

A B U N D A N T   L I F E   C H U R C H

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# Consecrate: 3 Days of Prayer & Fasting

January 20, 21 & 22



G O D ' S   I N V I T A T I O N   T O   B E   W I T H   H I M

# Fasting

## ***We fast because it realigns us with God.***

Fasting is not about proving how “spiritual” we are. It’s about cutting out something good for the sake of something greater: deeper dependence on Jesus. When you voluntarily give up food (or anything else), you’re choosing to put your hunger for God above every other appetite.

## ***We fast because it breaks the power of distractions.***

Every one of us carries noise in our lives—habits, patterns, comfort-seeking—that dulls our spiritual sensitivity. Fasting exposes those things. It clears the static. You notice pretty quickly what you’ve been relying on besides God.

## ***We fast because Jesus assumed we would.***

Fasting is not about proving how “spiritual” we are. It’s about cutting out something good for the sake of something greater: deeper dependence on Jesus. When you voluntarily give up food (or anything else), you’re choosing to put your hunger for God above every other appetite.

## **We fast because it opens the door to transformation.**

When you deny your flesh, your spirit gets stronger. Fasting humbles us, softens our hearts, and sharpens our ears. We see this all through Scripture—God moves powerfully in people who set themselves apart to seek Him with their whole hearts.

## **We fast because we're saying, "God, you're my source," and I am consecrating myself to you, to be set apart for you.**

Food sustains you physically, but only Jesus sustains you spiritually. When you fast, you're making a bold, embodied declaration: "Lord, I want You more than I want comfort, control, or convenience."

# 3-Day Fasting Guide

Fasting is not about earning God's favor – it's about creating space to hear His voice. Over these next three days, you're choosing to slow down, quiet the noise, and let God realign your heart with His purpose.

## **Before You Begin – Prepare Your Heart**

Ask God to give you a teachable spirit and a willing heart.

Fasting works best when you start with clarity, not pressure.

## **Choose Your Fast**

- Sun-up to Sun-down – water throughout the day
- Liquids Only – broth, juice, water
- Daniel Fast – simple fruits/vegetables, no sugar or meat

*Pick the one that helps you focus on God, not the difficulty.*

## **Daily Rhythms for All 3 Days**

These simple anchors will keep your heart centered:

- Scripture (15–20 minutes) – Let God speak first.
- Prayer Touchpoints (3–5x daily) – Short conversations with God.
- Stillness (5–10 min) – Sit quietly; let God settle your soul.
- Journal (1–2 lines) – Capture what God highlights.
- Hydrate – Steward your body well.

## **Avoid for these 3 days:**

- Social media
- Heavy entertainment
- Overloaded schedules

# Consecration

## January 20 (Day 1)

Before God changes your situation, He often starts by changing you. This portion of your fast focuses on identity, character, and spiritual renewal.



### Morning

Scripture: Psalm 139:23-24; Isaiah 58:6-9

Prayer: "Lord, search my heart. Shine Your light on anything You want to heal, remove, or realign."

#### Invite God to reset your inner world

Sometimes the deepest fasting happens in places no one sees: your thoughts, your motivations, your attitudes.



### Midday

Take a short prayer walk.

Let your mind slow down.

Journal prompt: "Lord, what do You want to clear out of my life so I can hear You better?"

#### Surrender the pace of your life

Hurry is the enemy of intimacy. Ask God to slow your soul so you can hear Him.



### Evening

Turn on worship for 30 minutes.

Read: 1 Peter 1:15-16

#### Practice soul simplicity

Choose one habit to silence the next two days:

- Complaining
- Comparing
- Over-planning
- Emotional clutter

Ask God to help you live with a lighter heart.

# Your Family

## January 21 (Day 2)

A family doesn't grow strong by accident. It grows strong through intentional prayer, surrender, forgiveness, and blessing.



### **Morning**

#### **Your Children (current or future)**

*"Father, protect their future, guide their steps, and draw them into Your purpose." Declare God's promise:  
"I know the plans I have for you..." (Jeremiah 29:11)  
"Train up a child..." (Proverbs 22:6)*

#### **Bless your children or future children**

Don't just pray about them – pray over them.

- "You were created on purpose."
- "God has a great plan for you."
- "You are loved, chosen, and capable."



### **Midday**

#### **Your Marriage (or future marriage)**

Pray for unity, patience, and purpose. "A cord of three strands is not easily broken." (Ecclesiastes 4:12) "What God has joined together..." (Mark 10:9) Invite God to be at the center, not the edges, of your relationship. Ask God to help you love with grace, communicate with humility, and forgive quickly.



### **Evening**

#### **The Next Generation**

Declare freedom and blessing over your household:

*"He redeems your life from the pit." (Psalm 103:4)*

*"Believe... you and your household." (Acts 16:31)*

*"As for me and my house..." (Joshua 24:15)*

#### **Ask God for generational vision**

Not just your kids... but your kids' kids.

*"Lord, make our family line a river of faith for generations to come."*

# Your Church Family

## January 22 (Day 3)

Your church isn't a building – it's a spiritual family on mission together. This part of the fast focuses on unity, health, and purpose.



### Morning – Unity & Love

Pray for a spirit of unity in your church:

*"How good and pleasant..." (Psalm 133:1)*

*"Make every effort to keep the unity..." (Ephesians 4:3)*

Ask God to make your church known for extravagant love and servant-hearted compassion.

*"By this everyone will know..." (John 13:35)*



### Midday

#### Purpose & Mission

Pray for boldness, clarity, and a fresh passion for the mission Jesus gave us.

*"The harvest is plentiful..." (Matthew 9:37)*

*"Not by might... but by My Spirit." (Zechariah 4:6)*

Pray: God give our pastors, elders and leaders:

- Wisdom
- Protection
- Vision
- Discernment



### Evening

#### The Next Generation

Thank God for this generation – intentionally created by Him. Pray Scripture over them:

- **Identity:** *"You knit me together..." (Psalm 139:13-16)*
- **Revelation:** *"Enlighten the eyes of their heart." (Eph 1:17-18)*
- **Belonging:** *"See what great love..." (1 John 3:1)*
- **Courage:** *"Be strong and courageous..." (Joshua 1:9)*

Ask God to raise up students and kids who love Jesus deeply and walk in bold faith.

# Break Your Fast Wisely

Start slow – broth, soup, fruit. Give your body a gentle re-entry.

## Reflection Questions

- What did God highlight over these three days?
- What habits or patterns need to change moving forward?
- What step of obedience is God asking you to take right now?

## Notes

## Notes

THEN JOSHUA TOLD THE PEOPLE,



**“Consecrate  
yourselves, for  
tomorrow the Lord  
will do amazing  
things among  
you.”**

JOSHUA 3:5

6P

HV

**PURSUIT  
NIGHT**

JANUARY 25, 6:00 PM  
HAPPY VALLEY CAMPUS  
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