

HOUSE OF HEALING DMV, INC.
NEW YEAR CONSECRATION
January 2 thru January 25, 2026

Purpose

The House of Healing DMV welcomes believers to embark on a transformative journey through the 24-day consecration and fasting. Rooted in scripture, this period of dedicated spiritual growth and purification allows participants to draw closer to God, seek His guidance, experience breakthroughs, be obedient to scripture, obtain direction, receive spiritual strength, become a channel of intercession, and unify the church. Participants are encouraged to abstain from certain foods or activities, redirecting their focus towards prayer, meditation and studying the word of God.

While some may view fasting as a somber or burdensome process, House of Healing DMV emphasizes the importance of maintaining a positive mindset throughout this journey. Drawing upon passages such as Psalm 35:13, which urges believers not to approach fasting with sadness but instead with rejoicing, participants are encouraged to find joy in the spiritual growth and the unbridled closeness to God that accompanies the consecration period.

Direction

- A target is given for each day. Be sure to pray about, study and meditate upon each target for each day.
- Please follow the daily fasting regime.
- Participate in the services during the consecration to keep your faith active.
- Maintain times of prayer, worship, praise, and word study.
- Increased the volume of gospel music, sermons, and reading of Christian/spiritual literature to nourish your soul.

DATE	TARGET	SCRIPTURE	FASTING REGIME
01.02.26	A Yielded Spirit	Romans 6:13	Eat Nothing at ALL!
01.03.26	Refilling of the Holy Spirit	Jude 20	Only one full meal a day
01.04.26	Commitment	I Corinthians 15:58	Only one full meal a day
01.05.26	A Tamed Tongue	Psalm 34:17	Only one full meal a day
01.06.26	Discernment	I Corinthians 2:7-12	Only one full meal a day
01.07.26	Understanding & Wisdom	Proverbs 4:7	Only one full meal a day
01.08.26	Direction	Proverbs 3:5-6	Only one full meal a day
01.09.26	Hunger for God	Matthew 5:6	Only one full meal a day
01.10.26	Stability	I Peter 5:10	Eat Nothing at ALL!
01.11.26	Resuscitation	John 20:22	Fruit and Vegetables All Day
01.12.26	Defeating the Spirit of the Waster	Isaiah 54:16	Fruit and Vegetables All Day
01.13.26	Economic Empowerment	Psalm 112:3	Fruit and Vegetables All Day
01.14.26	Protecting your Spiritual Gates	Proverbs 4:23	Fruit and Vegetables All Day

01.15.26	House of Healing DMV	Matthew 16:18	Fruit and Vegetables All Day
01.16.26	Unity in the Spirit	Ephesians 4:1	Fruit and Vegetables All Day
01.17.26	Family	Psalm 112:2	Fruit and Vegetables All Day
01.18.26	Souls/Outreach	Matthew 28:19	Eat Nothing at ALL!
01.19.26	Mental Wellness	Isaiah 26:3	No eating from 6am to 6pm
01.20.26	Physical Healing	Jeremiah 30:17	No eating from 6am to 6pm
01.21.26	Stirring of Gifts	II Timothy 1:6	No eating from 6am to 6pm
01.22.26	New Anointing	Psalm 92:10	No eating from 6am to 6pm
01.23.26	Breaker's Anointing	Micah 2:3	No eating from 6am to 6pm
01.24.26	Perseverance	II Timothy 2:1	Eat Nothing at ALL!
01.25.26	Recompense	Ruth 2:12	No eating until after morning service

FASTING REGIME

The church will abide by the following consecration regime on the assigned days above:

- ***Fruit and Vegetables*** – any combination of fruit and vegetables in whatever quantity you desire. Participants may drink water, tea, fruit juice, and sports performance drink (vitamin water, Gatorade, etc.) in whatever quantity they desire throughout the day.
- ***No eating from 6am to 6pm*** – Participants will not eat any food at all during this period and will only drink water, tea, fruit juice, and sports performance drinks throughout the day. After 6pm, participants are free to eat what they desire in whatever quantity they desire.
- ***Only one full meal a day*** – Participants will eat one full meal during a specific time of day. This is your only meal for the day and all eating must be done with that meal. Participants may drink water, tea, fruit juice, and sports performance drink (vitamin water, Gatorade, etc.) in whatever quantity they desire throughout the day.
- ***No eating at all*** – Participants will not consume food at any point during the entire day. Liquids are acceptable in whatever quantity throughout the day: Water, fruit juice, tea, fruit smoothies, and sports performance drinks (Gatorade, Powerade, etc.).
- ***Special note*** – For the entire consecration, participants will not consume any desserts, candy, snacks, sodas, etc. The objective is to minimize sugar intake!

Additional items of consecration:

- ***January 2nd thru January 9th*** – no regular television or streaming programs. Participants will only consume Christian programming and the news.
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- ***January 10th thru January 17th*** – no social media use unless it is work related. If it is a **NECESSITY** for your job, then participants are asked to use it only during work hours.
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- **January 18th thru January 25th** – Participants are asked to elect an item to surrender (give up) during the selected days. These things should be meaningful to the participants and offered as a sacrifice to the Lord. Consider carefully, wisely, and sacrificially.

SPECIAL NOTE TO ALL PARTICIPANTS:
If on medication, please seek your physician's wisdom.

EMPOWERMENT SERVICES

During our time of consecration, it is important to place yourself in environments where the Word of God is released for the edifying of your spirit and the building of your faith! It is essential that you saturate yourself in the presence of God during this consecration. Prayer and Worship is a necessity and a needed companion. **Don't just do the fasting regime and not add the spiritual disciplines.**

- ⇒ *Sunday Morning Worship:*
 - Services at 11am EST via in-person attendance, Facebook live, and YouTube live. Members are encouraged to participate in service.
- ⇒ *Consecration Empowerment Calls (6am EST):*
 - Empowerment Calls – every morning (including weekends) at 6am from January 2nd thru January 25th. Streaming via Facebook and YouTube.
- ⇒ *Grace and Glory Prayer Surge:*
 - Virtual Prayer Surge – January 14th via Facebook and YouTube at 7:00pm EST.
 - In-Person Prayer Surge – January 21st at 7:00pm
- ⇒ *Fresh Wind Revival – all services in-person; streaming on FB & YT.*
 - Wednesday, January 14th at 7:00pm EST – A Virtual Time of Prayer
 - Thursday, January 15th at 7:30pm EST with Guest Speaker Pastor Sandra Riley and Guest Psalmist Sean Tillery and Changed.
 - Friday, January 16th at 7:30pm EST with Guest Speaker, Bishop Anthony Gilyard and Guest Psalmist, The Voices of Judah Bethlehem.
- ⇒ *Special Monday Manna:*
 - Join us via our Facebook and YouTube page for a Special Monday Manna at 7:00pm.
 - Monday, January 5th
 - Monday, January 12th
 - Monday, January 19th

Remember:
“We are a GREAT People
We are a STRONG People
We are a MIGHTY People
and We are a POWERFUL People!