



ABBA'S HOUSE

*40 Days of*  
*Awakening 2021*

**“UNLOCKING A SUPERNATURAL LIFESTYLE”**

## *JOSHUA 3:5*

JOSHUA TOLD THE PEOPLE, “CONSECRATE YOURSELVES,  
BECAUSE THE LORD WILL DO WONDERS AMONG YOU  
TOMORROW.”

- To consecrate oneself is to set yourself apart from every hindrance, every sin, every temptation that keeps us from walking in the will of God and set our minds, our hearts and lives on who God is and what God wants for us. Sometimes this is as simple as setting aside time to read the word and pray, or take our ears and eyes off the things of the world and cease watching entertainment for a period or maybe it is fasting.



THE  
KINGDOM  
*of*  
POWER

HOW TO DEMONSTRATE IT  
HERE & NOW

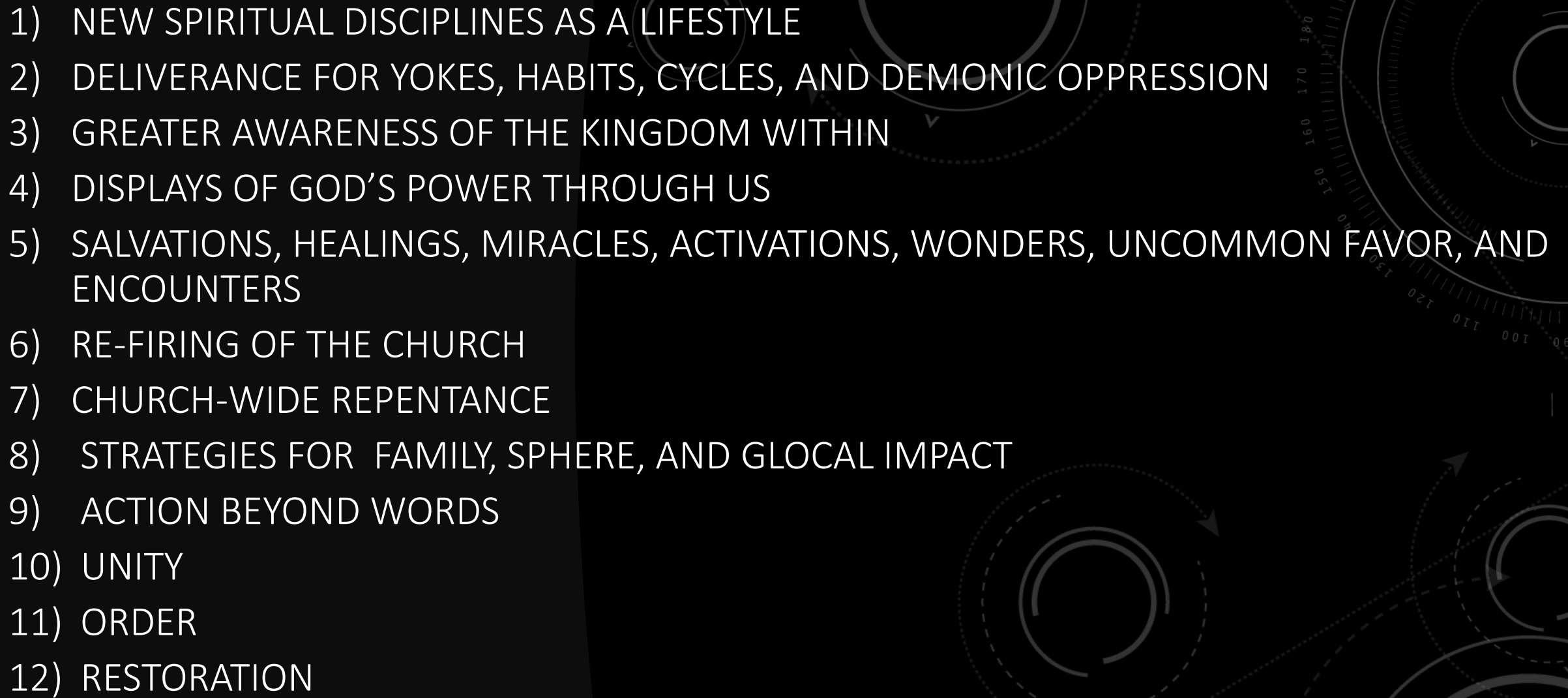
GUILLERMO MALDONADO

CONSECRATION  
READING MATERIAL



# AH FAST TARGETS



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- The background features a dark grey gradient with several circular and semi-circular patterns. Some are solid lines, while others are dashed. A prominent feature is a circular scale on the right side, with numbers ranging from 0 to 210 in increments of 10. The scale has a dashed outer ring and a solid inner ring with a curved arrow pointing clockwise. Other similar circular elements are scattered across the background, some with solid arrows and some with dashed lines.
- 1) NEW SPIRITUAL DISCIPLINES AS A LIFESTYLE
  - 2) DELIVERANCE FOR YOKES, HABITS, CYCLES, AND DEMONIC OPPRESSION
  - 3) GREATER AWARENESS OF THE KINGDOM WITHIN
  - 4) DISPLAYS OF GOD'S POWER THROUGH US
  - 5) SALVATIONS, HEALINGS, MIRACLES, ACTIVATIONS, WONDERS, UNCOMMON FAVOR, AND ENCOUNTERS
  - 6) RE-FIRING OF THE CHURCH
  - 7) CHURCH-WIDE REPENTANCE
  - 8) STRATEGIES FOR FAMILY, SPHERE, AND GLOCAL IMPACT
  - 9) ACTION BEYOND WORDS
  - 10) UNITY
  - 11) ORDER
  - 12) RESTORATION



# AUGUST 29TH - OCTOBER 8TH

STARTING AT 6PM ON THE 29<sup>TH</sup>. ENDINGS AT 6PM ON OCTOBER 8<sup>TH</sup>

***EARLY MORNING  
PRAYER AND THE  
WORD***

***6:00 A.M. – 6:45 A.M.***

***MID-DAY  
ENCOUNTER  
12:00 NOON TO  
1:00 P.M.***

# GATHERINGS

SEPT 3<sup>RD</sup> @ 7 P.M.

SEPT 6<sup>TH</sup>- ROSH HASHANNAH 7 P.M.

SEPT 10<sup>TH</sup>@7 P.M.

SEPT 17<sup>TH</sup>- SHUT-IN 8 P.M. - 6 A.M.

SEPT 24<sup>TH</sup> @ 7 P.M.

OCT 1<sup>ST</sup> @7 P.M.





The background features a blue-tinted image of a calendar on the left and technical diagrams on the right. The calendar shows dates from 1 to 28. The technical diagrams include a large circular scale with numbers from 80 to 210 and several concentric circles with arrows indicating a clockwise direction.

# FASTING SCHEDULE

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# THE DANIEL FAST

A SUGGESTED GUIDE

## FOODS TO ENJOY

### FRUITS

APPLES  
APRICOTS  
AVOCADOS  
BANANAS  
BLACKBERRIES  
BLUEBERRIES  
CANTALOUPE  
CHERRIES  
COCONUTS  
CRANBERRIES  
DATES  
FIGS  
GRAPEFRUIT  
GRAPES  
GUAVA  
HONEYDEW  
KIWI  
LEMONS  
LIMES  
MANGOES  
MELONS  
NECTARINES  
ORANGES  
PAPAYAS  
PEACHES  
PEARS  
PINEAPPLES  
PLUMS  
PRUNES  
RAISINS  
RASPBERRIES  
STRAWBERRIES  
TANGERINES  
WATERMELON

### LEGUMES

BLACK BEANS  
BLACK-EYED PEAS  
KIDNEY BEANS  
LENTILS  
MUNG BEANS  
PINTO BEANS  
SPLIT PEAS

### VEGETABLES

ARTICHOKES  
ASPARAGUS  
BEETS  
BROCCOLI  
BRUSSEL SPROUTS  
CABBAGE  
CARROTS  
CAULIFLOWER  
CELERY  
COLLARD GREENS  
CORN  
CUCUMBERS  
EGGPLANT  
GREEN BEANS  
KALE  
LEEKs  
LETTUCE  
MUSHROOMS  
OKRA  
ONIONS  
PARSLEY  
PEPPERS  
POTATOES  
RADISHES  
RUTABAGAS  
SCALLIONS  
SPINACH  
SPROUTS  
SQUASH  
SWEET POTATOES  
TOMATOES  
TURNIPS  
YAMS  
ZUCCHINI

### LIQUIDS

WATER  
VEGETABLE JUICE  
FRESH FRUIT JUICE  
COCONUT MILK  
ALMOND MILK

## FOODS TO AVOID

MEAT  
BREAD  
PASTA  
CRACKERS  
COOKIES  
CHIPS  
CHEESE  
CANDY  
ENERGY DRINKS  
MILK & CREAM  
EGGS  
SWEETENERS  
ALCOHOL  
SOFT DRINKS  
HONEY

## FOODS TO DECIDE ABOUT

COFFEE  
TEA  
OILS  
NUTS  
BROWN RICE  
QUINOA  
OATS  
SEASONINGS  
GUM & MINTS

### *DON'T GET CAUGHT UP IN THE DETAILS*

The importance of a Daniel Fast is in the heart of the sacrifice--disconnecting from regular luxuries for the sake of connecting more closely with God. Only you and God know what that looks like in your daily life.

# WEEK 1

DANIEL FAST

6 A.M. TO 6 P.M.

# WEEK 2

DANIEL FAST  
6 A.M. TO 6 P.M.



# WEEK 3

24 HOUR  
DANIEL FAST

# WEEK 4

DANIEL FAST  
2 MEALS ONLY (DANIEL  
FAST MENU)

# WEEK 5

DANIEL FAST

24 HOUR

COMPLETE FAST FOR ONE DAY  
OR MORE

# WEEK 6

AS THE HOLY SPIRIT LEADS