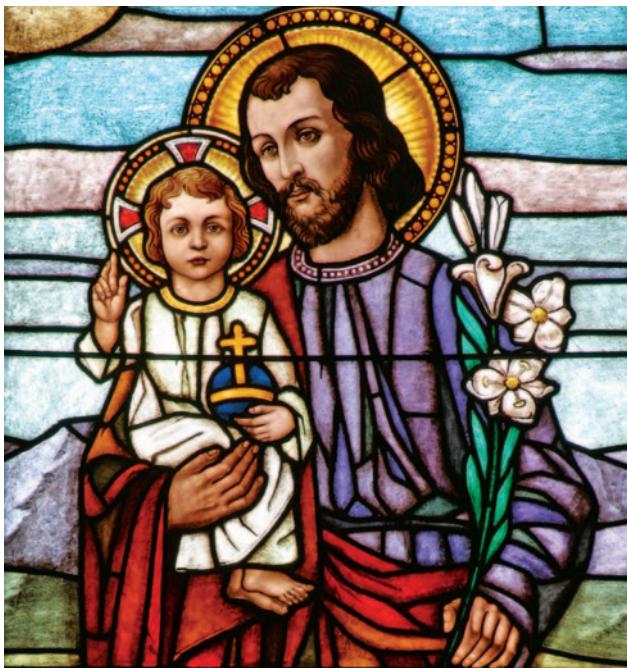# Preparing for a Consecration

How to Prepare

The word consecration literally means "association with the sacred," and as such it requires a much larger commitment than simply reciting a prayer off of a card. To receive the full benefit of intercession, one must cleanse the body, mind and soul.

The decision to consecrate oneself needs to be intentional and a process through which you completely surrender to God. Pope Pius XII described the act of consecration as "a total gift of self, for the whole of life and for all eternity; and a gift which is not a mere formality or sentimentality, but effectual, comprising the full intensity of the Christian life." In light of this, such an act must only be performed in a fully aware and serious manner, after a period of intentional preparation.

Four suggested steps *before* the act of Consecration:

1 Discuss the importance of this consecration with your council. Reflect on what it means and why it is being undertaken. Why, as a group, are you offering this act of dedication and sanctification? Why, as an individual, are you consecrating yourself?

2 Receive the sacrament of reconciliation. Consecrating yourself is an act that fills you with the grace of God. To prepare yourself to receive that grace, receiving forgiveness of your sins through the sacrament of reconciliation is an important part of preparation.

3 Fast. This fast should be for at least a week. As our physical bodies are drawn to things of the world, it is strongly encouraged that you fast from something that you would normally do or consume. Fasting helps to discipline our minds and hearts to refrain from secular activities and be more focused on God.

4 Prepare for the commitment you are making. This consecration is not a single event. You have chosen a way of life. You are consciously choosing to be a beacon of light of God's love through his Church. In the week before the consecration, prayerfully reflect on what this means and what the ramifications will be on your life.