

# INGRITADE CONSECUENT GUIDE

**JANUARY 2025** 

## JAN 4-11

#### Sat, Jan 4

- Corporate prayer, 8:00 a.m.; dial-in
- Worship, 3:00 p.m., Atlanta campus in-person and streaming; Bishop Lambert W. Gates, Sr., speaker

#### Sun, Jan 5

- Corporate prayer, 8:00 a.m., Detroit/Indianapolis campuses; dial-in and in-person
- Morning worship, 10:00 a.m.:
  - Indianapolis campus; in-person/streaming; Bishop Lambert W. Gates, Sr., speaker
  - Detroit campus; in-person; Elder David Hollis, speaker
- Evening worship, 6:00 p.m.:
  - Detroit campus; in-person and streaming; Elder David Hollis, speaker

#### Mon, Jan 6

- Fasting, 12:00 a.m.-4:00 p.m.
- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Detroit campus; in-person and Zoom
- Worship, 7:30 p.m., Detroit campus; in-person and streaming; Elder David Hollis, speaker

#### Tue, Jan 7

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Detroit campus; in-person and Zoom
- Worship, 7:30 p.m., Detroit campus; in-person and streaming; Elder David Hollis, speaker

#### Wed, Jan 8

- Fasting, 12:00 a.m.-4:00 p.m.
- Prayer, 10:00 a.m., Zoom
- Prayer, 12:00 p.m., Atlanta campus; in-person
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Thu, Jan 9

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Sat, Jan 11

- Corporate prayer, 8:00 a.m., dial-in
- Worship, 3:00 p.m., Atlanta campus in-person and streaming; Bishop Edward Griffin, speaker

## JAN 12-18

#### Sun, Jan 12

- Corporate prayer, 8:00 a.m., Detroit/Indianapolis campuses; dial-in and in-person
- Morning worship, 10:00 a.m.:
  - Detroit campus; in-person and streaming; Suffragan Bishop Darrell Fairer, speaker
  - Indianapolis campus; in-person; Bishop T. David Dockery, Sr., speaker
- Evening worship 6:00 p.m.:
  - Indianapolis campus; in-person and streaming; Bishop T. David Dockery, Sr., speaker

#### Mon, Jan 13

- Fasting, 12:00 a.m.-4:00 p.m.
- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Atlanta campus; in-person and Zoom
- Worship, 7:30 p.m.:
  - Atlanta campus; in-person and streaming; Prophet Brian Carn, speaker
  - Detroit campus; in-person; Suffragan Bishop Darrell Fairer, speaker
  - Indianapolis campus; in-person; Bishop T. David Dockery, Sr., speaker

#### Tue, Jan 14

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Atlanta campus; in-person and Zoom
- Worship, 7:30 p.m.:
  - Atlanta campus; in-person and streaming; Prophet Brian Carn, speaker
  - Detroit campus; in-person; Suffragan Bishop Darrell Fairer, speaker
  - Indianapolis campus; in-person; Bishop T. David Dockery, Sr., speaker

#### Wed, Jan 15

- Fasting, 12:00 a.m.-4:00 p.m.
- Prayer, 10:00 a.m., Zoom
- Prayer, 12:00 p.m., Atlanta campus; in-person
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Thu, Jan 16

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Sat, Jan 18

- Corporate prayer, 8:00 a.m., dial-in
- Worship, 3:00 p.m., Atlanta campus in-person and streaming; Bishop Lambert W.
  Gates, Sr., speaker

# JAN 19-25

#### Sun, Jan 19

- Corporate prayer, 8:00 a.m., Detroit/Indianapolis campuses; dial-in and in-person
- Morning worship, 10:00 a.m.:
  - Indianapolis campus; in-person and streaming; Dr. Nicholas Pearce, speaker
  - Detroit campus; in-person; Bishop Cornelius Henderson, speaker
- Evening worship 6:00 p.m.:
  - Streaming (Suffragan Bishop Darrell Fairer encore)

#### Mon, Jan 20

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Tue, Jan 21

- Daniel Fast
- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Indianapolis campus; in-person and Zoom
- Thematic Bible study, 7:30 p.m., Indianapolis campus; in-person and streaming; Bishop Lambert W. Gates, Sr., speaker

#### Wed, Jan 22

- Daniel Fast
- Prayer, 10:00 a.m., Zoom
- Prayer, 12:00 p.m., Atlanta campus; in-person
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Thu, Jan 23

- Daniel Fast
- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Fri, Jan 24

Daniel Fast

#### Sat, Jan 25

- Daniel Fast
- Corporate prayer, 8:00 a.m., dial-in
- Worship and anointing service, 3:00 p.m., Atlanta campus in-person and streaming;
  Bishop Lambert W. Gates, Sr., speaker

# JAN 26-30

#### Sun, Jan 26

- Daniel Fast
- Corporate prayer, 8:00 a.m., Detroit/Indianapolis campuses; dial-in and in-person
- Morning worship, 10:00 a.m.:
  - Detroit campus; in-person and streaming; Bishop Lambert W. Gates, Sr., speaker (anointing service)
  - Indianapolis campus; in-person; Elder David Hollis, speaker
- Evening worship, 6:00 p.m.:
  - Indianapolis campus; in-person and streaming; Elder David Hollis, speaker (anointing service)

#### Mon, Jan 27

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Indianapolis campus; in-person and Zoom
- Worship, 7:30 p.m., Indianapolis campus in-person and streaming; Elder David Hollis, speaker

#### Tue, Jan 28

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Indianapolis campus; in-person and Zoom
- Worship, 7:30 p.m., Indianapolis campus in-person and streaming; Elder David Hollis, speaker

#### Wed, Jan 29

- Prayer, 10:00 a.m., Zoom
- Prayer, 12:00 p.m., Atlanta campus; in-person
- Prayer, 7:00 p.m. (25 mins), Zoom

#### Thu, Jan 30

- Prayer, 10:00 a.m., Zoom
- Prayer, 7:00 p.m. (25 mins), Zoom

# GUIDELINES

The Daniel Fast begins on Tuesday, January 21 and ends at the conclusion of the 10:00 a.m. service on Sunday, January 26, along with all other aspects of the consecration.

- You may eat at any time and as often as you like.
- Use wisdom if you are elderly or under a doctor's care.
- Use parental wisdom for children and teens.
- Limit TV, radio, and reading to news, educational, and religious pursuits.
- Cut off all social media activities and viewing unless required for your job, and limit it to that alone.
- Outside of work, limit use of computer to news, educational, and religious pursuits; limit conversation on phones and other devices to business and spiritual pursuits.
- Refrain from secular entertainment and outings.
- Married couples are encouraged to observe 1 Corinthians 7:5.

## FOOD GUIDELINES

#### Food and drink to consume:

- Fruits and vegetables
- Breads, cereals, and grains
- Dairy products
- Soups, pasta, and starches
- Nuts and seeds
- Water, milk, 100% fruit juice

#### Food and drink to avoid:

- Meat/fried meat (including poultry and seafood)
- Desserts and sweets
- Snack foods (chips, popcorn, etc.)
- Coffee, tea, and soft drinks

## PRAYER INFORMATION:

### **JOIN IN-PERSON**

## **JOIN VIA ZOOM**

- MEETING ID: 937 6492 5230
- PASSCODE: 548305

## **JOIN VIA PRAYER CALL:**

- DIAL-IN: 312 626 6799 US
- MEETING ID: 937 6492 5230
- PASSCODE: 548305

