



**Objective:**

To set and establish our hearts to position ourselves to receive the Prophetic Directive of **“Prepare for The Outpouring.”**

*“The Outpouring”* from the Spirit of God *endows the believer with protection, power and provisions, for the purpose of fulfilling Sovereign plans that hold tipping point potential.*

**GUIDELINES FOR 21 DAYS OF CONSECRATION:**

**1. Participate as much as possible in all daily activities over 21 days.**

- A. 15 min morning prayer or worship session - 6:30 - 6:45 am
- B. 15 min lunch prayer or worship session - 12:15 - 12:30 pm
- C. 15 min evening prayer or worship session - 7:15 - 7:30 pm
- D. participate in virtual night of prayer(1/16) & night of worship(1/23)
- E. participate in small groups vision board party

**2. FOODS YOU MAY EAT LIBERALLY FOR 21 DAYS.**

❖ **Whole grains:** Brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat.

❖ **Legumes:** Dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc.

❖ **Fruits:** Apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.

❖ **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

❖ **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

❖ **Liquids:** spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices, fruit smoothies.



### 3. FOODS TO AVOID:

- ❖ Beef/Pork- **Week 1**, Beef/Pork/Chicken - **Week 2**, **All Meat Week 3**
- ❖ White rice ❖ Fried foods. ❖ Caffeine. ❖ Carbonated beverages
- ❖ Foods containing preservatives or additives ❖ Refined sugar.
- ❖ Sugar substitutes ❖ White Flour and all products using flour
- ❖ Margarine, shortening, high fat products ❖ Dairy (butter, cheese, cream, milk,)