

VINE & BRANCH FASTING DEVOTIONAL — MAY 2026

PSALM 51

Theme Scripture (Return to throughout the day)

“Create in me a clean heart, O God, and renew a right spirit within me.” — Psalm 51:10

This is not surface repentance.
This is a **heart-level transformation**.

Fasting is not just denying food—
it is inviting God to deal with what is beneath the surface.

“Against You, You only, have I sinned...” — Psalm 51:4

Preparation – Consecration (Before 6 PM)

Read Psalm 51:1–4 slowly three times.

Ask the Lord:
Where have I minimized sin?
Where have I justified what You call wrong?
Where am I hiding instead of confessing?

Lay down:
Pride
Excuses
Hidden sin
Self-righteousness

“Wash me thoroughly from my iniquity...” — Psalm 51:2

Prayer:
“Lord, I come clean. Not polished—honest.”

MEAL 1 MISSED – Evening

CONFESSION

Read the entire chapter of Psalm 51.

Then return repeatedly to **Psalm 51:1–4**.

Do not rush this.
Stay here until it becomes real.

“Have mercy on me, O God...”

Confession is not vague—it is specific.

Pray for:
A soft heart
Honest confession
Freedom from hidden sin
A hatred for what dishonors God

Spirit-Led Prayer

Ask:
“Lord, what am I not seeing clearly?”

Let Him expose it.
Do not defend yourself.

MEAL 2 MISSED – Morning

CLEANSING

Read the entire chapter of Psalm 51 again.

Then return repeatedly to **Psalm 51:7–12**.

“Wash me... and I shall be whiter than snow.”

This is where many stop short.
They confess—but don’t receive cleansing.

Pray for:
A clean heart
A renewed mind
Restored joy
Freedom from shame

“Restore to me the joy of Your salvation...” — Psalm 51:12

Spirit-Led Prayer

Ask:

“Do I actually believe You have forgiven me?”

Let truth replace shame.

Prayer:

“Lord, don’t just forgive me—change me.”

MIDDAY – Weakness Becomes Dependence

TRUTH IN THE INNER BEING

Return again to what you’ve read.

“You delight in truth in the inward being...” — Psalm 51:6

God is not after appearances—He is after truth.

Ask:

Where am I pretending?

Where is there a gap between who I am publicly and who I am privately?

Intercede for:

Integrity in the church

Leaders to walk clean

Hidden things to come into the light

A culture of honesty before God

Spirit-Led Prayer

Sit quietly.

Let the Spirit search you.

“Search me, O God...” (Psalm 139:23)

MEAL 3 MISSED – Afternoon

RESTORATION & SURRENDER

Read the entire chapter of Psalm 51 again.

Then return repeatedly to **Psalm 51:16–17**.

“The sacrifices of God are a broken spirit...”

God is not impressed with performance.
He receives surrender.

Ask:

Am I broken before God—or just religious?
What still needs to be surrendered?

Pray for:

A humble heart
Ongoing repentance
Dependence on God
A life marked by surrender

Spirit-Led Prayer

Lay it down fully.

No bargaining.
No partial surrender.

“A broken and contrite heart... You will not despise.”

Breaking the Fast – 6 PM

Before eating, return to **Psalm 51:10**.

“Create in me a clean heart...”

Give thanks for:
Conviction that led to repentance
Mercy received
Truth revealed
Grace that covered sin

Break the fast slowly and with gratitude.

MONTHLY RHYTHM FOR THE FASTING TEAM

On your assigned day:

Read the **entire chapter of Psalm 51 at each missed meal**

Return repeatedly to the **focus verses**

Confess honestly

Receive cleansing

Walk in surrender

Pray as the Spirit leads

Not performance.

Repentance.

Final Exhortation

Most people want forgiveness without brokenness.

God offers both—but He starts with the heart.

“Create in me a clean heart, O God...” — Psalm 51:10

If we become a people who stop hiding and start confessing,
we will become a church that walks in freedom.