

CONSECRATION 2026

“BELIEVE! IT’S POSSIBLE!”

Dawn-to-Dusk Fast

No meals between 6:00 AM and 5:00 PM daily (including weekends).

Allowed:

- Water
- 100% juices

Not Allowed:

- Caffeine
- Carbonated drinks of any kind
- Sweetened beverages
- Sweets or desserts

****As with any dietary changes, please be mindful of your personal health needs and consult your physician if necessary.***