

The Greater Allen A.M.E. Cathedral of New York
A Season of Prayer, Sacrifice and Spiritual Growth

“Consecrate yourselves and be holy, because I am the Lord your God.” (Leviticus 20:7)
“...Consecrate yourselves, for tomorrow the Lord will do amazing things among you.” (Joshua 3:5)

A Season of Prayer

“...The prayer of a righteous person is powerful and effective.” (James 5:16)

God is calling the body of Christ to a season of increased prayer and intercession in order that we might prevail against systemic racism and the effects of COVID-19 upon our communities, nation and the world. Let us also pray for the upcoming election and the potential national unrest that may result.

A Season of Greater Commitment

We live in an age in which the church has to deal with theologies and beliefs that have been fashioned to facilitate the comfort, convenience, and casualness of those who claim to be disciples of Jesus Christ. All around us, there are those who misrepresent Biblical truths and seek to create an atmosphere in which Christianity is popular, approved and acceptable by societal norms. The Scriptures offer guidelines for our lives, but we must be willing to apply God's word to all that we say and do. In this season, it is imperative that every believer intensifies his or her commitment to living in accordance and total obedience to the Word of God so that the glory of the Lord is experienced like never before.

A Season of Consecration and Fasting

“...man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.”
(Deuteronomy 8:3)

The Pastors invite and encourage the **entire** Greater Allen A. M. E. Cathedral family to join us for a **21-day fast, beginning Monday, November 2 – Monday, November 23, 2020**. We are designating these three weeks as a time of **consecration through fasting, increased prayer, and study** of the Word of God. We believe that our church is being called to **greater kingdom dedication and sanctification. Therefore, we must reject those actions and thoughts that are not of God, and we must devote ourselves to getting rid of all those things, ideals, and persons that hinder our spiritual growth.** Because we know that God's grace has kept us, our hearts are filled with awe and appreciation as we delight in the blessings and manifest miracles that have been made evidence in our midst. This consecration is our reasonable act of worship! During this time of sanctification, please join us as we fast and pray for divine cleansing and renewal of our bodies by participating in the following fast:

Eliminate the following from your diet:

- **Junk foods** (*Chips, cookies, donuts, candies, pastries, soda, caffeinated beverages, etc.*)
- **Fast foods** (*Tacos, burgers, fries, etc.*)
- **Fried foods, red meats, and fatty foods**

Eat fish, limited poultry, fresh vegetables and fruit. Try to eliminate dairy and carbohydrates.

Please observe a **TOTAL fast on Wednesdays until 6 p.m.** (*liquids only; water only preferred*). Pray for God's wisdom to make appropriate choices of food, drink and even attire during this time of consecration. Remember to **drink plenty of water and get sufficient rest.**