



2026: YEAR OF DEEP ROOTS AND MUCH FRUIT

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." - St. John 15:5

Fruitfulness and Manifestation:

Building on past efforts, 5786 is a season of fruitfulness, multiplication, and establishing God's word and purpose in tangible ways.

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SUPERINTENDENT
D.K. Gammon, Jr.
Senior Pastor



Ash Wednesday, February 18, 2026
Holy Thursday, April 2, 2026

21 Day
CONSECRATION
Daniel Fast
02/18 - 3/11



THE PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

Praise the Lord Saints!

“But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”

- Daniel 1:8 KJV

Thank you for joining me on this journey to Holy Season 2026! We are kicking off our 21st Annual Spring Consecration with the Daniel Fast (2/18-3/11). Welcome!

Upon conquering Judah, King Nebuchadnezzar's next order of business was to establish an elite team of the best and brightest to continue his future conquests. His plan was to be the ruler of the known world. In so doing, it would be necessary that all conquered people would be completely stripped of their religion, culture and customs to be replaced with that of the Chaldeans.

Whatever new territory was conquered, the king would set **aside** certain men that his “talent scouts” found to be the most attractive, highly intelligent and gifted in areas of science; Judah was no different.

“Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah: Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego.” (Daniel 1:6-7)

It was not very long before a leader arose; one who would stand up and dare to be different. See, Daniel had already been set **apart** by God.

While Nebuchadnezzar was on a mission to align individuals to his side, these four chose to be separated unto the Lord. What's the difference? Aside means *on one side or out of the way*. Apart means *separate or placed separately*.

Awareness begets conscience. You don't know until you know. Once you know, you're expected to respond accordingly.

Alignment births confession. When you are truly connected to someone or something you don't mind letting the world know where you stand. You **will** throat your commitment.

Appetite breeds cohesion. You are what you eat. Becoming one with the Father is a privilege and an honor. It's also attainable.

Remember: 1) It takes 21 days to formulate a habit. 2) Consistency is the gauge of success. 3) Practicing *right* makes perfect!

Be blessed!



Senior Pastor

LENT

Pray + Fast + Give

21ST ANNUAL SPRING CONSECRATION

21 Days Unto the Lord

The Commitment

- We willingly submit to the process of purging and detoxifying that we may hear from God more clearly.
- We shall be transformed in the presence of God by the absence of guilty pleasures.
- We will continue into Holy Season wholly committed to seeing God, hearing His voice and responding faithfully to His call.

The Goal

A deeper consecration for a heavier anointing.

FASTING SCHEDULE:
Tuesdays & Fridays 12am-12pm
(NO FOOD DURING THIS PERIOD)
ALL 21 Days = Daniel Fast
(Please see approved foods list)

PowerHouse PrayerLine
(667) 770-1476
Access Code: 956878

Mental and Spiritual Benefits

Denying yourself one of the most basic elements of survival, one that is loved and cherished by your body and that brings psychological pleasure as well, for a length of time humbles your body and mind, resulting in a strengthening of your spirit. Two words used in the Old Testament that are translated as *fasting* involved the following meanings: "to cover the mouth" and "to humble oneself".

21 PHYSICAL BENEFITS OF FASTING

- 1) Fasting is the greatest curative agency known.
- 2) Fasting purifies the blood stream.
- 3) Fasting rids the body of practically all the unwanted poisonous filth of auto-intoxication.
- 4) Fasting starves disease. When you feed a diseased body you feed the disease.
- 5) Fasting improves the circulation. It even cleanses the blocked vessels so that the blood circulates.
- 6) Fasting gives the overworked stomach a vacation as well as nearly all other parts of the body.
- 7) Fasting conserves energy. Sick people cannot get well unless there is a conservation of energy. Many times food will destroy or waste what little energy a sick individual has.
- 8) Fasting will cure 99% of functional ailments!
- 9) Fasting quickly heals simple diseases such as boils, skin blemishes, indigestion, dyspepsia, constipation, fever, anemia, asthma. Major fasting will also cure most other major diseases caused by impurities in the system.
- 10) Fasting improves the mental faculties, making it easier to think, study, remember and concentrate.

11) Fasting after 10 – 15 days usually makes the individual stronger physically, day by day, after the initial cleansing of the body has taken place.

12) Fasting can produce headaches, a sure indication that you should fast.

13) Fasting will remove headaches and the coffee or caffeine headache, along with the over-use of coffee or any other abnormal habits.

14) Fasting will also eradicate tobacco, drug and drinking habits in as little time as 3 days, water only taken during the fast, with temperate eating habits after the fast. The roots of these habits are imbedded within the stomach. Fasting consumes these very roots, banishing addiction.

15) Fasting is a great natural youth restorer beautifying the complexion.

16) Fasting regularly prolongs life from 20 to 40 years, depending on how much and how properly the fasts are entered into.

17) Fasting will remove tumors as large as watermelons, also ulcers and goiters, and will revitalize the glands.

18) Fasting, after 2 weeks, more or less, causes the breath that was so foul during the first of the fast to become clean and pure like that of a child.

19) Fasting removes bad tastes from the mouth.

20) Fasting draws the intestinal tract up and into its normal size.

21) Fasting restores a natural, normal appetite (fast broken properly)



Guidelines for Daniel Fast

(Foods we may eat)

Whole grains: Barley, *RICES*: Brown, Basmati, Parboiled and Jasmine

Parve: Kosher fish*, fruit, vegetables and salt

Legumes: Dried beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger-root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices

Foods to avoid...

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

***NO MEAT *NO SWEETS* NO FRIED FOODS**

WEEK ONE — THE MIND (PRAYER & RENEWAL)

Feb 18 – Feb 24

Day 1 — Feb 18 (Ash Wednesday) Decide to Be Whole

Scripture: John 5:6; John 15:4

Devotion: Jesus asks the man a question before He offers a miracle. Wholeness begins with a decision. Lent begins with honesty. Will you abide?

Reflect: Where have I grown comfortable in spiritual stagnation?

Pray: Lord, I choose wholeness. Help me abide in You.

Day 2 — Feb 19 — The True Source

Scripture: John 15:1–2

Devotion: Fruit has a source. Disconnection explains dryness. Reconnection restores life.

Reflect: What have I treated as my source besides Christ?

Pray: Reattach my heart to the Vine.

Day 3 — Feb 20 — Strength to Think Differently

Scripture: Philippians 4:13; Romans 12:2

Devotion: Christ strengthens not just hands, but thoughts. Renewal is possible.

Reflect: What thoughts need replacing?

Pray: Renew my mind through Your strength.

Day 4 – Feb 21 – Washed by the Word

Scripture: John 15:3

Devotion: The Word cleans mental clutter. Scripture restores clarity.

Reflect: How consistent is my Word intake?

Pray: Cleanse my thinking with truth.

Day 5 – Feb 22 – Prayer Breaks Excuses

Scripture: John 5:7–8

Devotion: The man had reasons. Jesus gave a command. Prayer moves us from excuses to obedience.

Reflect: What excuses have delayed my growth?

Pray: Deliver me from excuse-making.

Day 6 – Feb 23 – Pruned for Growth

Scripture: John 15:2

Devotion: God removes what hinders fruit. Pruning is love at work.

Reflect: What is God cutting away?

Pray: Give me grace to accept pruning.

Day 7 – Feb 24 – The Mind Set on the Spirit

Scripture: Romans 8:6

Devotion: A Spirit-led mind becomes fertile soil for fruit.

Reflect: What dominates my thoughts?

Pray: Set my mind on You.

WEEK TWO — THE BODY (PENANCE & DISCIPLINE)

Feb 25 – Mar 3

Day 8 — Feb 25 — Rise

Scripture: John 5:8

Devotion: Healing requires movement. Obedience activates growth.

Reflect: What has God told me to do that I've delayed?

Pray: Give me strength to rise.

Day 9 — Feb 26 — Take Up Your Bed

Scripture: John 5:8–9

Devotion: Don't leave behind the testimony of where God brought you from.

Reflect: What has God delivered me from?

Pray: Let my life testify.

Day 10 — Feb 27 — Not My Will

Scripture: Matthew 26:39

Devotion: Surrender is the highest form of obedience.

Reflect: Where is my will resisting God's?

Pray: Not my will, but Yours.

Day 11 — Feb 28 — Watch and Pray

Scripture: Matthew 26:41

Devotion: Discipline guards against spiritual weakness.

Reflect: Where do I lack spiritual alertness?

Pray: Strengthen my discipline.

Day 12 — Mar 1 — Strength to Obey

Scripture: Philippians 4:13

Devotion: You can obey because Christ strengthens you.

Reflect: What feels too hard to obey?

Pray: I receive strength to obey.

Day 13 — Mar 2 — A Living Sacrifice

Scripture: Romans 12:1

Devotion: Surrender is daily, not occasional.

Reflect: What remains unsurrendered?

Pray: I present myself to You.

Day 14 — Mar 3 — Holy Rest

Scripture: Matthew 11:28

Devotion: Rest is part of abiding.

Reflect: Have I confused busyness with fruitfulness?

Pray: Teach me holy rest.

WEEK THREE — THE SOUL (ALMSGIVING & TRANSFORMATION)

Mar 4 — Mar 11

Day 15 — Mar 4 — Abide in My Love

Scripture: John 15:9–12

Devotion: Abiding produces love that gives.

Reflect: How can I show Christ's love today?

Pray: Let me love like You.

Day 16 — Mar 5 — Fruit of the Spirit

Scripture: Galatians 5:22–23

Devotion: Character is the evidence of abiding.

Reflect: Which fruit is growing in me?

Pray: Grow Your character in me.

Day 17 — Mar 6 — Healing the Soul

Scripture: Psalm 147:3

Devotion: God heals what hinders fruitfulness.

Reflect: What needs healing inside?

Pray: Heal my soul.

Day 18 — Mar 7 — Joy That Remains

Scripture: John 15:11

Devotion: Joy flows from connection, not conditions.

Reflect: What has stolen my joy?

Pray: Restore my joy.

Day 19 — Mar 8 — Love One Another

Scripture: John 15:12

Devotion: Love is the visible fruit of maturity.

Reflect: Who do I need to love better?

Pray: Remove bitterness; fill me with love.

Day 20 — Mar 9 — Fruit That Remains

Scripture: John 15:16

Devotion: God desires lasting impact through you.

Reflect: What eternal fruit is my life producing?

Pray: Let my fruit remain.

Day 21 — Mar 11 — Deep Roots, Much Fruit

Scripture: Colossians 2:6–7; Philippians 4:13

Devotion: What began with a decision ends with maturity. You abided. You obeyed. You loved.

Reflect: How have I grown during Lent?

Pray: Keep me deeply rooted and consistently fruitful.

Closing Lenten Declaration

**“I chose to be whole.
I abided in the Vine.
I surrendered my will.
I loved through giving.**

**And I can do all things through Christ who strengthens me.
Deep roots. Much fruit.**

Amen.”

