

# **SPIRIT, SOUL, BODY CONSECRATION**

**20 DAYS**

**Monday – Friday Only**

**February 2<sup>nd</sup> through February 27<sup>th</sup>**

**Sunday, March 1<sup>st</sup> – Worship & Holy Communion**



# WHAT IS FASTING?

*Fasting is a powerful spiritual discipline that aligns your heart with God's power and will.*

Fasting in the Bible is far more than skipping meals. It is a deeply spiritual discipline woven throughout Scripture as a way for God's people to humble themselves, seek divine guidance, express repentance, and grow closer to Him.

From the earliest books of the Old Testament to the teachings of Jesus in the New Testament, fasting consistently appears as a sacred act of devotion rather than a religious obligation performed for show.

In the Bible, fasting is never presented as an end in itself. Instead, it is a physical expression of an inward posture: humility, dependence, and reverence before God. By denying the body, the believer heightens spiritual awareness and acknowledges that true sustenance comes from God alone. This truth is summarized by Jesus Christ, who declared that humans do not live by bread alone, but by every word that comes from God.

Fasting reinforces this reality, reminding believers that spiritual nourishment outweighs physical hunger.

# EXAMPLES OF FASTING!

*<sup>2</sup> As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”*

*<sup>3</sup> Then, having fasted and prayed, and laid hands on them, they sent them away. Acts 13:2-3 NKJV*

*Jesus fasted 40 days before beginning His ministry (Matthew 4:1-2).*

*Esther fasted before risking her life for her people (Esther 4:16).*

*There are certain spiritual battles that cannot be won by prayer alone (Mark 9:29).*

*When you fast, you’re turning down the noise of the world to turn up the volume of God’s voice.*

- *Fasting humbles your soul*
- *Clears your mind*
- *Aligns your spirit to God’s direction*
- *Fasting is a spiritual weapon. When you silence your flesh, your spirit becomes sharper and more sensitive to God’s leading.*
- *God’s presence feels stronger.*

# WHAT TO EXPECT?

*It is common to experience physical discomfort, headaches, tiredness, and irritability. That is your body detoxing not just from food but from dependence on it.*

## SPIRITUAL CLARITY

*As your body quiets down, your spirit wakes up.*

*You'll start sensing things more clearly (i.e., God's whispers, convictions, ideas, and peace.) You will experience emotional release.*

*Fasting exposes what's hidden in the heart (i.e., anger, pride, bitterness, fear.)*

*God brings these things up to heal you.*

*Don't run from what fasting reveals, let God work in those areas.*

*If you do not pray with your fasting, you are just dieting.*

*Fasting without prayer is spiritual starvation not transformation.*

***If you mess up, don't quit!***

# REWARDS OF FASTING!

*<sup>8</sup> Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the LORD shall be your rear guard.*

*<sup>9</sup> Then you shall call, and the LORD will answer; you shall cry, and He will say, 'Here I am.' Isaiah 58:8-9 NKJV*

## ***FASTING BRINGS...***

***Clarity*** – God gives fresh direction.

***Freedom*** – strongholds and addictions begin to break.

***Power*** – your prayers carry new authority.

***Peace*** – Your heart becomes still and confident in God.

***Intimacy*** – You experience God's presence in a deeper way.

*Every time you fast, something changes.  
Even if you do not feel it,  
God is moving behind the scenes.*

# CONSECRATE YOURSELVES

*Therefore, I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. <sup>2</sup> And do not be conformed to this world [any longer with its superficial values and customs] but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].*

*Romans 12:1-2 AMP*

*Joshua told the people,  
“**Consecrate yourselves**, for tomorrow  
the LORD will do amazing things among you.”*

*Joshua 3:5 NIV*

*Now may the God of peace Himself sanctify you through and through [that is, separate you from profane and vulgar things, make you pure and whole and undamaged—**consecrated** to Him—**set apart** for His purpose]; and may your **spirit** and **soul** and **body** be kept complete and [be found] blameless at the coming of our Lord Jesus Christ. Faithful and absolutely trustworthy is He who is calling you [to Himself for your salvation], and He will do it [He will fulfill His call by making you holy, guarding you, watching over you, and protecting you as His own].*

*1 Thessalonians 5:23-24*

# PRAYING GOD'S WORD WORSHIP FASTING

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This time of consecration, revelation and impartation from the Lord will bring life change! We believe that we will be transformed by the power and the Word of God as we pursue him together. God will also provide us with strategies and insight to advance the Kingdom of God in this area and beyond according to His purpose for our ministry as He did to the early church fathers during their time of consecration for the equipping of the Saints. (Acts 13:2-3).

## WHEN:

**Monday, Feb 2<sup>nd</sup> – Friday, Feb 27<sup>th</sup>**  
*(excluding Saturdays and Sundays)*

## WORSHIP CELEBRATION:

**SUNDAY, MAR 1<sup>st</sup>**

**Worship & Holy Communion**

## FAST AND CONSECRATE FROM:

Food, Events, Social Media

## WHAT TO EXPECT:

- Weekly prayer focus
- Scripture to pray and read that corresponds with the prayer focus

***Before you commit to any fasting style, please consult your physician to ensure that your participation will not adversely affect your health or the administering of medications.***

# DECLARING THE WORD OF GOD IN PRAYER!

Each time we  
say what God  
says, it marks  
us and  
changes us.  
***“The words  
that I speak  
to you are  
spirit and they  
are life.”***

*John 6:63*

## PRAYER FOCUSES

- *Take time to linger in His presence with worship music saturating your atmosphere.*
- *Take a passage of Scripture and turn it into a dialogue with God through Jesus Christ.*
- *Read His Word aloud and demonstrate what scripture says (i.e., make a joyful noise, call on the Lord, etc.)*

***Week 1: Feb. 2 - 6: Praise and Worship***

***Week 2: Feb. 9 - 13: Purpose and Strategy***

***Week 3: Feb. 16 - 20: Deliverance and Divine Protection***

***Week 4: Feb. 23 - 27: Salvation and Revival***



# WEEK 1 - SCRIPTURE DECLARATIONS/MEDITATIONS

Praise and Worship	
Week 1	
Feb 2	Psalm 95: 1-7
Feb 3	Psalm 19
Feb 4	Psalm 103
Feb 5	1 Chronicles 29:10-13
Feb 6	Psalm 100

# WEEK 1: PRAISE AND WORSHIP

## FOOD – NO RESTRICTIONS

- **No Food after 9pm**

## EVENTS

- **No Social Media**

## COMMITMENT:

- **Sing out loud to the Lord.**
- **Make opportunities to give God glory.**
- **Offer a sacrificial praise.**
- **Read and meditate on recommended scripture.**
- **Monday & Wednesday!** Connect with us for Corporate Prayer **in person** or via the conference line @ 7pm.

## OPTIONAL:

*Choose a prayer watch and commit to prayer daily during that time (see pages 17-19).*

## WEEK 2 - SCRIPTURE DECLARATIONS/MEDITATIONS

Purpose and Strategy	
Week 2	
Feb 9	Proverbs 3:1-12
Feb 10	Psalms 32
Feb 11	Psalms 37:1-8
Feb 12	Colossians 3:1-17
Feb 13	Romans 8:28-36

# WEEK 2: PURPOSE AND STRATEGY

## FOOD – NO MEAT

- Seafood, fruits, vegetables, nuts, water, all-natural juice.
- No food after 9pm.

## EVENTS

- No Social Media

## COMMITMENT:

- Call on the Lord, repent, worship, wait, (repeat.)
- Be open for a move of God.
- **Monday & Wednesday!** Connect with us for Corporate Prayer in person or via the conference line @ 7pm.

## OPTIONAL:

*Choose a prayer watch and commit to prayer daily during that time (see pages 17-19).*

## WEEK 3 - SCRIPTURE DECLARATIONS/MEDITATIONS

Deliverance and Divine Protection	
Week 3	
Feb 16	Psalms 46
Feb 17	Job 5: 19 - 24
Feb 18	James 5:13-18
Feb 19	2 Thessalonians 3:1-5
Feb 20	Psalms 91

# WEEK 3: DELIVERANCE AND DIVINE PROTECTION

## FOOD – NO MEAT

- **No food until 12pm**
- Seafood, fruits, vegetables, nuts, water, all-natural juice.
- **No food after 12am.**

## EVENTS

- **No Social Media**

## COMMITMENT:

- **Pray for the sick among you.**
- **Declare the Word of the Lord over your families.**
- **Include praise and worship in your day.**
- **Monday & Wednesday!** Connect with us for Corporate Prayer **in person** or via the conference line @ 7pm.

## OPTIONAL:

*Choose a prayer watch and commit to prayer daily during that time (see pages 17-19).*

## WEEK 4 - SCRIPTURE DECLARATIONS/MEDITATIONS

Salvation and Revival		
Week 4		
Feb 23	Ephesians 3:14-21	Our Children
Feb 24	Colossians 1:9-23	Everyone
Feb 25	Isaiah 62	Nation
Feb 26	Psalms 27	Personal
Feb 27	Psalms 86	Personal

# WEEK 4: SALVATION AND REVIVAL

## FOOD – NO MEAT OR SEAFOOD

- **No food until 4pm – Water Only.**
- Fruits, vegetables, water, all-natural juice.

## EVENTS

- **No Social Media**

## COMMITMENT:

- **Meditate on the Word of the Lord.**
- **Declare the Word of the Lord over your families, cities, & our nation.**
- **Include praise and worship in your day.**
- **Monday & Wednesday!** Connect with us for Corporate Prayer **in person** or via the conference line @ 7pm.

## OPTIONAL:

*Choose a prayer watch and commit to prayer daily during that time (see pages 17-19).*



# PRAYER WATCHES

## **First Watch (6:00 pm – 9:00 pm)**

- A Time of reflection
  - *Covenant renewal with God*
  - *To inquire to God about clarity and positioning for your day and your ministry.*
  - *To declare God's blessings upon your life, children, family, church, city, and the nation.*

## **Second Watch (9:00 pm – 12:00 am)**

- A time to pray for divine favor, protection and provision.
  - *To operate in authority as strategy keys are given to open and close doors.*
  - *To break down, destroy and demolish all demonic spirits sent on assignment.*

## **Third Watch or Midnight Watch (12:00 am – 3:00 am)**

A time for divine government to overrule human decrees.

- *Spiritual breakthrough to achieve the plan and purpose for your life.*
- *Pray for persons who are sick and for victory over temptation.*
- *War against plots, plans, and schemes of darkness and deception.*
- *Pray against worry, doubt, fear.*

# PRAYER WATCHES

## **Fourth Watch (3:00 am – 6:00 am)**

- A time for declaring God's Word. (Job 22:27-28)
  - *To release judgment on the wicked and demolish wicked activities.*
  - *Command your morning to establish order and find favor and blessings.*
  - *To pray for divine protection.*

## **Fifth Watch (6:00 am – 9:00 am)**

- A time for the Holy Spirit to prepare us for service. (2 Cor. 9:30; Eph 4:12)
- A time for divine judgments for deliverance and breakthrough.
  - *To pray for healing in relationships, family, government, and in the economy.*
  - *To prophesy to the four winds to see dry, wasted, and ruined places restored.*

## **Sixth Watch (9:00 am – 12:00 pm)**

A time to pray for supernatural provision to do God's work. (Exo. 11:3-4)

A time of repentance, forgiveness, and healing of relationships.

- *To activate the power of the blood over witchcraft spirits holding you captive.*
- *To erase the memory of past offense, hurt, pain.*
- *To release others of any debt owed.*

# PRAYER WATCHES

## **Seventh Watch (12:00 pm – 3:00 pm)**

- A Time to dwell in the secret place of the Most High. (Psalm 91:1)
  - *To exercise authority as you release the decrees of God hidden in your heart.*
  - *Letting your light shine brighter until the full light of day is attained (Prov. 4:18)*
  - *Pray against and cut-off all satanic arrows and demonic calendars.*
  - *Pray for boldness, courage, and strength to be a fearless warrior.*

## **Eighth Watch (3:00 pm – 6:00 pm)**

- A time of transformation. The hour of triumphant glory and establishing the kingdom.
  - *To dismantle idols, strongholds, recurring cycles and old patterns.*
  - *Pray for deliverance from deep wounds, word curses, and abuse.*
  - *Pray for grace, fresh revelation, wisdom, and understanding.*

<https://www.activechristians.org.uk/prayer-watches1/8-prayer-watches>