

# Fasting for the Fight

A Call to Churchwide Consecration

January 6 – 25, 2026 | Every Friday | Sunrise to Sunset

*"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them." — Acts 13:2 (KJV)*

## What is This?

This is not just a fast, it is a **spiritual alignment for 2026**. Consecration is the intentional setting apart of ourselves for God's purposes. We fast because we desire to begin this year God-led, Spirit-directed, and mission-ready.

## Why We Are Fasting

**Individually:** Grow in spiritual discipline • Deepen our prayer life • Hear God more clearly • Depend less on ourselves and more on God

**Corporately:** Walk in unity as one body • Align leadership and congregation • Prepare spiritually for ministry and mission

## Daily Practices

- Pray daily using the provided prayer focus
- Read the assigned daily Scripture
- Reduce distractions and unnecessary media
- Practice kindness, generosity, and reflection

## Our Prayer

*Lord, set us apart for Your purposes. Prepare us for the work You have called us to do. Unite us in love, humility, and obedience. Send us forth filled with Your Spirit and guided by Your will. Amen.*

## Daniel Fast Guidelines (Optional)

Based on Daniel 1:8-16. The Daniel Fast is about simplicity, discipline, and devotion.

**Includes:** Fruits and vegetables • Whole grains • Legumes (beans, lentils, peas) • Nuts and seeds • Plant-based oils • Water, herbal tea, natural juices

**Avoids:** All meat and fish • Dairy products • Sweeteners and desserts • Leavened bread • Processed and fried foods • Caffeine and alcohol • Food additives

*Always consult your physician if you have health concerns.*

## Join Our Prayer Call

Join us on our **Mon-Fri prayer call** as we read our devotion together.

**Dial:** 1-267-807-9495

**Access code:** 505-087-623

## Download Devotional

[hillchapelathens.org](http://hillchapelathens.org)

## Culmination

Morning of January 25, 2026  
Consecration & Leadership Installation



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**Rev. Benjamin E. V. Lett, Pastor**

# A Call to Consecration



## A 15 Day Devotional for Fasting for the Fight

**Written by Rev. Benjamin E.V. Lett  
Pastor, Hill Chapel Baptist Church,  
Athens, GA**

## Day 1

### Set Apart Before We Are Sent

#### Scripture Reading: Acts 13:2 (KJV)

*“As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.”*

Before the church in Antioch ever moved outward in mission, it first moved inward in devotion. Scripture tells us that they were *ministering to the Lord*, not to the crowd, not to the culture, not even to the cause, but to the Lord Himself. Their fasting was not a strategy for success; it was an expression of surrender.

Fasting, at its heart, is a declaration that God alone is our sufficiency. It strips us of the illusion that productivity equals power and reminds us that obedience precedes effectiveness. In a world that values speed, visibility, and results, fasting slows us down long enough to hear the still, directing voice of the Holy Spirit.

Notice that the Holy Spirit spoke *while* they were fasting, not after they finished planning, not after they resolved every question, but in the midst of their consecration. God’s direction often comes when we are quiet enough to receive it and humble enough to obey it.

This moment in Acts 13 reminds us that calling is clarified in God’s presence. Barnabas and Saul were already gifted, already active, already faithful, but they still needed divine separation before divine sending. Fasting helped the church discern not only *what* to do, but *who* was to be set apart for the work.

For us today, fasting invites the same inward examination. It asks us to consider whether our labor flows from communion or from compulsion. It challenges us to ask whether we are busy for God or truly attentive to God. As we fast, we are not merely abstaining from food, we are making room for God to realign our hearts, our motives, and our mission.

Before God sends us into the work of ministry, He first shapes us in the posture of worship.

#### This is my prayer:

*Lord, set my heart apart for You before You send my life out for Your work.*

## Day 2

### Making Room for the Holy Voice

**Scripture Reading:** 1 Kings 19:11–12 (KJV)

*“...and after the fire a still small voice.”*

God often speaks most clearly when life is stripped of its noise. Elijah discovered that the Lord was not always in the wind, the earthquake, or the fire—but in the quiet that followed. Fasting creates that quiet space where the soul can finally hear what has long been drowned out.

Much of our spiritual fatigue comes not from a lack of faith, but from an excess of voices. We are surrounded by demands, opinions, expectations, and urgencies that press in on us daily. Fasting is the discipline that gently but firmly pushes those voices aside and says, *“Speak, Lord, for Your servant is listening.”*

Howard Thurman reminds us that there is within every person an “inner sanctuary,” a sacred place where God waits to meet us. Fasting is one way we enter that sanctuary, not by force, but by surrender. We do not fast to make God louder; we fast to become quieter.

In this season of consecration, God may not shout instructions. He may instead whisper direction. He may not change circumstances immediately, but He may change perspective. The still, small voice often carries the weightiest truth.

As we fast, we learn to resist the temptation to fill every silence. We learn to sit with God without demanding answers on our timeline. We learn to trust that God is at work even when the moment feels still.

This is holy listening. This is sacred attentiveness. This is the slow, steady work of making room for God.

#### **This is my prayer:**

*Lord, quiet my spirit so that I may hear what You are saying to me.*

## Day 3

### Strength That Comes From Dependence

**Scripture Reading:** Isaiah 40:31 (KJV)

*“But they that wait upon the LORD shall renew their strength...”*

Waiting is not weakness, it is worship. Scripture teaches us that strength is not always found in striving, but in staying. Fasting invites us to practice holy waiting, trusting that God renews us not through exertion, but through dependence.

Oswald Chambers often pressed believers to confront the illusion of self-sufficiency. Fasting confronts that illusion directly. When we feel hunger, weariness, or discomfort, we are reminded of how deeply we rely on God, not only for spiritual strength, but for daily sustenance.

Waiting on the Lord is not passive resignation; it is active trust. It is choosing not to rush ahead of God's timing or rely solely on our own abilities. As we fast, we learn that our strength is not self-generated, it is God-given.

For a people who have learned how to persevere under pressure, fasting offers a different lesson: we do not have to carry everything alone. God renews those who wait, not those who rush.

In this consecration season, God may be teaching us to slow our pace, to trust His process, and to rest in His provision. The renewal we seek often begins with release.

#### **This is my prayer:**

*Lord, teach me to wait on You and to receive strength that only You can give.*

## Day 4

### Humility That Opens the Way

#### Scripture Reading: Joel 2:12–13 (KJV)

*“Turn ye even to me with all your heart, and with fasting...”*

Fasting is an act of humility. It acknowledges that we do not have everything figured out and that we need God's mercy, guidance, and grace. The prophet Joel calls the people not merely to outward fasting, but to inward turning.

True fasting always begins in the heart. It is not about appearance, performance, or religious display. It is about honesty before God, confessing where we have drifted, resisted, or relied too heavily on ourselves.

Humility opens the way for restoration. When we humble ourselves, we create space for God to do the deep work that renewal requires. Fasting helps us lay down pride, control, and self-reliance so that God can shape us anew.

As a church, humility keeps us teachable. As individuals, humility keeps us aligned. God meets us not where we pretend to be strong, but where we admit our need.

#### This is my prayer:

*Lord, soften my heart and draw me closer to You in humility and truth.*

## Day 5

### Prepared for the Work Ahead

**Scripture Reading:** Matthew 6:33 (KJV)

*“But seek ye first the kingdom of God...”*

Fasting reorders our priorities. It reminds us that God’s Kingdom is not an accessory to our lives, it is the foundation of them. Jesus teaches that when we seek God first, everything else finds its proper place.

This final weekday meditation invites us to consider what we are truly seeking. Are we pursuing comfort, recognition, or security, or are we seeking God’s reign in our lives, our church, and our community?

As we prepare for ministry and mission, fasting aligns our desires with God’s purposes. It prepares us not just to work, but to work wisely, faithfully, and fruitfully.

When the fast ends, the calling continues. The habits formed in consecration shape how we live long after the fast is over.

#### **This is my prayer:**

*Lord, help me to seek Your Kingdom first in all that I do.*

## Day 6

### When God Calls Us to Look Inward

#### Scripture Reading: Psalm 51:10–12 (KJV)

*“Create in me a clean heart, O God; and renew a right spirit within me.”*

Fasting invites us into the courageous work of inward examination. David’s prayer in Psalm 51 is not a public performance; it is a private confession spoken in God’s presence. He does not ask first for restoration of position, but for renewal of heart. This is the posture fasting teaches us to take.

We often want God to fix what is around us, circumstances, relationships, outcomes, while God is intent on reshaping what is within us. Fasting slows us down long enough to recognize that transformation begins inside. It asks us to tell the truth about where we are spiritually and to trust God with what He reveals.

Howard Thurman wrote often about the danger of a divided self, when our outward actions are not aligned with our inward convictions. Fasting exposes that division, not to shame us, but to heal us. God’s work in us is not condemnation; it is restoration.

As we fast, God may bring to the surface habits, attitudes, or motivations that need to be surrendered. This is holy work. A clean heart is not created by effort alone, but by honest openness to God’s renewing power.

#### This is my prayer:

*Lord, search my heart and renew in me a spirit that pleases You.*

## Day 7

### Trusting God Beyond What We See

#### Scripture Reading: Proverbs 16:3 (KJV)

*"Commit thy works unto the LORD, and thy thoughts  
shall be established."*

Fasting challenges us to loosen our grip on control. We live in a world that prizes certainty, planning, and visible results. Yet Scripture reminds us that stability of mind comes not from control, but from commitment, placing our plans, efforts, and hopes into God's hands.

Oswald Chambers reminds us that faith is not confidence in our outcomes, but confidence in God's character. Fasting cultivates that confidence by stripping away the comforts that often distract us from trust. When we fast, we are reminded that God is our source, not our strategies.

Committing our works to the Lord is not passive resignation; it is intentional surrender. It means acknowledging that our best efforts require God's guidance and blessing to bear lasting fruit. Fasting aligns our thoughts with God's will by helping us let go of outcomes we cannot control.

As we consecrate ourselves, we learn to trust God not only for direction, but for timing. What God establishes lasts.

#### This is my prayer:

*Lord, I place my plans and my future fully into Your hands.*

## Day 8

### Unity That Strengthens the Body

#### **Scripture Reading:** Ephesians 4:2–3 (KJV)

*“Endeavouring to keep the unity of the Spirit in the bond of peace.”*

Fasting is never meant to isolate us from one another. While it is deeply personal, it is also profoundly communal. In fasting together, the church learns to walk in humility, patience, and love.

Unity is not uniformity. It does not require sameness of thought or experience. It requires shared submission to the Spirit of God. Fasting softens our hearts toward one another and reminds us that we are members of one body.

In a world fractured by division, the church bears witness when it chooses unity. As we fast, God teaches us to listen more carefully, speak more graciously, and bear one another's burdens with compassion.

This unity strengthens our witness and prepares us for effective ministry together.

#### **This is my prayer:**

*Lord, bind us together in Your Spirit and teach us to walk in peace.*

## Day 9

### Depending on God for Daily Bread

**Scripture Reading:** Matthew 4:4 (KJV)

*“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”*

Jesus' words remind us that physical hunger points to a deeper truth: our lives are sustained by God's Word. Fasting awakens us to the reality that nourishment is not limited to food, it is found in God's presence and promises.

As hunger reminds us of our dependence, it also reorients our desires. We begin to crave God's Word with greater attentiveness. Fasting becomes a teacher, reminding us daily that God is faithful to sustain us.

In moments of discomfort, we learn to lean into Scripture for strength. God's Word becomes not merely something we read, but something we rely upon.

#### **This is my prayer:**

*Lord, nourish my soul with Your Word and teach me to depend on You daily.*

## Day 10

### Prepared to Be Sent

#### Scripture Reading: Acts 13:3 (KJV)

*“And when they had fasted and prayed... they sent them away.”*

Fasting prepares us not just to hear God, but to respond. In Acts 13, the church's fasting led directly to action. Prayer and consecration gave birth to mission.

This reminds us that fasting is never the destination; it is preparation. God sets us apart so that He may send us out with clarity, courage, and conviction. The fast ends, but the calling continues.

As we near the end of this week, we are reminded that obedience often follows stillness. God prepares us inwardly so that we may serve outwardly with wisdom and power.

#### **This is my prayer:**

*Lord, prepare me to go where You send me and to serve as You lead.*

## Day 11

### Strength Made Perfect in Weakness

#### Scripture Reading: 2 Corinthians 12:9 (KJV)

*"My grace is sufficient for thee: for my strength  
is made perfect in weakness."*

Fasting brings us face to face with our limitations. Hunger reminds us that we are not self-sustaining, and weariness teaches us that strength is not something we manufacture. In this vulnerability, God meets us with grace.

The Apostle Paul learned that weakness was not a barrier to God's work, but a doorway for God's power. Fasting trains us to stop hiding our frailty and instead to place it honestly before God. When we admit our need, we create space for divine sufficiency.

Howard Thurman wrote of the inward struggle between fear and faith. Fasting quiets that struggle by inviting us to trust God precisely where we feel least capable. Grace does not remove weakness; it redeems it.

As we fast, God is not asking us to prove our endurance. He is teaching us to rely on His presence. What feels like depletion may actually be preparation for deeper dependence.

#### This is my prayer:

*Lord, teach me to trust Your grace where I feel most weak.*

## Day 12

### A Heart Tuned to Obedience

**Scripture Reading:** John 14:15 (KJV)

*"If ye love me, keep my commandments."*

Fasting clarifies what obedience truly means. It is not rigid rule-keeping, but loving response. Jesus reminds us that obedience flows naturally from love. When we fast, we remove distractions that dull our responsiveness to God's voice.

Oswald Chambers insisted that true discipleship always leads to action. Fasting sharpens our willingness to obey by training us to surrender comfort for calling. It teaches us to say "yes" to God before we know all the details.

As we listen more closely, obedience becomes less burdensome and more joyful. Love motivates faithfulness. Consecration strengthens resolve.

**This is my prayer:**

*Lord, align my love for You with a willing and obedient heart.*

## Day 13

### Peace That Guards the Soul

#### **Scripture Reading:** Philippians 4:6–7 (KJV)

*“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”*

Fasting often reveals anxiety we did not know we were carrying. When comforts are removed, concerns surface. Yet Scripture promises a peace that does not depend on circumstances.

This peace guards the inner life. It stands watch over the heart and mind. Fasting invites us to exchange worry for prayer and trust for control. As we lay our concerns before God, peace settles in.

For a people long acquainted with resilience, fasting offers rest. God’s peace does not erase struggle, but it steadies us within it.

#### **This is my prayer:**

*Lord, guard my heart and mind with Your perfect peace.*

## Day 14

### Renewed Vision for the Work Ahead

#### Scripture Reading: Habakkuk 2:2–3 (KJV)

*“Write the vision, and make it plain...”*

Consecration sharpens vision. When we fast, distractions fall away and purpose becomes clearer. God speaks vision not to overwhelm us, but to guide us faithfully.

Vision requires patience. God's timing often unfolds gradually. Fasting teaches us to wait without losing hope and to trust God's unfolding plan.

As leaders and servants, we seek vision not for personal ambition, but for faithful stewardship. God gives vision to those willing to walk in obedience.

#### This is my prayer:

*Lord, clarify Your vision and give me patience to walk it out.*

## Day 15

### Set Apart and Sent Forward

#### Scripture Reading: Romans 10:15 (KJV)

*“How beautiful are the feet of them that preach the gospel of peace...”*

Fasting prepares us for the sending. Consecration leads us to the commission. God sets us apart so that we may carry His peace into a waiting world.

Our fasting has not been an end in itself. It has been preparation, strengthening hearts, aligning wills, and renewing purpose. Now we stand ready to serve.

The beauty of our witness lies not in perfection, but in obedience. As we go forward, we carry with us the lessons learned in stillness.

#### This is my prayer:

*Lord, send me forth prepared, willing, and faithful to Your call.*