

# THE RECOVERY ZONE PRAYER ENCOUNTER

THE CROSSOVER CONSECRATION  
2020 YEAR OF DOUBLE  
JANUARY 9 – JANUARY 29, 2020



## 21 DAYS OF PRAYER AND FASTING

Consecration through prayer, fasting, and study of God's Word is one of the most powerful spiritual combinations in the arsenal of the Believer. Fasting is a spiritual discipline that releases Supernatural power and brings us into divine alignment with our Almighty God. Fasting is for our benefit. Fasting brings us closer to God, touches His heart and opens His hand.

### CONSECRATION INSTRUCTIONS

This is a 21-day fast from January 9 – January 29, 2020. Join Apostle Dr. Elise Banks daily at The Recovery Zone Prayer Encounter 5am EST. Dial in number 712-432-0075; access code 430698#.

- Eat Fruits, Vegetables, Beans, Brown Rice, Oats, Whole Grains, Nuts and Seeds
- Eat only clean fish; No shellfish or bottom feeders (e.g. catfish, shrimp, crab or lobster)
- Drink plenty of liquids – water, 100% fruit/vegetable juices, and herbal teas
- No meat, No sweets, No fried foods, No soda, No coffee
- Pray and Read your Bible daily
- Decrease time spent on Social Media
- Pursue His presence and watch God perform miracles & release His glory

**PLEASE NOTE:** *Consult your doctor before beginning this or any fast*