 pm

Holy Consecration Prayer Directives 2025

- Restoration of First Love (Jeremiah 3:11-5; Psalms 51:12; Galatians 6:1; Revelation 2:4, 5)
- Becoming/Continuing as Vessels of Honor (Leviticus 11:44; 1 Thessalonians 4:4; 2 Timothy 2:21)
- Agents of Change through Godly Influence (Matthew 5:13-16; Ephesians 5:8-10; I Thessalonians 5:5-8; Hebrews 12:1,2)
- Pastors, Spiritual Leaders, Ministries, and the Body of Christ (Ephesians 4:11-16)
- Spiritual Dominion in the Region (Daniel 6)
- Youth/Academic Excellence/Moral Purity (Proverbs 22:6; Daniel 1:8; Joel 2:28; I Corinthians 15:33; Colossians 3:5-10, 16; 2 Timothy 2:15)
- Hunger for Holiness (Joel 1:13-20; II Chronicles 17:3-4,6; Psalm 51; Psalm 84:10; Luke 6:21)
- Release of the Seer Anointing (II Kings 6:13-17; Ephesians 1:17-19)
- Elevated Thought-life (Proverbs 23:6,7; Romans 8:5-17; 12:2,3; I Corinthians 13:4,5; Philippians 2:5-9; 4:8,9)
- Maintenance of Good Health (I Corinthians 6:19, 20; II Corinthians 6:16-18; III John 2,3)
- God's Provisions (Psalms 132:13-16; Romans 13:14)
- Godly Influence through Faith (Hebrews 11)
- The Favor of God (Psalms 30:5; Psalms 119:58; Acts 2:44-47)
- Local, State & National Political Leaders (II Samuel 23:3; Proverbs 16:12; 1 Timothy 2:1-4)

Personal Prayer Petitions:

Fasting Guidelines

Please check with your physician before fasting if you have any medical conditions. On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord.

Select-Your-Sacrifice (SYS): During week one, we will set our own sacrifice and hold each other accountable to our stated sacrifice. For instance, you may choose to sacrifice social media for three days, while another may choose to sacrifice all forms of meat. Whatever the sacrifice for week one, it must be disclosed on Sunday, September 7th at church (index card) or via email to cohministry01@gmail.com.

Daniel Fasting: During week two, we will corporately engage in our annual Daniel Fast. This fast is familiar to COH. According to Daniel 1:12, 'Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.' Pulse refers to vegetables and nuts. This year, our Daniel Fast will only permit water to drink (*no juices, decaffeinated drinks, etc.*). The following guidelines are provided for those who may be joining the fast for the first time this year.

Full Fasting: During week three, we will corporately engage in our full fasting for 3 days. Please continue to drink water only to ensure you do not get dehydrated. Juices and smoothies are prohibited in full fasting this year.

- **Whole Grains:** Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.
- **Beans and legumes:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.
- **Nuts and seeds:** Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.
- **Vegetables:** All vegetables are allowed (fresh, frozen, dried, juiced, and canned).
- **Fruit:** All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).
- **Oils:** Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.
- **Other:** Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the only beverage on your Daniel Fast. Herbalist recommend drinking the equivalent of 1/2 ounces of your body weight. For example, if you weigh 100 pounds, your water intake should be 50 ounces of water daily. Distilled, filtered, sparkling, spring, and mineral water are allowed as well.

Foods To Avoid -Throughout the month, we will abstain from pork, beef, and all fried foods (when we're not engaged in our weekly fasting sacrifices). Additionally, we will abstain from added sugar / sweets such as agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar, yeast, white flour and white rice, processed food, foods that contain artificial flavorings, chemicals, food additives, and preservatives, deep-fried food, lard, margarine, and shortening, caffeinated and alcoholic beverages, and energy drinks.

Soups & Salads

The Daniel Fast provides a unique opportunity for you to grow closer to the Lord. However, the benefits of fasting aren't just spiritual. On the Daniel Fast, as you feed your soul with the truth of God's Word, you also supply your body with healthy, nutritious foods. Three food categories are highlighted for your spiritual discipline and physical success. **Soups and Salads.**

Soups and Salads are great options on the Daniel Fast because they're filling, packed with nutrients, easy to digest, simple to make and delicious! You can also be creative and adapt the recipes according to your own personal preference. For example, if a soup recipe calls for chickpeas but you're not a fan, you can substitute another type of bean.



Soup

Having soup at any time of the year is a treat. If it's cold outside, a bowl of hot soup can bring happiness, and is equally enjoyable in the spring or summer. Plus, when making a pot of soup, it can provide dinner for a few days, which is always a bonus! If you're looking for classic soup recipes, Black Bean Minestrone or Vegetable Bean Soup are highly recommended. If you prefer something heartier, two 'chef's "Daniel Fast Soup Recipe" favorites are Spinach-Artichoke-Tomato Soup and Tuscan Soup.

Take this time of consecration and fasting to give deliberate focus to your food intake and the intentional choices you are making during this time of consecration and fasting. Remember, **YOU ARE NOT ALONE!!** This time of corporate connection and consecration gives you license to reach out to each other in our times of need and weakness. Equally, reach out to each other to encourage and inspire in times of strength and victory. Ask The Lord to help you develop and maintain healthy eating habits during this Daniel Fast and beyond. In general, nutrition is a contributing factor in the development of up to 50% of many chronic diseases worldwide. Since we are committed to being mentally sound, physically fit, financially secure and emotionally whole, let's amplify our efforts toward physical fitness in taking care of our temples!

