

40 Days of Consecration

Wk1 **CALLING** | Wk2 **HEAR** | Wk3 **UNITY** | Wk4 **PROMISE** | Wk5 **RELEASE** | Wk6 **DEMONSTRATION**

The 3 Consecration Prayer & Fasting Levels: August 1st through September 9th

Consecrate 1: The Daniel Fast (The Gateway)

[Disclaimer: If you are taking medications, please call your doctor for further advice]

- **Focus:** Ideal for general congregation, children, youth, new believers, and those with medical or dietary limitations.
- **What to Eat:** All whole fruits, vegetables, whole grains (brown rice, oats, quinoa), legumes (beans, lentils), nuts, seeds, healthy oils (olive, avocado), and non-sweetened almond or coconut milk.
- **What to Avoid:** Meat, poultry, fish, dairy (milk, cheese, butter), eggs, sugar, sweets, deep-fried foods, white flour, and leavened bread.
- **Beverages:** Water only. No carbonated drinks, juices with added sugar, or caffeine.
- **Media Fast:** No secular entertainment, television, video games, or indulging personal social media daily. **Use this time for Jesus.**
- **Biblical Reference:** Daniel 10:2-3
 - *"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."*

Consecrate 2: The Intermittent Fast (The Watchman)

- **Focus:** Ideal for the general congregation, working saints, and active ministry volunteers.
- **Time Window: The Daily Plan:** Skip breakfast and lunch. Fast every day from **6:00 AM until 3:00 PM**. Consume absolutely no food during these hours, drink pure water only. **For Shift Workers:** Simply swap the hours to fit your workday.
- **Practice:** Consume absolutely no food or calories during the fasting hours.
- **Beverages:** Pure water only during the fasting window. Normal, balanced meals can be eaten after the daily fast concludes.
- **Biblical Reference:** Acts 10:30 & Judges 20:26
 - *"Cornelius said, 'Four days ago to this hour, I was praying in my house during the ninth hour [3:00 PM]...'"*
 - *"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the Lord, and fasted that day until evening..."* (Scripturally, the daily fast often broke at evening or the 9th hour of the day).

Consecrate 3: The Apostolic Fast (The Sacrifice)

- **Focus:** Designed for pastors, board members, ministry leaders, and mature intercessors and the general congregation.
- **Practice:** A full liquid fast (pure water and 100% natural juices or blended (hot or cold) vegetable and fruit juices only, blended or puree soups, no solid hard food) on designated high-intensity days each week (e.g., **Monday, Wednesday, and Friday**).
- **Other Days:** Shift to the Consecrate 2 schedule (6:00 AM to 3:00 PM fast) on **Tuesday, Thursday, Saturday, and Sunday** to maintain a continuous, 40-day sacrificial posture.
- **Biblical Reference:** Acts 13:2-3 & 2 Corinthians 11:27
 - *"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.' Then, having fasted and prayed, and laid hands on them, they sent them away."*

- The Apostle Paul stated he was "*in fasting's often*" to maintain spiritual authority over the churches.