

Reset

2026 FAST & CONSECRATION
JANUARY 11 - FEBRUARY 1

Focus: Re-establishing or strengthening spiritual rhythms for robust relationship with God. Prioritize investing extra time *each day* to draw near to God through the Word, prayer, and worship. Ask Him to help you put things in place that will continue as a normal part of your life and routine after the consecration.

Digital Diet: Often, food isn't the biggest barrier to deeper relationship with God. Many of us spend far more time consuming social media and entertainment. So, a primary focus of this time should be turning from those things and using that time to seek God. This can turn what could be an isolated spiritual time, into a catalyst for new, ongoing spiritual rhythms.

So, instead of scrolling, gaming, binging a show - what else can you give your focus to. And ultimately, how can these things become habitual so that they become a normal part of your life and routine once the consecration is over?

Fasting: Choose the type of fast you feel led to do, but make sure to see it as a tool to make God the focus, instead of what you may be "giving up".

- **Full fast** - Water or Natural/non-processed liquids only.
- **Limited/Partial fast** - Eliminate certain types of foods.
- **Daniel Fast** - abstain from meat, dairy, and processed foods, and instead eat only a plant-based diet of fruits, vegetables, whole grains, nuts, and seeds.
- **Time-based** - ie. full fast from 12am to 5pm daily.
- **Combination** - Select different types of fast. (ie. fast until 6pm then do the Daniel Fast from 6pm to Midnight. Or, start with other types of fast and build up to 1-7 days of a full fast).

4 Benefits of Fasting:

- Deepens Your Relationship With God - Psalm 27:4,8
- Increased Revelation & Insight - Ephesians 3:16-19, Daniel 9:3-22, Acts 13:2-3
- Consecration - Joshua 3:5, Romans 12:1-2
- Empowerment - 2 Chronicles 20:1-22, Matthew 4:1-24

Prayer Times & Gatherings:

- **Second Saturday** - 1/10 - 8:00am-9:00am - UCJC Sanctuary - Worship & Prayer
- **MLK Day Prayer For Revival & Fellowship Lunch** - 1/19 - 10:30am-1:00pm - Calvary Harvest Fields
To stay for lunch at 12noon please register at calvarycwow.org so we have enough food.
- **Prayer Shut in** - 8:00pm 1/30 - 8:00am 1/31 - UCJC MP Room

Suggested Prayer Points:

- Deeper relationship and time with God as an ongoing priority and lifestyle
- Renewed spiritual appetite wherever it is needed in our lives
- Next generation (Book: 21 Days of Prayer For The Next Generation)
- Embrace being "fishers of men" (passion to represent Jesus to the lost & make disciples)

Other Considerations:

- **Families:** find ways for your children to be a part and learn about fasting and consecration. This is also a chance to ensure that time with God is a normal part of your family's schedule.
- **Dietary Guidelines** - certain fasts may not be appropriate for every person or situation. Please feel free to adjust, amend or consult your doctor based on your health requirements.

