



2025
THE YEAR OF

FORWARD

PROGRESSION



NEW YEAR CONSECRATION

21 DAYS OF PRAYER & FASTING

JANUARY 6 - 26

MORNING CONFERENCE PRAYER LINE

MON-SAT | 6:15AM (CST)
Dial-In: **712-775-7032**
Access Code: **117 696 245#**

EVENING VIRTUAL PRAYER GATHERING

MON, WED-FR | 7:00PM (CST)
Zoom Meeting ID: **883 9936 7935**
Passcode: **896368**
To Join by Phone: **312-626-6799**

IN-PERSON PRAYER GATHERING

Tuesday | 7:00PM (CST)
Sunday | 10:30AM (CST)

12 HOURS OF PRAYER

January 24 | 7:0PM – January 25 | 7:00AM (CST)

CITADEL OF DELIVERANCE

4350 HACKS CROSS ROAD • MEMPHIS, TN 38125
BISHOP LINWOOD E. DILLARD, **SENIOR PASTOR**

FASTING PRINCIPLES

► Biblical Foundation for Fasting

"Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?" (Isaiah 58:6)

What can we expect from fasting?

- Read the entire chapter of Isaiah 58. Verse 8 says, "Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward." (KJV)
- One may fast to express repentance and the return to God (Joel 2:12; Jonah 3:5-8).
- It is used to humble ourselves before God (1 Kings 21:27-29; 2 Chronicles 7:14; Psalm 35:13).
- It will strengthen prayer (Ezra 8:23; Nehemiah 1:4; Daniel 9:3; Joel 2:12; Acts 13:3).
- It assists us in seeking God's guidance (Judges 20:26-28; Acts 14:23).
- It is used to express concern and facilitate the work of the Kingdom of God (Nehemiah 1:3-4; Daniel 9:3).

► Preparation for Fasting

PRAY FIRST! Ask the Lord to show you how to fast and when you are to fast.

► Eating Principles For The Partial Fast

Drink at least one gallon of water daily. While fasting, the body has more waste to get rid of. This is why it is important to consume no less than one gallon of water per day. The following schedule is suggested:

Morning: drink 1 quart of water (over a 30 minute period)

Noon: drink 1 quart of water (over a 30 minute period)

Evening: drink 1 quart of water (between 5 and 6pm)

When the body is thirsty, water should be taken immediately. This drinking schedule brings the body's fluids into balance. This causes more fat to be used as fuel. It also alleviates fuel retention, which helps maintain muscle tone and causes a natural decrease in appetite. When the body's fluids are balanced, the body does not require or crave food as much as when it is out of balance.

- Abstain from fatty foods, caffeine, sugar, dairy products, candy and meat.
- For this consecration "MEAT" is defined as pork and beef. You may eat skinless chicken and fish.
- Abstain from eating fried foods, fast foods, and lessen salt intake.

► OTHER GUIDELINES

If you are not reading your Bible and praying DAILY during these 21 Days, then you are just dieting.

Increase Prayer Time: Begin each day in prayer and devotion. This may include prayer, studying Bible passages, meditating on the Word, and/or being still before the Lord.

Increase Your Ability to Hear the Lord: Be selective in how you spend your time. Limit, avoid, or even exclude secular TV, radio, and magazines. Limit or avoid excessive social telephone calls and excessive use of social media/technology.

FAST TYPES

- ▶ **NORMAL FAST** – This is a total liquid fast, which includes complete abstinence from food for a designated period. (12 am-3 pm)
- ▶ **TOTAL FAST** – Total abstinence from both food and liquids for a brief period of time, seldom more than three days.
- ▶ **THE DANIEL FAST** – This type of fast is not a total abstinence from food, but rather a restriction in the types of food eaten. For the 2022 Partial Fast, one might eat nothing from 6 pm-6 am, but eat one meal during 6 am-6 pm.

▶ WHAT TO PRAY FOR DURING THE CONSECRATION

- Pray for the glory of God to be revealed through the Citadel Of Deliverance in 2025.
- Pray that an evangelistic passion and ministry enthusiasm be released upon this house that will bring the lost into the Kingdom of God in record numbers.
- Pray for the spiritual growth of the Citadel of Deliverance.
- Pray for Citadel of Deliverance members and families.
- Pray the City of Memphis and its leadership, communities, and constituency against crime and violence.
- Pray for Tennessee Metropolitan Jurisdiction Pastors and Churches.
- Pray for the unity, peace, favor, and growth of the Church Of God In Christ and its presidium and constituency.
- Pray for fruitfulness in our church and in your life.
- Pray for Bishop Dillard and his family; their health and prosperity.
- Pray for Bishop J. Drew Sheard and his family; their health and prosperity.
- Pray for Mother Barbara McCoo-Lewis and her family; their health and prosperity.
- Pray for Dr. Patricia Merriweather and her family; their health and prosperity.
- Pray for the sick and those who have suffered long with various afflictions.
- Pray that the power to get wealth be released upon our church and its members.
- Pray that righteous judgment and wisdom be given to government leaders and those in authority on all levels.
- Pray for America's return to the God of the Bible and for an outpour of the Holy Ghost in our nation.
- Pray for the spirit of wisdom and revelation in the knowledge of God.
- Pray for vigilance of God's people and awareness of the hour.
- Pray that utterance be given to the people of God to boldly speak and make known the gospel of Jesus Christ.
- Pray for children, youth, and college students.
- Pray for families.
- Pray for favor on jobs.
- Pray for an outpour of the Holy Spirit, individually and corporately.
- Pray for a spirit of prayer and intercession.
- Pray for peace and unity.
- Pray for divine protection
- Pray for deeper relationship with God and hunger for the Word of God.
- Pray for sanctification and holiness.
- Pray for deliverance from strongholds and addictions.
- Pray against spiritual wickedness in high places.

2025 NEW YEAR CONSECRATION

- Day 1: Psalm 77:11; Proverbs 2:1-5; Isaiah 26:3; 41:10; 55:8-9; 59:1-2; Matthew 6:9-10
- Day 2: Romans 12:1-2; Psalm 139:13-15; 143:8; 2 Corinthians 5:17; Numbers 6:24-26
- Day 3: Psalm 138:3; Isaiah 43:18-19; Jeremiah 29:11; Romans 8:18; 12:21; Philippians 3:13-14; 4:6-7
- Day 4: Romans 12:9; 1 Corinthians 1:10; John 3:3-5; 14:6, 27; 2 Corinthians 5:7; Hebrews 12:1, 14
- Day 5: James 5:14, 16; Matthew 6:11, 27; 18:15-18; Acts 4:32; 2 Corinthians 5:17; Isaiah 40:8, 31
- Day 6: 1 Corinthians 9:24; John 3:5; 16:13; James 3:2, 18; 1 Peter 3:12, 15; Luke 4:24
- Day 7: John 8:32; 21:15-19; Romans 8:15; 1 John 1:7; Job 17:9; Acts 11:21; 2 Peter 3:18
- Day 8: 2 Peter 1:5-8; Hebrews 3:14; Luke 13:18-19; 2 Thessalonians 1:3; Romans 8:29-30; 1 Peter 2:2;
- Day 9: Matthew 13:31-32; Psalms 18:29; 92:12; Acts 6:7; 1 Thessalonians 3:12; Matthew 10:22;
- Day 10: Ephesians 4:15, 16; Matthew 16:18; 24:13; Proverbs 4:18; Psalms 84:5; Job 17:9; Philippians 3:12-14
- Day 11: Acts 5:14; Hebrews 6:1, 9-11; 1 Timothy 4:15; Ephesians 4:26; John 8:32; 1 John 1:9; James 4:7
- Day 12: Philippians 4:6-7; Psalm 46:10, 94:19; Proverbs 28:13; 2 Corinthians 12:8-9; Ecclesiastes 3:6; Hebrews 12:1; Luke 9:62
- Day 13: Proverbs 3:5; Matthew 6:33; 11:28-30; Philippians 4:7-9; 1 Peter 5:6-7; Luke 6:37; Ephesians 4:31
- Day 14: John 3:17; 14:27; Matthew 6:14, 19-21; Proverbs 15:1; Romans 12:19; Isaiah 41:10; 2 Corinthians 5:17
- Day 15: Matthew 6:27; 11:28-29; John 3:16-17; Proverbs 22:6; Hebrews 12:15; Isaiah 26:3; 43:1-28; James 1:2-4; 2 Timothy 2:23-26
- Day 16: Proverbs 19:11; 25:21; 1 Corinthians 9:24; 10:13, 31; Numbers 23:19; Psalm 62:8;
- Day 17: Isaiah 35:4; Romans 15:13; Ecclesiastes 7:9; 2 Timothy 1:7; 1 Corinthians 10:14; Colossians 3:8;
- Day 18: Proverbs 12:25; Romans 8:18; James 4:1-2; Isaiah 1:18; Joshua 1:9; 1 Timothy 5:13; John 10:10
- Day 19: 1 Peter 3:15; Romans 8:38-39; 1 John 3:15; Matthew 5:16; Exodus 3:18; Hebrews 12:2;
- Day 20: 1 Thessalonians 5:18; Psalm 119:105; Psalm 37:23-24; Isaiah 40:8; Matthew 6:11, 27
- Day 21: 1 Corinthians 9:24-27; 2 Corinthians 3:18; John 15:5; 1 Timothy 6:12; Philippians 2:12; Mark 13:13; Deuteronomy 31:6