

2024 EMPOWERMENT

Guide



Ministry of the HOLY SPIRIT

January 8th – January 28th, 2024



REDEMPTION JUSTICE EMPOWERMENT



Welcome to the 2024 Empowerment: Ministry of the Holy Spirit

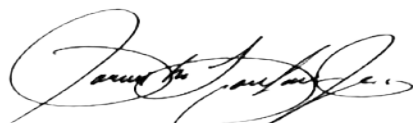
Grace and Peace be unto you beloved from God our Father and His Son, the Lord Jesus Christ.

We are delighted to invite you to embark on a spiritual journey with us during our 2024 Empowerment, themed “The Ministry of the Holy Spirit.” Our time, commencing January 7th through January 28th, promises to be a time of deep spiritual growth, communal fellowship, and transformative learning.

Our discipleship ministry team has prepared a series of events, activities, and moments of reflection designed to deepen our understanding and experience of the Holy Spirit and His work through our lives. As we prepare our hearts and minds for this time, let us open ourselves to the teachings, the comfort, and the guidance of the Holy Spirit. This journey will bring us closer to God and to each other as we seek to understand the role and ministry of the Holy Spirit today.

We look forward to sharing this empowering experience with you.


Highest Blessings,



Bishop Parnell M. Lovelace, Jr., D.Min., Ph.D.

Founding and Senior Pastor Center of Praise Ministries





Empowerment 2024 Schedule

As we embark on our spiritual journey under the theme “The Ministry of the Holy Spirit”, we invite you to participate in a series of enriching activities. Each engagement activity is designed to deepen your understanding and experience of the Holy Spirit’s presence and power in our lives.

Sunday, January 7th: Holy Convocation Celebration

- **Time:** 5:00 PM PT
- **Location:** The Cathedral, 2223 Capitol Avenue, Sacramento, CA.
- **Details:** Join us as we begin Empowerment 2024 with a vibrant worship celebration and teaching with guest, Dr. John-Paul Foster, Senior Pastor of Faithful Central Bible Church, Inglewood, California.

Monday, January 8th – Sunday, January 28th: 21-Day Fast

- **Start:** Begins after Midnight following the Convocation
- **End:** Conclude on the final day of Empowerment
- **Guidance:** You can find our “Fasting Guide” on [page 10](#)

Monday, January 8th – Sunday, January 28th: Daily Devotions / Online Only

- **Access:** Available through our website (cop.church)
- **Format:** Each day will feature scripture readings, prayers, and praise/worship, focusing on the ministry of the Holy Spirit.

OmniGroup Challenge

- **Duration:** Throughout the Empowerment Period.
- **Participation:** Sign up to facilitate or join an OmniGroup for weekly discussions and reflections.
- **Focus:** Exploring various aspects of the Holy Spirit's ministry within a small group setting. OmniGroups meet regionally in various locations, and virtually.

Thursday, January 11th, 18th, and 25th: Midweek Empowerment - Bible Study Sessions

- **In-Person Sessions:** 12:00 Noon PT, Mary Spears Fellowship Hall at the Cathedral, 2223 Capitol Avenue, Sacramento, CA.
- **Online Sessions:** 6:30 PM PT, accessible via cop.church and COP Mobile App.
- **Focus:** Delving deeper into the scriptures to understand the ministry role of the Holy Spirit in the believer.


Sunday, January 28th: Healing and Praise Celebration

- **Time:** 5:00 PM PT
- **Location:** The Cathedral, 2223 Capitol Avenue Sacramento, CA 95816
- **Details:** A closing celebration of healing, testimonies, and joyous praise, marking the end of our Empowerment journey.

We encourage you to participate in all of the activities.

Empowerment 24 Summary of Weekly Participation:

Daily Devotions (Online)- Strengthening Our Spiritual Learning

A photograph of a church service. A man in a white shirt and dark vest stands at a podium, speaking into a microphone and gesturing with his right hand raised. The background shows a congregation of people, some with their hands raised in prayer or praise. The setting is a church with large, ornate stained-glass windows.

During our 2024 Empowerment, we are excited to offer Daily Devotions starting from **January 8th**. These devotions are designed to provide spiritual sustenance, deepen your understanding of the Holy Spirit, and strengthen your daily walk with God.

Format and Access

- **Availability:** Available online
- **Access Points:** Our website, cop.church
- **Content:** Each devotion will include a scripture reading, a prayer, and a praise/worship song, all focusing on various aspects of the Holy Spirit's ministry.

Structure of Each Devotion

1. **Scripture Reading:** Start your day with a specific Bible verse or passage that highlights an attribute or work of the Holy Spirit. Reflect on its meaning and relevance to your life.
2. **Prayer:** A guided prayer will accompany the scripture, helping you to seek the Holy Spirit's guidance, comfort, and wisdom in your daily endeavors.
3. **Praise and Worship:** Conclude with a praise or worship song.

Engagement and Reflection

- **Interactive Element:** Participants are encouraged to share their reflections or insights with their OmniGroups. This fosters a sense of community and shared spiritual growth.

Embracing the Holy Spirit in Daily Life

Our Daily Devotions are more than just a morning routine; they are an invitation to continually engage with and be transformed by the Holy Spirit throughout your day. Let these devotions be a source of inspiration, comfort, and empowerment as you navigate your daily life.

OmniGroups – Building Community and Deepening Faith

As part of our 2024 Empowerment, we are excited to introduce the OmniGroup initiative, designed to foster deeper spiritual connections and community engagement. This year, our theme “The Ministry of the Holy Spirit” takes center stage in our OmniGroup discussions.



What is an OmniGroup?

An OmniGroup is a small group gathering, either in person or virtually, focused on discussing biblical themes, sharing insights, and supporting one another in spiritual growth. These groups are a cornerstone of our communal learning and an excellent way to delve deeper into the teachings of the Bible and the workings of the Holy Spirit.

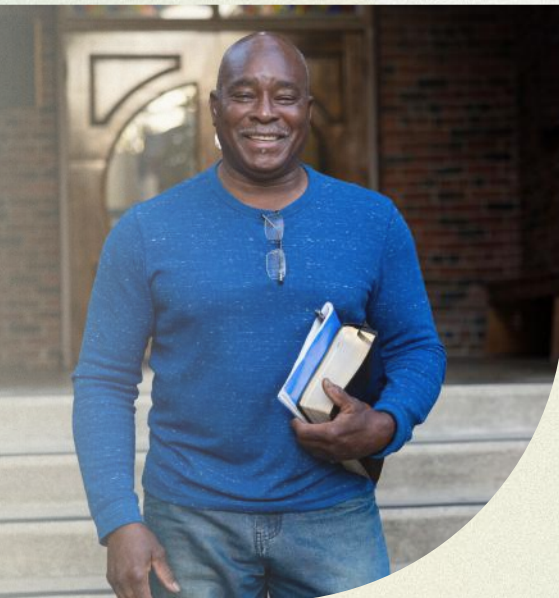
How to Participate

- **Join a Group:** Sign up to be part of an OmniGroup and connect with fellow believers. Groups meet regularly for discussions, prayer, and mutual encouragement. [JOIN TODAY](#)
- **Facilitate a Group:** If you feel called to lead, sign up to facilitate a virtual OmniGroup. Training and resources will be provided to help you guide meaningful discussions and foster a supportive environment. [HOST AN OMNIGROUP](#)

Advantages of Joining an OmniGroup

- **Deepened Understanding:** Engage with the Scriptures in a more intimate and detailed manner.
- **Community Building:** Connect with others in the church, forming bonds of fellowship and mutual support.
- **Spiritual Growth:** Grow in your faith and understanding of the Holy Spirit's work in your life.

We encourage every member of our church family to be part of an OmniGroup. Whether you're joining a group or leading one, your participation is valuable. Together, we can grow in faith, support one another, and deepen our understanding of the Holy Spirit's ministry in our lives.



Midweek Empowerment – Bible Study

Join us in three special Midweek Empowerment Bible Study sessions, a pivotal aspect of our 2024 Empowerment journey. These sessions, led by our ministry leaders, are designed to deepen our biblical understanding and enhance our spiritual growth.

What to Expect

- **Engaging Teachings:** Our ministry leadership will provide in-depth teachings that are both enlightening and applicable to daily living.
- **Interactive Discussions:** Participants will have the opportunity to ask questions and engage in discussions, deepening their understanding of each week's topic.

Healing and Praise Celebration - A Joyous Culmination

We will culminate our 2024 Empowerment with our quarterly Healing and Praise Celebration. This occasion will be held January 28th. It marks the thanksgiving period of our spiritual journey during the Empowerment 24 experience.



What to Expect:

The Healing and Praise Celebration is an opportunity to reflect on our journey, celebrate our growth in faith, and look forward with hope. The sacred gathering will include:

- **Water Baptism:** A sacred ceremony signifying renewal and commitment to faith. It's a profound expression of our belief and a celebration of new life in Christ.
- **Welcoming New Membership Partners:** We will joyously welcome new partners into the Center of Praise family. This is a moment to embrace our expanding community and affirm our commitment to one another.

- **Praise and Worship:** Our Worship and Fine Arts Ministry will lead us in uplifting and inspiring worship, creating an atmosphere of praise and gratitude. The music will reflect our journey and the work of the Holy Spirit in our lives.
- **Date:** January 28th
- **Time and Location:** 5:00pm, at the Cathedral, 2223 Capitol Avenue, Sacramento, CA 95816


As we embark upon our 2024 Empowerment, let this season be a reminder of the love, grace, and power of the Holy Spirit, which we will experience together. It is a reset, recharge, and refreshing, as we grow in our walk with the Lord Jesus Christ.

We look forward to sharing this special experience with you, as we give thanks, praise, and engage the wonderful ministry of His Holy Spirit.



Empowerment 2024

Consecrated Fasting Guide



Welcome to an essential component of our 2024 Empowerment: a focused time of fasting from January 8th to January 28th. This period is dedicated to deepening our connection with God through the Ministry of the Holy Spirit. This guide is designed to assist you in navigating this sacred practice of fasting, prayer, and reflection.

Understanding Fasting

Fasting is more than abstaining from food; it's a spiritual discipline that enhances our relationship with God. It's about surrendering ourselves and dedicating our focus to spiritual growth.

Guidelines for the Consecrated Fast / Physical Aspects

- **Fluids:** Stay hydrated with water, non-acidic juices, and herbal teas.
- **Food:** After sundown, consume light, vegetarian meals. Avoid, sweets, carbonated beverages, coffee, heavy, or rich foods.
- **Medication:** Continue prescribed medications, adjusting the fasting practice as needed.

Spiritual Aspects

- **Prayer and Scripture:** Regularly engage in prayer and scripture meditation.
- **Reflection:** Use this time for introspection and spiritual strengthening.

**Please check with your physicians if you have any concerns regarding participation in the fast.*

** Participants should be 15 years and older. Younger participants may modify their participation by abstinence in other activities. (e.g. Video games, social media, and television.)*

The Objective: A Consecrated Fast

The aim of fasting is to cultivate a life dedicated to God in every aspect. This transformative experience should bring you closer to a life guided by the Holy Spirit. Our consecrated fast will be a **21-day** duration. Generally, no food is consumed from sunrise to sunset. A light vegetarian meal may be taken after sunset. Try to abstain from eating heavy meal consisting of meat, dairy products, and heavy starches (rice, potatoes, etc.)

BENEFITS OF FASTING

1. Spiritual Discipline.
2. Increased spiritual capacity.
3. A clear, sober mind.
4. Pure heart and mind.
5. Hunger for God and His Word.
6. Physical Health.
7. Loss of excess weight.
8. Purified body.
9. Freedom.
10. Spirit of Giving.
11. Your light shines.
12. Protection by God.
13. Answered prayer.
14. Intimacy with God.

GUIDELINES OF FASTING

Remember that the purpose of fasting is to set aside a time to consecrate ourselves to the ministry of the Holy Spirit, to allow for the increase of our spiritual capacity to the administration of the Holy Spirit.

Fasting is the abstinence from regular meals (solid food) for a period stipulated. This allows for the discipline of physical appetites and brings the body under subjection to spiritual desires.

1. COMMIT YOURSELF TO God in consecration and prayer.
2. Drink up to 8 glasses of water at room temperature per day.
3. Drink water, herbal tea, or apple, cranberry, vegetable juice at room temperature or slightly cool.
4. Drink warm or hot herbal teas before retiring to sleep and upon arising in the morning.

Completing the Fast Guidelines:

1. Begin eating a soup dish for the first and second meal (no bread or potato dishes).
2. The third meal after breaking a fast should be salads, fresh vegetables or greens.
3. Solid foods such as meats, rice, potatoes, pasta, (macaroni), etc., Should be taken in small amounts on the second or third day after ending the fast.

Note: The longer the period of the fast, the more soup dishes and soft foods should be initially consumed when ending it.



Consecration Soup Recipe



This soup is one recipe that may be used during the 21-Day Fast Consecration.

Ingredients:

- 1 cup carrots (diced)
- 1 small red onion (diced)
- 1 cup cauliflower
- 1 small yellow onion
- 1 cup broccoli
- 1 stalk celery w/leaves, chopped
- 2 cups cabbage (sliced fine)
- 3 garlic cloves (crushed)
- 1 cup spinach (optional)
- 4 TBS olive oil
- 1 cut winter squash (optional)
- 4 cups chicken broth
- 3 ripe tomatoes (diced)
- 4 cups water
- 1 cup bell pepper (diced)
- 4 bay leaves
- (red/green/yellow) Mrs. Dash seasoning to taste

Directions:

- Heat olive oil in a large soup pan (medium heat).
- Add onions and garlic (simmer 3 minutes).
- Add tomatoes and celery (simmer 2 minutes).
- Add chicken broth and water (bring to boil).
- Add vegetables and bay leaves.
- Add Mrs. Dash to taste, cover and cook for 30 minutes.

Other Considerations While Fasting:

Consider reallocating resources normally spent on food and entertainment towards your ministry giving or other charitable causes.





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