

2026  
EMPOWERMENT  
GUIDE

# finding freedom in Jesus

SO IF THE SON SETS  
YOU FREE, YOU WILL  
BE FREE INDEED.  
JOHN 8:36 ESV

*JANUARY 4TH - FEBRUARY 1ST, 2026*



REDEMPTION JUSTICE EMPOWERMENT



# finding freedom in Jesus

During our 21 Day Fast, we will be walking through the book Finding Freedom in Jesus by Dr. J. P. Foster and Dr. Matt Williams. This book reminds us of who we are in Christ and helps us see how God is growing us, healing us, and calling us higher. Each day we will look at one of the 21 attributes in the book and read the scripture that goes with it, letting the Holy Spirit speak to our hearts in a fresh and personal way.

This is a simple and powerful way for all of us to move together with the same focus and the same expectation. As we lean in, we believe God will strengthen our faith, renew our identity, and help us walk in the freedom that Jesus has already given us. These 21 days are going to shape us, empower us, and draw us closer to God and to one another.

# WELCOME TO THE 2026 EMPOWERMENT: Finding Freedom in Jesus

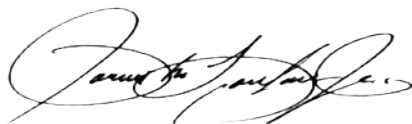
Grace and Peace be unto you beloved from God our Father and His Son, the Lord Jesus Christ.

We are delighted to invite you to embark on a spiritual journey with us during our 2026 Empowerment, themed “Finding Freedom in Jesus.” Our time, commencing January 4th through February 1st, promises to be a time of deep spiritual growth, communal fellowship, and transformative learning.

Our pastoral team has prepared a series of events, activities, and moments of reflection designed to deepen our understanding and experience a powerful prayer life. 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 draw us closer to God and one another as we deepen and strengthen our prayer life.

We look forward to sharing this empowering experience with you.

Highest Blessings,



**Bishop Parnell M. Lovelace, Jr., PhD, DMin**  
Founding and Senior Pastor Center of Praise Ministries



# EMPOWERMENT 2026 SCHEDULE

As we embark on our spiritual journey under the theme “Finding Freedom in Jesus” we invite you to participate in a series of enriching activities. Each engagement activity is designed to deepen your prayer life.

Sunday, January 4th:

## HOLY CONVOCATION CELEBRATION

- **Time:** 5:00 PM PT
- **Location:** The Cathedral, 2223 Capitol Avenue, Sacramento, CA 95816
- **Details:** Join us as we begin Empowerment 2026 with a vibrant worship celebration and teaching with guest, **Dr. John-Paul Foster**, Senior Pastor of Faithful Central Bible Church, Inglewood, California.



Sunday, January 11th - Sunday, February 1st:

## 21-DAY FAST

- **Start:** Begins Sunday January 11th.
- **End:** Conclude on the final day of Empowerment.
- **Guidance:** You can find our “Fasting Guide” on [page 10](#)

## Sunday, January 11th - Sunday, January 31st: **DAILY DEVOTIONS / ONLINE ONLY**

- **Access:** Available through our website, **[cop.church](http://cop.church)** and the **COP Mobile App**.
- **Format:** Each day will feature scripture readings, prayers, and praise/worship, focusing on our prayer life that will deepen our understanding of the Holy Spirit's ministry in our lives.
- **Duration:** Throughout the Empowerment Period.
- **Participation:** Sign up to facilitate or join an OmniGroup for weekly discussions and reflections.
- **Focus:** We will explore deepening our prayer life.

## Thursday, January 8th, 15th, 22nd, and 29th: **PRAYER AND SHARE MEETING**

- **In-Person:** 6:30 PM PT, The Legacy Center, 2324 L Street, Sacramento, CA 95816
- **Online:** 6:30 PM PT, accessible via [cop.church](http://cop.church), [COP Mobile App](#), and [YouTube](#).
- **Focus:** Deepening our prayer life while gaining a greater understanding of the impact and power of our prayers.

## Sunday, January 25th: **HEALING AND PRAISE CELEBRATION**

- **Time:** 5:00 PM PT
- **Location:** The Cathedral, 2223 Capitol Avenue, Sacramento, CA 95816
- **Details:** A 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 26 Summary of Weekly Participation:

# Daily Devotions (Online)- Strengthening Our Spiritual Learning



During our 2026 Empowerment, we are excited to offer Daily Devotions starting from January 11th. These devotions are designed to provide spiritual sustenance, and deepen our understanding of our freedom in Jesus.

## Format and Access

- **Availability:** Available online.
- **Access Points:** Our website [cop.church](https://cop.church), our bulletin [cop.church/bulletin](https://cop.church/bulletin), and our [COP Mobile App](#).
- **Content:** Each devotion will include a scripture reading, a prayer focus, and a praise/worship song, all focusing on various aspects of spiritual growth and transformation.

## Structure of Each Devotion

1. **Scripture Reading:** Start your day with a specific Bible verse or passage that highlights an aspect of prayer. Reflect on its meaning and relevance to your life.
2. **Prayer:** A guided prayer will accompany the scripture, helping you to Find Freedom in Jesus.
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.

## DEEPENING OUR PRAYER LIFE AND OUR RELATIONSHIP WITH THE HOLY SPIRIT

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 activities.

### OmniGroups - Building Community

As part of our 2026 Empowerment, we are excited to present **OmniGroups** designed to foster deeper spiritual connections and community engagement. This year, our theme “**Finding Freedom in Jesus**” 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 build friendship through fellowship.

## 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 an in person or 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.



## Prayer and Share Meeting

Join us weekly each Thursday at 6:30 pm to 7:30 pm for a time of guided prayer led by our ministry leaders.

## What to Expect:

- **Prasie and worship**
- **Interactive Discussions:** Participants will have the opportunity to engage in personal and group prayer deepening our spiritual growth.



## Healing and Praise Celebration - A Joyous Culmination

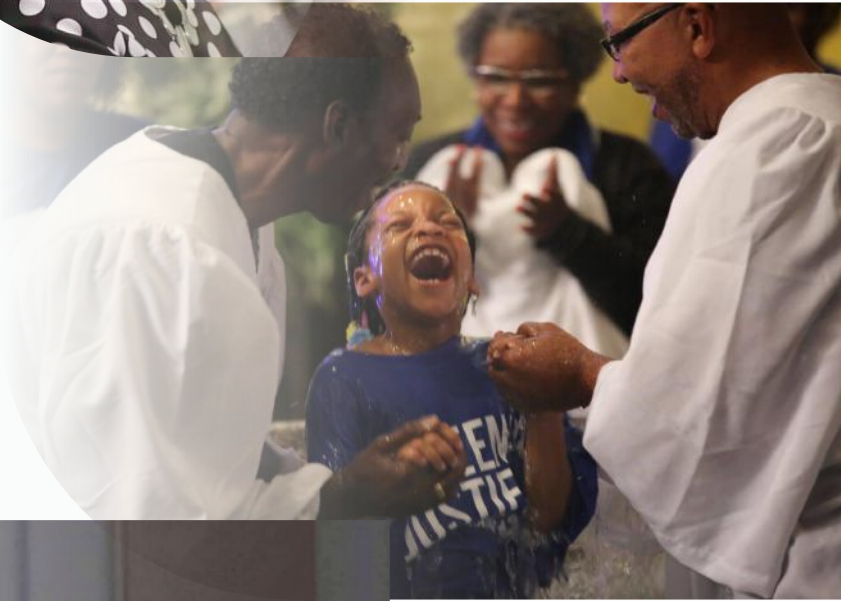
We will culminate our 2026 Empowerment with our quarterly Healing and Praise Celebration on January 25th. It marks the thanksgiving period of our spiritual journey during the Empowerment 2026 experience.

### 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.
- **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 Find Freedom in Jesus.
- **Date:** January 25th
- **Time and Location:** 5:00pm, at the Cathedral, 2223 Capitol Avenue, Sacramento, CA 95816





# CONSECRATED FASTING GUIDE

### Welcome to an essential component of our 2026 Empowerment:

A focused time of fasting from January 11th to February 1st. This period is dedicated to deepening our connection with God through prayer. 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 meals consisting of meat, dairy products, and heavy starches (rice, potatoes, etc.)

### BENEFITS OF FASTING

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

### GUIDELINES OF FASTING

Remember that the purpose of fasting is to set aside a time to consecrate ourselves to the ministry of prayer and preparing our hearts to intentionally share our witness of Jesus Christ with others.

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.





# 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
- Mrs. Dash (red/green/yellow) 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:

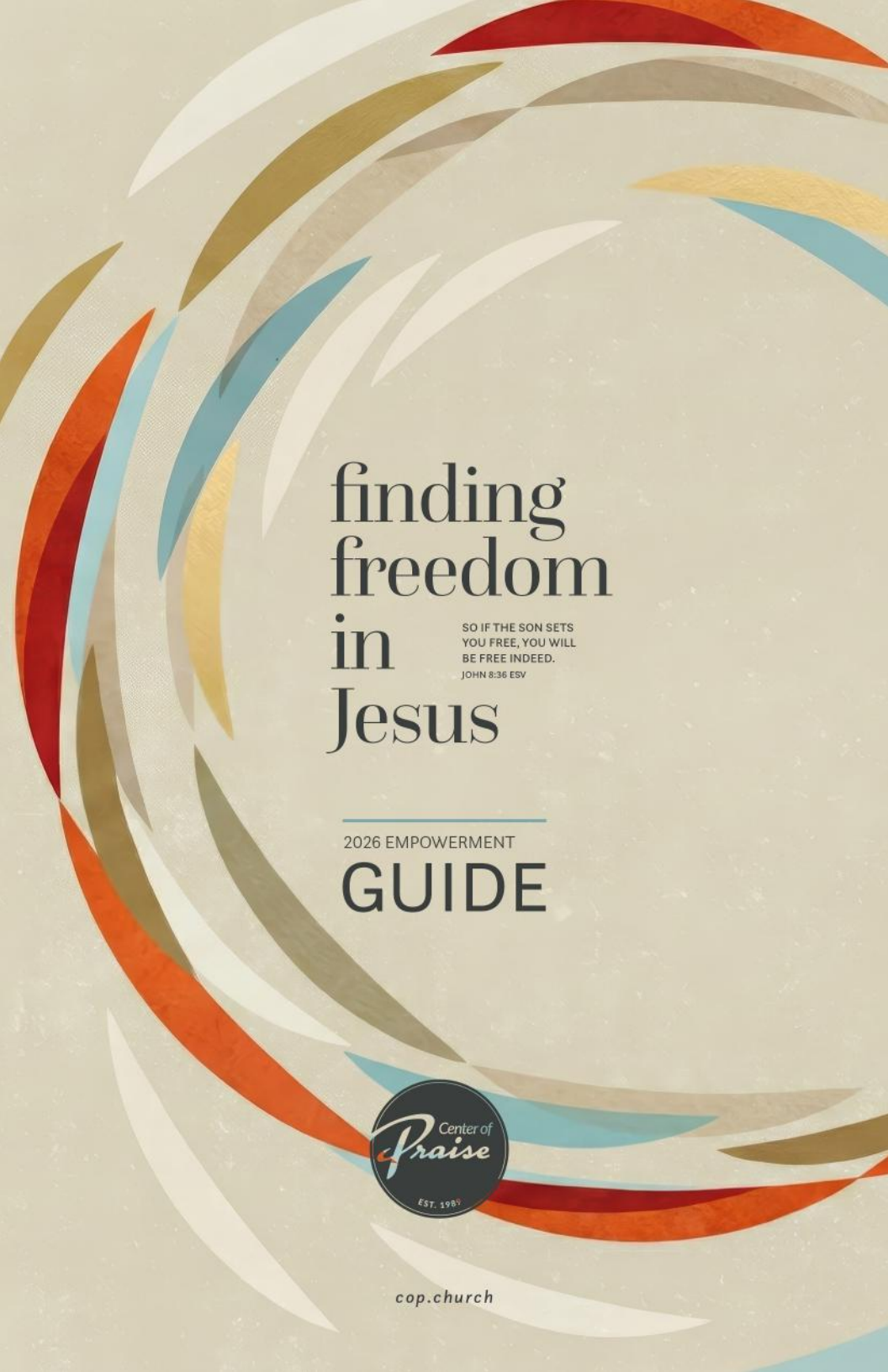
Consider reallocating resources normally spent on food and entertainment towards your ministry giving or other charitable causes.



# finding freedom in Jesus

SO IF THE SON SETS  
YOU FREE, YOU WILL  
BE FREE INDEED.  
JOHN 8:36 ESV





# finding freedom in Jesus

SO IF THE SON SETS  
YOU FREE, YOU WILL  
BE FREE INDEED.  
JOHN 8:36 ESV

---

2026 EMPOWERMENT

## GUIDE



[cop.church](http://cop.church)