



15 DAYS OF CONSECRATION

"SET APART FOR MORE"
OCTOBER 1–15

"Sanctify yourselves: for tomorrow the LORD will do wonders among you." — Joshua 3:5

OUR DAILY FAST

12:00 AM – 12:00 PM

Water only. No food. No sodas. No coffee, tea, juice, energy drinks, or other caloric beverages.

AFTER 12:00 PM

Break the fast intentionally. No fried foods. No red meat. No white starches such as white bread, white rice, regular pasta, or similar refined starches. Choose vegetables, fruit, beans, whole grains, and lean proteins.

THIS IS NOT A COMPETITION. THIS IS CONSECRATION.

We are not trying to see who can go the longest, suffer the most, or prove how spiritual we are. We are learning to deny ourselves so we can become more attentive to God. If you have never fasted before, start where you are and seek God faithfully.

THE DAILY RHYTHM

12:00 AM–12:00 PM	Water only • Prayer • Scripture • Quiet reflection
12:00 PM	Break the fast • Pray before eating • Eat moderately
Evening	15 minutes of prayer • Read the day's Scripture • Write one thing God is teaching you

15 DAYS • 15 MINUTES • 15 SCRIPTURES

Each day, give God 15 intentional minutes of prayer and Scripture. Keep a small journal and write what you are surrendering, learning, or believing God for.

THE 15-DAY SPIRITUAL JOURNEY

One day at a time. One prayer at a time. One step closer to God.

DAY 1 — CONSECRATION

Scripture: Joshua 3:5 **Declaration:** "Lord, I set myself apart for You."

Today: Begin by surrendering the next 15 days to God.

DAY 2 — REPENTANCE

Scripture: Psalm 51:10 **Declaration:** "Search my heart and cleanse me."

Today: Ask God to reveal anything that needs to be released or corrected.

DAY 3 — SURRENDER

Scripture: Romans 12:1 **Declaration:** "I release what I cannot control."

Today: Give God your plans, fears, expectations, and burdens.

DAY 4 — FAITH

Scripture: Hebrews 11:1 **Declaration:** "Lord, increase my faith."

Today: Pray about the places where you need to trust God more deeply.

DAY 5 — FAMILY

Scripture: Joshua 24:15 **Declaration:** "Cover and strengthen my family."

Today: Pray for marriages, children, parents, relationships, and household peace.

DAY 6 — HEALING

Scripture: Jeremiah 17:14 **Declaration:** "Bring healing where it is needed."

Today: Pray for physical, emotional, relational, and spiritual restoration.

DAY 7 — FORGIVENESS

Scripture: Ephesians 4:32 **Declaration:** "Help me release offense."

Today: Ask God to help you forgive, receive forgiveness, and walk free from bitterness.

DAY 8 — PURPOSE

Scripture: Ephesians 2:10 **Declaration:** "Show me why You called me."

Today: Ask God for clarity about your gifts, assignment, and next steps.

DAY 9 — DISCIPLINE

Scripture: 1 Corinthians 9:27 **Declaration:** “Teach me consistency.”

Today: Ask God to help you develop habits that strengthen your walk with Him.

DAY 10 — WISDOM

Scripture: James 1:5 **Declaration:** “Give me wisdom for my decisions.”

Today: Bring major decisions, relationships, work, finances, and ministry before God.

DAY 11 — PROVISION

Scripture: Philippians 4:19 **Declaration:** “Be my provider in every area.”

Today: Pray over needs while practicing gratitude for what God has already provided.

DAY 12 — THE CHURCH

Scripture: Ephesians 4:3 **Declaration:** “Strengthen Piney Grove East.”

Today: Pray for unity, leaders, ministries, families, worship, and the church’s witness.

DAY 13 — COMMUNITY

Scripture: Matthew 5:16 **Declaration:** “Use us to bless our community.”

Today: Pray for families, schools, neighborhoods, local needs, and opportunities to serve.

DAY 14 — PREPARATION

Scripture: Isaiah 43:19 **Declaration:** “Prepare me for what is next.”

Today: Ask God to prepare your character before He expands your assignment.

DAY 15 — THANKSGIVING

Scripture: Psalm 100:4 **Declaration:** “Thank You for what You have already done.”

Today: Finish with gratitude. Celebrate God’s faithfulness and commit the next season to Him.



IF YOU HAVE NEVER FASTED BEFORE

Start simple. Stay focused. Give yourself grace while you learn.

WHAT WE ARE LEARNING

Biblical fasting is not about punishing the body or trying to earn God's favor. It is a voluntary practice of denying ourselves food for a period of time so that we can intentionally seek God through prayer, Scripture, repentance, worship, and dependence on Him.

PRACTICAL GUIDELINES

- **1.** Prepare the night before. Decide what you will eat after 12 PM so you are not making food decisions while hungry.
- **2.** Drink water consistently. Do not wait until you are extremely thirsty.
- **3.** Do not overeat at 12 PM. Breaking a fast with a huge meal can make you feel sick and defeats the spirit of moderation.
- **4.** Reduce distractions. Consider setting aside some social media, entertainment, or unnecessary screen time so the space created by fasting becomes space for God.
- **5.** Keep a journal. Record prayers, Scriptures, revelations, convictions, and answered prayers.
- **6.** Do not compare your fast with someone else's. The goal is obedience and spiritual growth—not competition.

FOOD GUIDE AFTER 12 PM

CHOOSE MORE OF	LIMIT / AVOID
Vegetables • leafy greens • fruit	Fried foods
Beans • lentils • peas	Red meat
Whole grains • oats • brown rice • quinoa	White bread • white rice • regular pasta
Lean proteins • fish • chicken • eggs	Sodas • sugary drinks
Nuts/seeds in moderate portions	Highly processed snack foods
Water throughout the day	Excessive sweets

HEALTH & SAFETY

This church fast is a spiritual invitation, not a medical prescription. If you have diabetes, kidney disease, a history of an eating disorder, are pregnant or breastfeeding, take medications that require food or affect hydration, or have another condition that could make fasting unsafe, speak with your healthcare professional before participating. You may choose a modified fast that is appropriate for you. No one should feel pressured to fast in a way that compromises their health.



MY 15-DAY CONSECRATION

A personal commitment to seek God intentionally.

During these 15 days, I am asking God to:

MY DAILY PRAYER

"Lord, make me more sensitive to Your voice, more obedient to Your Word, more surrendered to Your will, and more available for Your purpose. Let these 15 days change not only what I eat, but how I live. Amen."

MY COMMITMENT

I will approach these 15 days with humility, consistency, prayer, and grace. I will not compete with anyone else's fast. I will seek God one day at a time.

Name: _____

Date: _____