

*Rebuilding An Extraordinary People into An Extraordinary Church*

# A Season of Rebuilding Through Fasting and Prayer

Feb 14 – March 24, 2024

Rev. Connie “CJ” Jackson  
*Pastor-Teacher*





# Greetings from the Heart of Pastor CJ

Blessings and peace to you Construction Zone Family. What a privilege and honor it is to shepherd such an EXTRAORDINARY and RESILIENT people. We are entering our 7th year of Kingdom building, and it appears as if we are stronger and more committed than ever. We have indeed been blessed and preserved by the mighty hand of God. As we enter into this YEAR OF REBUILDING, the Holy Spirit has impressed upon me that it is time for us to grow into the full measure of our vision: To Be A Spiritual Community Center that Builds and Rebuilds Lives Through Hope, Help and Healing.

During these next 40 days, I want you to ask God, "Who are you rebuilding me to be and what are you rebuilding me to do?" James 1:5 says, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." You may be fearful of the answer God will give you but ask anyway! Here's the truth, God has placed something EXTRAORDINARY within all of us and He wants to use it for His glory and for the benefit of those we encounter. We just must lay aside all of these weights we have been carrying so we can be free to be all God is calling us to be.



## A Season of Rebuilding Through Fasting and Prayer



In scripture, whenever there was an EXTRAORDINARY feat to accomplish, the leaders called the people to a time of prayer and fasting. Before there was a mighty move of God, the people observed a time of consecration. In 2023, we asked God to make some mighty moves on our behalf and at the beginning of 2024 we have begun to see the fruit of our prayers. This is just the beginning. We WILL become a soul-saving, disciple-making, and devil-defeating church. We WILL raise the necessary funds to purchase a substantial property to house our ministry. We WILL purchase a bus to provide transportation for our community and congregation. WE WILL develop a one-stop shop for hope, help and healing including dental, legal, financial, and mental health services. Big Vision. Big God. I believe WE are the people who WILL do it.

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# Final Instructions

The Holy Spirit inspired everything about this season of fasting and prayer. I believe the instructions are straightforward. There is a morning scripture and an evening scripture for us to read and meditate upon. We have a choice of fasting from 6AM – 6PM or from 6PM – 6AM. There are four prayer moments each day. Get a prayer partner to join you during these times. I promise you, it will bless you beyond your wildest imagination.

The guide outlines the types of foods we should eat each week. As the month progresses we will sacrifice a little more each week. Lastly, we need to drink more water. Do your best to drink at least 64 ounces a day.

**I am excited to see what the Lord will say to us during this Lenten Season. Let the Lord have His way!**

Have I told you how much I love you lately? I Love You, BIG!

Blessings and peace,  
Pastor Connie "CJ" Jackson



### Theme Scripture Psalm 127:1

"Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain."

### Meditational Scripture Matthew 7:24-29

(24) "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. (25) The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. (26) But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. (27) The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."



## Reading, Fasting and Prayer Schedule

### February 14

Morning Scripture: Romans 12:1-8 (NIV)

Evening Scripture: Romans 12:9-21 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 15

Morning Scripture: Ephesians 6:10-17 (NIV)

Evening Scripture: Ephesians 6:18 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes



## Reading, Fasting and Prayer Schedule

### February 16

Morning Scripture: Philippians 2:1-4 (NIV)

Evening Scripture: Philippians 2:5-11 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 17

Morning Scripture: Luke 4: 1-8 (NIV)

Evening Scripture: Luke 4:9-13 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### February 18

Morning Scripture: John 15:1-8 (NIV)

Evening Scripture: John 15:9-17 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 19

Morning Scripture: Colossians 3:12-14 (NIV)

Evening Scripture: Colossians 3:15-17 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.





## Reading, Fasting and Prayer Schedule

### February 20

Morning Scripture: I Corinthians 12:14-20 (NIV)

Evening Scripture: I Corinthians 12:21-26 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 21

Morning Scripture: John 14:1-7 (NIV)

Evening Scripture: John 14:8-14 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### February 22

Morning Scripture: John 14:15-21 (NIV)

Evening Scripture: John 14:22-27 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 23

Morning Scripture: John 15:1-8 (NIV)

Evening Scripture: John 15:9-17 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### February 24

Morning Scripture: Galatians 5:16-18 (NIV)

Evening Scripture: 5:19-26 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 25

Morning Scripture: Galatians 6:1-6 (NIV)

Evening Scripture: Galatians 6:7-10 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### February 26

Morning Scripture: Ephesians 1:3-10 (NIV)

Evening Scripture: Ephesians 1:11-14 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 27

Morning Scripture: Ephesians 1:15-23 (NIV)

Evening Scripture: Ephesians 2: 1-10 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### February 28

Morning Scripture: Ephesians 3:14-19 (NIV)

Evening Scripture: Ephesians 3:20-21 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### February 29

Morning Scripture: Ephesians 4:1-7 (NIV)

Evening Scripture: Ephesians 4:11-16 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 1

Morning Scripture: Ephesians 6:10-17 (NIV)

Evening Scripture: Ephesians 6:18-20 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 2

Morning Scripture: Philippians 4:4-9 (NIV)

Evening Scripture: Philippians 4:10-13, 19 (NIV)

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 3

Morning Scripture: I Cor 3: 5-8

Evening Scripture: I Cor 3: 9-15

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 4

Morning Scripture: Ezra 3:10-11

Evening Scripture: Nehemiah 1:1-11

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 5

Morning Scripture: Nehemiah 2:1-6

Evening Scripture: Nehemiah 2:7-10

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 6

Morning Scripture: Nehemiah 2: 11-16

Evening Scripture: Nehemiah 2: 17-20

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.





## Reading, Fasting and Prayer Schedule

### March 7

Morning Scripture: Nehemiah 3:1-5

Evening Scripture: Nehemiah 3:6-12

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 8

Morning Scripture: Nehemiah 3:13-21

Evening Scripture: Nehemiah 3:22-32

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 9

Morning Scripture:

Evening Scripture:

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 10

Morning Scripture: Nehemiah 4:1-6

Evening Scripture: Nehemiah 4:7-12

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 11

Morning Scripture: Nehemiah 4:13-18

Evening Scripture: Nehemiah 4:19-23

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 12

Morning Scripture: Nehemiah 5:1-5

Evening Scripture: Nehemiah 5:6-13

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 13

Morning Scripture: Nehemiah 5: 14-19

Evening Scripture: Nehemiah 6:1-9

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 14

Morning Scripture: Nehemiah 6:10-14

Evening Scripture: Nehemiah 6:15-19

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 15

Morning Scripture: Nehemiah 7:1-3

Evening Scripture: Exodus 35:1-3

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 16

Morning Scripture: Exodus 35:4-19

Evening Scripture: Exodus 35:20-29

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 17

Morning Scripture: Exodus 35:30-35

Evening Scripture: Exodus 36:1-5

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 18

Morning Scripture: Exodus 36:6-7

Evening Scripture: Psalm 1

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 19

Morning Scripture: Psalm 8

Evening Scripture: Psalm 15

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 20

Morning Scripture: Psalm 16

Evening Scripture: Psalm 20

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.



## Reading, Fasting and Prayer Schedule

### March 21

Morning Scripture: Psalm 24

Evening Scripture:

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 22

Morning Scripture: Psalm 27:1-6

Evening Scripture: Psalm 27:7-14

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.





## Reading, Fasting and Prayer Schedule

### March 23

Morning Scripture: Psalm 32:1-7

Evening Scripture: Psalm 32:8-11

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.

### March 24

Morning Scripture: Psalm 34:1-10

Evening Scripture: Psalm 34:11-22

Fasting: 6AM – 6PM or 6PM – 6AM

Praying 6AM, 12 Noon, 6PM and 10PM

Eating Moderately: Fish, Chicken, Fruit, Vegetables, Nuts (almonds and walnuts)

Drinking Water Only • Exercise for at least 30 minutes.