



# Daniel 10-Day Consecration Booklet

## January 2nd - January 11th 2023

Welcome to HOPP's 2022 "Daniel 10 - Day Consecration. After recognising the benefits of this Consecration and the leading of the Holy Spirit, I'm calling the members and supporters of HOPP to **10 days of special Commitment from Monday, January 2nd through Wednesday, January 11th, 2023**

Commitment or Consecration is the act of setting oneself apart from the world to become dedicated as an instrument of righteousness for the purposes of God.

### Reasons and Benefits for Consecration

- ★ Renewing of our spirits (Job 32:7-9)
- ★ Renewing of our minds (Rom.12:1-2)
- ★ Cleansing and renewing of our bodies (Dan.1:8)

I am asking that each of us:

- Set aside quality time to seek the Lord both privately and with other believers. On the next few pages, you will find an activity tracker sheet, suggested reading agenda and devotion, and suggested recipes for this consecration time.



The Consecration will consist of:

- Completing your tracker sheet daily.
- Reading the Bible daily.
- Fast from all solid food from 6AM to 6PM for all or part of this consecration period.
- Eat only fruits, nuts, and other God made vegetables for all or part of this consecration period. Have fun as you become better in Spirit, Soul and Body.

*PLEASE NOTE: If you are under a physician's care, consult him/her before the consecration.*

This booklet includes an agenda that will make your consecration time more meaningful and effective.

*Bishop C. Horace Kitson*

[www.hopporlando.org](http://www.hopporlando.org)

## *Charting Out the Consecration Journey*

Days Activities	Day 1 M	Day 2 T	Day 3 W	Day 4 Th	Day 5 Fr	Day 6 Sat	Day 7 Sun	Day 8 M	Day 9 T	Day 10 W
<b>Read</b> 3 Chapters in Proverbs										
<b>Eat</b> Vegetables Fruit and nuts										
Drink 6-8 glasses of purified water										
Read a Book										
Pray for 1 Hour										
Exercise for 15 Minutes										
Blend or Juice a meal										
Fast T.V.										

Check off the items completed daily.

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**Interesting Fact:** Your brain uses 20 to 30 percent of the calories you consume and requires the most resources above any other organ.

Here are 19 superfoods to feed your brain:

- Almonds - Cashew Nuts - Walnuts - Dark Chocolate - Apple
- Avocado - Blueberries - Cinnamon
- Oregano - Kale - Coffee - Sweet Potato
- Coconut Oil - Olive Oil - Turkey - Eggs
- Salmon - Shirataki Noodles - Green Tea

**Suggested Fruits:** Bananas - grapes - oranges

## Consecration Day 1 - Devotion: Read Proverbs 1-3

Purpose of the book of Proverbs. Ch.1:2-4.

Would you like to know Wisdom & Instruction, perceive the words of Understanding etc? Decide what you would like to get from your reading. Then ask the Holy Spirit to teach you as you read and meditate.

1:22, Wisdom calls to the simple, scorner, fools. Be careful not to despise Wisdom's call. It could result in serious calamity(v 22-29)

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- That we would choose the fear of the Lord (1:29,2:5)
- That we will learn to trust in the Lord (3:5-6)
- That we will honor the Lord with our substance (3:9)
- That we find Wisdom (3:13-18)

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## Consecration Day 2 - Devotion: Read Proverbs 4-6

Thank God for your Father who taught you. Wisdom is the principal thing; therefore get wisdom. (4:7) Exalt or make wisdom your priority. She (wisdom) will promote you. Wisdom is to keep and do God's words (Deut.4:6). To apply God's word in a situation is to operate in wisdom.

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- Pray that the Holy Spirit will reveal to us Christ as our wisdom
- Pray that we will exalt wisdom
- Pray that like the ant we will become more responsible (6:6-11)
- Pray that we have victory over the 7 Deadly Sins (6:16-19)

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## Consecration Day 3 - Devotion: Read Proverbs 7-9

Wisdom is better than all the things we may desire (8:12).

5 things we hate when we fear God...(8:13).

Do you love Wisdom? She wants us to inherit substance (8:21). Wisdom will help us to discern difference in people (9:7-12)

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- Pray for young christian men who struggle with their sexuality (7:5-22)
- Pray that we will hear wisdom's call (8:1-9)
- Pray that we will hearken to wisdom's call

### Vegetable Meal: PAUL BRAGG'S LENTIL & RICE SOUP

<http://www.myhdiet.com/paul-braggs-lentilbrown-rice-soup/>

Ingredients		
<ul style="list-style-type: none"><li>● 1 cup brown rice</li><li>● 4 carrots (chopped)</li><li>● 2 onions (diced)</li><li>● 4 garlic cloves (chopped)</li><li>● ½ teaspoon cumin</li><li>● 14 oz lentils</li></ul>	<ul style="list-style-type: none"><li>● 2 tablespoons extra virgin olive oil</li><li>● ¼ teaspoon Italian herb seasoning</li><li>● ½ teaspoon garlic powder</li><li>● 3 quarts distilled water</li></ul>	<ul style="list-style-type: none"><li>● 3 celery stalks (chopped)</li><li>● ½ teaspoon oregano</li><li>● 2 teaspoons Sea Salt</li><li>● 1/8 teaspoon cayenne (to taste)</li></ul>

## Consecration Day 4 - Devotion: Read Proverbs 10-12

Be diligent (10:4). Pay attention to the lips of the righteous.

- v11, v13, v20, v21, v30, v31
- By the blessing of the upright others are affected (11:11). Let us use our mouths wisely

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- That we should use our mouths to bless others
- That we would become diligent in all things
- That we would humble ourselves and love instructions

## Consecration Day 5 - Devotion: Read Proverbs 13-15

Good will come to us when we use our mouths wisely (13:2). Pride is the only cause of contention (13:10). Jesus' yoke is easy but the way of the transgressor is hard (13:15). Look at "in the multitude of people ..." (14:28). Practice 15:1

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- That we will humble ourselves so contentions will cease
- That we'll be yoke up with Jesus and cease transgressing
- Pray and prepare for multitudes of people in our church

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**Tip for Blended Juice:** Add ginger to your great tasting juice

**Tip for Vegetable Meal:** Add Avocado and roasted ripe plantain to veggie meat

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## Consecration Day 6 - Devotion: Read Proverbs 16-18

All my ways are right in my eyes (16:2). Let God take care of my enemies (16:8). Beware of pride (16:18). Learn to use pleasant words (16:24) Roles of a friend and brother (17:17). Say less and listen

**What is God saying to me today:** \_\_\_\_\_

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### What should I pray about?

- That we use our tongues to speak life (18:21)
- Pray that we humble ourselves
- Pray that we stop justifying ourselves

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## Consecration Day 7 - Devotion: Read Proverbs 19-21

Do you love your soul? It is your decision maker. The world spends millions of dollars to entice your soul to love things. Unless you start loving your soul so as to get wisdom so that you start loving God, you will never be satisfied.

**What is God saying to me today:** \_\_\_\_\_

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**What should I pray about?**

- Pray that we will humble our souls before God.
- Pray that we walk in our integrity that our children will be blessed (20:7)
- Pray that we will discern the difference between spirit, soul and body

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### **Consecration Day 8 - Devotion: Read Proverbs 22-24**

22:4 Here are the keys to a Successful Life, Humility and the fear of the Lord. There is nothing that touches God's heart like humility. When we fear God and humble ourselves, riches, honor and life will fill our lives. Strive to have a good name (22:1)

**What is God saying to me today:** \_\_\_\_\_

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**What should I pray about?**

- Holy Spirit teach me to humble myself
- Unite my heart to fear God's name
- Help me to pay the price to truth, wisdom, instruction, and understanding (23:23)

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### **Consecration Day 9 - Devotion: Read Proverbs 25-27**

A word fitly spoken is like apples of gold in trays of silver (25:11). Words rule the world. The Holy Spirit wants to tell us what to say when. While you are speaking, pray in your heart asking the Spirit to help you. Many lives will be touched.

**What is God saying to me today:** \_\_\_\_\_

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**What should I pray about?**

- Lord let my lips feed many
- Lord help me to speak from my heart (27:19)
- Lord help me to sharpen the countenance of a friend (27:17)

## Consecration Day 10 - Devotion: Read Proverbs 28-31

The boldness of the righteous (28:1). Because of Jesus' obedience we are righteous. We now have the boldness to approach our God without condemnation. We are now in Christ. The fear of death has been removed. The fear of man also (Matt.10:28). WE no longer fear situations, people or things. We are bold as a lion.

**What is God saying to me today:** \_\_\_\_\_  
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### What should I pray about?

- Lord fill me with the Holy Spirit of love power and a sound mind
- Lord I seek you therefore I understand all things (28:5)
- Lord I abound with blessings because I am faithful (28:20)

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### 10 day Consecration Prayer

Father, in Jesus' name, we thank you for the revelation of Who You are:

- For the blessings to be found only by the reality of the Holy Spirit
- For an understanding of Who You are through the washing and the cleansing of the blood
- For being translated out of this world into the power and kingdom of Your dear Son
- For walking not according to the dictates of this world but of Your Kingdom

We ask for Your help because we need it so badly because your strength is made perfect in our weakness and your grace is sufficient for us. Lord Jesus, not only now, as we open up our hearts for your Word, but moment by moment.

Father, glorify your Son in our lives. Help us in our weaknesses. Strengthen us in the tender years so we will be prepared when You launch us into responsibilities as we reach the age of accountability.

Thank you for the preparation we received from our fathers. Thank you for some whose quality of life was gold. Thank you also for those who were silver, brass, and wood, because we know that some preparation was made for our existence today.

Thank you for the preparation that You are giving us now. We will be the highest quality of substance for the generation to come, but even more fully, Lord, for the world to come. We are your house. Thank you so much for what you are building in us.

Open our eyes that we might see. Open our hearts that we might hear. Deal with our hearts that we might become even more tender as You speak to us.

In Jesus' name we come against all the works of evil that would try to hinder us in any way. We are strong in the finished work of Jesus on the cross, and with His stripes we are healed - in spirit, soul, and body. Thank You so much. In Jesus' name we pray. Amen.

### Resources for Recipes and Food Ideas

<http://www.myhdiet.com/fall-in-love-with-food-again/>

<http://www.danielplan.com/>

<b>What TO Eat</b>	<b>What NOT to Eat</b>
<ul style="list-style-type: none"><li>● Whole Grains</li><li>● Fruits</li><li>● Vegetables</li><li>● Liquids (no sugar added)</li><li>● Tofu</li><li>● Soy Products</li></ul>	<ul style="list-style-type: none"><li>● Meat, Poultry, Fish</li><li>● Sweets</li><li>● Dairy</li><li>● Yeast or Leaven</li><li>● Processed food</li><li>● Deep Fried Food</li></ul>

Suggested Blended Juice:

- Organic Carrots (25lb. from Publix)
- Cucumber, Celery, parsley & spinach/ beet
- sweetened with apples and pineapple

Suggested Vegetable Meal:

- Chop up: Romaine Lettuce, onion, garlic, tomato, bell peppers, cauliflower, radish, 7- 10 different types of vegetables with olive oil as dressing and seasoned with sea salt.

**Breakfast:** Sliced fruit, Juice on the cereal

- Hot whole-grain cereal with raisins and nuts

**Lunch:** Hearty Layered Salad and Green Vegetable Stew

**Dinner:** Vegetarian Chili & a Green Salad with dressing

- Lentil Soup and a Green Salad with dressing

**Snacks:** Sliced vegetables with hummus

- Sliced vegetables with white bean dip
- Raw almonds or other nuts
- Sliced fruit and nuts