

i R E F U G E

C H U R C H

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2026 Consecration

January 11 - 31, 2026

Dear Saint,

Welcome to the next twenty-one days of consecration and transformation that will be brought about by our willing submission to the work of the Spirit of God!

This is a day-by-day guide of suggestions of verses to read and study, things to consider and reflect on, tips of prayer subjects, and space for us to thoughtfully respond to what the Spirit brings conviction and insight to.

May these daily suggestions help us to wholeheartedly seek the face and heart of our loving Savior!

Day 1, 1/11 – Intentional in my fellowship/submitton to Jesus

Scripture to study & consider:

Jeremiah 4:4; Luke 9:23-24; Deuteronomy 4:29

Thoughts for reflection and meditation:

As we begin this time of consecration and spiritual focus, it is important for us to start with humbling ourselves before our holy and righteous God. The scripture references today remind us we must take intentional steps to recommit and resubmit to our Savior. We deny ourselves and our desires in this season until we want what He wants; want to do what He wants us to do; lead us like He desires to. So let's forget about ourselves, concentrate on Him and pursue Him with all we've got!

Things to pray:

Repentance, forgiveness, commitment, fellowship, renewed obedience

Intentional steps to take:

Day 2, 1/12 – Intentional with my heart, emotions

Scripture to study & consider:

Proverbs 4:23; 2 Chronicles 16:9; Psalm 61:2-4

Thoughts for reflection and meditation:

As we lay down distractions and focus on our Lord, you may be noticing the pull and tug of your heart to want to waver from this fast and its Purpose. THAT is why we fast! THIS is why our sacrifice is necessary and important! Our hearts are divided; our emotions are all over the place...and it's only the second day! Let's seek the Lord today for undivided, focused, guarded hearts. Let's not let what we deal with on a daily basis penetrate our hearts and lead us away from our Savior.

Things to pray:

Guarded hearts, strengthened hearts, controlled emotions, grounded emotions, strong faith

Intentional steps to take:

Day 3, 1/13 – Intentional with my thoughts, will, perception, perspective

Scripture to study & consider:

2 Corinthians 4:16-18; 5:7; 1 Corinthians 2:10-14; Proverbs 23:7; Proverbs 16:3

Thoughts for reflection and meditation:

In this strange time in human history, we are experiencing unprecedented attacks on our attention and our perception of what is going on in the world. As we settle into this time of consecration, let's seek the Lord's help to be intentional about how we think, how we take in information, how we perceive what is happening, and the ability to see with spiritual eyes. The battle for our faith and the battle for our hearts is won in our thoughts and in our perspectives. As with the Prophet Elijah's servant (2 Kings 6:11-17), may the Lord give us eyes to see what God sees and is doing.

Things to pray:

For spiritual sightedness, Kingdom perspective, spiritual wisdom and understanding, eyes of faith

Intentional steps to take:

Day 4, 1/14 – Intentional about my Bible study

Scripture to study & consider:

Ezra 7:10; Psalm 1:2; 2 Timothy 2:15; 3:16-17; Colossians 3:16

Thoughts for reflection and meditation:

We can no longer afford to take anybody's word for the information they share with us. If we are going to progress with success in this year and beyond, we have to be intentional students of the Word of God. This year, we are going to need to be intentional to give ourselves to the reading and study of the Word. No more

sloppy Christian living for us! Let's ask for the Lord's help and action plans to ensure we schedule time to ingest His Word.

Things to pray:

Commitment to read, discipline to study, credible sources to help, discipline

Intentional steps to take:

Day 5, 1/15 – Intentional with my Scripture memorization

Scripture to study & consider:

Psalm 119:11; Psalm 37:31; Deuteronomy 6:6-7; Joshua 1:8

Thoughts for reflection and meditation:

Though we have more access today to Scripture (apps, websites, etc.) than ever before, life comes at us to fast! We need the Word IN us! Let's use this time of fasting to sharpen our skills and arm ourselves for the fight for our hearts and minds. Let's ask the Lord to help us use time this year to start committing God's Word to our memories, so that we can recall it in times of spiritual need.

Things to pray:

Identifying "victory verses," good memory practices, the Spirit's help in making the Word "stick"

Intentional steps to take:

Day 6, 1/16 – Intentional with my worship

Scripture to study & consider:

Psalm 42:1-2; 29:2; John 4:23-24; James 4:8

Thoughts for reflection and meditation:

Worship is as necessary to a child of God as oxygen is to a human! While we are seeking to stay away from forms of entertainment, worship is NOT entertainment; it is one of the ways to connect with the living God. During this consecration, giving ourselves intentionally to worship, with or without music; formal or informal; corporate or solo, is key. Building regular times of worship, reflection, thanksgiving, and sitting silent before God in our every-day lives is a spiritual discipline that we want to hone during our fast.

Things to pray:

Hearts turned toward Him, openness and freedom in worship, refreshing energy, renewed passion for time with Him

Intentional steps to take:

Day 7, 1/17 – Intentional with my prayer life/requests

Scripture to study & consider:

Matthew 6:5-8; James 4:3; Colossians 4:2; James 5:16-18

Thoughts for reflection and meditation:

Saint, I don't know if you realize it or not, but there is spiritual, God-ordained POWER in what you pray! With that kind of investment in us, what kind of prayer and prayer lives should we be committed to? During this fast, may God convict us and convince us to live disciplined, strategic, powerful prayer lives! May the Lord convict us and convince us to pray intentional, strategic, disciplined, Spirit-filled, Kingdom-focused, God-honoring prayers this year!

Things to pray:

Prayer time, scheduled times of prayer, a prayer closet/place, strategic prayer vocabulary, improved prayer vocabulary, effective prayer

Intentional steps to take:

Day 8, 1/18 – Intentional about my marriage/singleness

Scripture to study & consider:

1 Corinthians 4:1-5; Philippians 4:8, 11-13; Matthew 5:37; 1 Corinthians 7:17, 20, 23-24

Thoughts for reflection and meditation:

God has called us all to a certain state or place in life and in relationships. Too often, we have been guilty of either being too familiar with what He has given to us to the point that we are taking things (and people) for granted. Our distraction, dissatisfaction, or disturbance can create holes for the enemy & doubt to seep into and take our eyes off Jesus. During today's time of consecration, study, worship, and prayer, we ought to recommit ourselves to being intentional in our faithfulness, contentment, and appreciation for where He has us in our lives.

Things to pray:

Faithfulness, contentment, renewed strength, fulfillment, satisfaction, appreciation, gratitude

Intentional steps to take:

Day 9, 1/19 – Intentional in my friendships

Scripture to study & consider:

Amos 3:3; John 15:13; Proverbs 27:6; Ecclesiastes 4:9-12; Psalm 15; Proverbs 17:17

Thoughts for reflection and meditation:

The things, distractions, and noise that we have filled our lives and time with have been removed during this fast. And you might have noticed a draw toward friends, associates, and other people that you may have been neglecting. We have been trying to fill the God-created hole for people, friendships, and community with so many other things. Take note of the people that you feel a need to connect with during this time: these are people that God has put in your life for a reason.

Reconnect with them! Also notice who you have been able to exist without. What intentional steps do you need to take with those in either category in 2026?

Things to pray:

Intercede for those necessary/covenant/important people, pray for courage and commitment to invest in those relationships in 2026

Intentional steps to take:

Day 10, 1/20 – Intentional about my recovery

Scripture to study & consider:

Isaiah 10:27 (NKJV); Romans 7:4-6; 2 Corinthians 10:4-6; 1 Corinthians 10:12-13

Thoughts for reflection and meditation:

Whether we realize it or not; whether we are in an actual 12-step program or not, those who are in Christ are in recovery. The Lord has done the hard work of delivering us from habits, mindsets, relationships, addictions, affinities, weaknesses, and preferences by His grace and His power. So why are we still struggling in some areas? Since He broke the yoke, let's decide today, during this fast and forever after, to put away our Superglue to try to reassemble them and go back to them. Not today, Satan! And not tomorrow, either!

Things to pray:

Commitment to freedom, redeeming power, discipline, accountability, submission to accountability, freedom in Christ

Intentional steps to take:

Day 11, 1/21 – Intentional about guarding my heart, boundaries

Scripture to study & consider:

Matthew 14:22-23; Ephesians 4:15; Proverbs 28:23; 2 Thessalonians 3:10

Thoughts for reflection and meditation:

Even Jesus was intentional about ensuring that He protected and preserved His energy and spiritual connection. He set boundaries for Himself. How much more should we be intentional to set and defend our spiritual and emotional energy. During this fast, let's commit ourselves to building more authentic, less burdensome relationships with those He has placed in our lives.

Things to pray:

Courage to be honest, humility, wisdom and guidance for how to say things and how to operate within our own relational and emotional limitations

Intentional steps to take:

Day 12, 1/22 – Intentional about my healing/health

Scripture to study & consider:

1 Corinthians 6:12-13; 1 Corinthians 10:31; 1 Corinthians 9:24-27; Ephesians 5:29; 3 John 2

Thoughts for reflection and meditation:

While many in our culture are obsessed with health, fitness, and body issues, as believers are called to a much more balanced approach. We are called to be stewards of these bodies and how we care for them. Are we guilty of caring too little? When was our last health checkup? What eating, exercising, sleeping/rest, grooming habits have we been neglecting? Today, we focus on re-aligning our obedience to being faithful stewards of our health in 2026!

Things to pray:

Rebuking procrastination/fear, discipline and commitment, spiritual insight to take our role of healthy stewards seriously

Intentional steps to take:

Day 13, 1/23 – Intentional about my energy, rest

Scripture to study & consider:

Psalm 37:7; 116:7; Matthew 11:28-30; Mark 2:27

Thoughts for reflection and meditation:

Have you been silly enough to think that you were going to use all this extra time you have with the tv off during the fast that you didn't need to nap? Jesus did not just promise to give us rest, but He built rest into the relationship! Let's not be so spiritually minded that we forget to be intentional to get rest, sleep, and sabbaths. Have you planned a vacation for yourself this year? Do you have a plan for using your days off on your job? Have you fixed your schedule to be in bed by a certain time every night? Spiritually-focused, intentional people MUST!

Things to pray:

Forgiveness for neglecting rest, wisdom in scheduling, appreciation for times of rest and recharge, grace to get better at protecting energy

Intentional steps to take:

Day 14, 1/24 – Intentional about my entertainment choices

Scripture to study & consider:

Matthew 6:22-23; Mark 6:7; Deuteronomy 23:14; Luke 11:24-26

Thoughts for reflection and meditation:

While God does want us to be joyful, have fun, and to enjoy the lives He has given us, we have to be careful. Not everything that is available to us as entertainment is useful and conducive to our spiritual growth and health. We have taken steps during this fast to perform a spiritual cleanse and to seek God's

wisdom on making better choices in how we use and enjoy our time. Let's seek His voice on what we need to do to be more intentional and focused as His people in these days and times.

Things to pray:

Forgiveness, spiritual purging, a clean heart, openness to His will, wisdom, an appetite for spiritually healthy forms of entertainment

Intentional steps to take:

Day 15, 1/25 – Intentional about discerning His voice

Scripture to study & consider:

John 10:3-5, 27; Deuteronomy 4:35-36; Revelation 3:20; Isaiah 30:21; Hebrews 3:7-8

Thoughts for reflection and meditation:

We have sought to still the noise and external distractions that compete for our attention for the sole purpose of hearing and discerning the voice of our Savior. As we are able to tune in to His voice, He seeks to download direction, insight, secrets, mysteries, as well as whispers of love, affirmation, and encouragement. And when we hear Him today, may our response be not a hard heart but a willing and obedient one!

Things to pray:

Clarity, understanding, courage, obedience, a willing heart

Intentional steps to take:

Day 16, 1/26 – Intentional with my words/speaking life

Scripture to study & consider:

James 1:26; 3:1-12; Proverbs 10:31; 12:18; 15:4; 18:21

Thoughts for reflection and meditation:

Saint, we have been a great and awesome responsibility: in being made in His image, and through Jesus Christ, we have been enabled to speak life into dead places/things/situations/people. Our words are powerful! Yet, we waste our words and let our life-giving power leak out through useless conversation. No more! Starting today, let's commit ourselves to being intentional with our words in conversations, in prayer, in self-talk, and in what we declare!

Things to pray:

Wisdom, intentionality, focus, seriousness, discipline, spiritual insight, Kingdom purpose in our conversations

Intentional steps to take:

Day 17, 1/27 – Intentional with my social media engagement

Scripture to study & consider:

Matthew 5:16; Romans 12:9-15; 1 Peter 3:11-12; Colossians 3:17; 1 Peter 2:12

Thoughts for reflection and meditation:

While we enjoy freedom in Christ, we are encouraged to be wise about what we engage in (1 Corinthians 6:12). Are we on the platforms we are on and moving the way we do in those environments in intentionally God-honoring and Kingdom-advancing ways? Is my engagement simply to be entertained or is this an aspect of my purpose/ministry/calling? During this fast, the Spirit wants to deal with us in this area. May we hear His voice and operate accordingly!

Things to pray:

For the mind of Christ, obedience, sense of purpose, to bring glory to Him in all that we do

Intentional steps to take:

Day 18, 1/28 – Intentional with my spending money/extra cash

Scripture to study & consider:

Luke 16:1-2; 1 Timothy 6:8-10; Hebrews 13:5; Deuteronomy 8:18; Philippians 4:11-13; 1 Thessalonians 4:11-12; 1 Peter 2:11

Thoughts for reflection and meditation:

Thank God for all that He continually provides for us! We are not owners of those blessings; we are simply managers. How intentional are we in being good stewards with the extras and leftovers? In this time of fasting, we are seeking to recommit ourselves to living and handling the blessings of the Lord with intentionality and purpose in ways that please Him.

Things to pray:

Gratitude, wisdom, insight, plans, obedience, follow-through

Intentional steps to take:

Day 19, 1/29 – Intentional with my gifts and talents

Scripture to study & consider:

Romans 12:6-8; 1 Peter 4:10-11; Proverbs 18:16; Matthew 25:14-29

Thoughts for reflection and meditation:

Time is a finite thing. We all have only so much time and so much energy. Today's focus in our time of consecration is to recommit ourselves to bringing the Lord the glory due Him through the gifts, talents, and skills He has given us to steward. How am I doing with what He's invested in me? Am I using all that He has given me to bring Him glory, advance His Kingdom, introduce people to Him, and to be a blessing to those in their time of need? Our time of study, prayer, and worship is designed to reflect, repent, and resubmit to His will for these gifts He's blessed us with!

Things to pray:

Appreciation and thanks, openness, obedience, direction, insight

Intentional steps to take:

Day 20, 1/30 – Intentional about sowing seeds, giving, tithing

Scripture to study & consider:

Philippians 4:17; Proverbs 11:24-25; 2 Corinthians 9:6-11; Acts 20:35; Proverbs 3:9-10

Thoughts for reflection and meditation:

The supply of the Kingdom of God relies upon generosity. We put our trust in God keeping His promises to supply all of our needs. And in turn, it's our generosity with Him that supplies resources for the Kingdom. In a tightening economic environment, how are we doing with being intentional with how we tithe, give, and sow? Are we getting tight because things are getting tight, or do we still trust the One who promised to give seed to the sower?

Things to pray:

Gratitude, open hearts, open hands, trust, spirit of generosity, obedience

Intentional steps to take:

Day 21, 1/31- Intentional about my presence/impact on my environment

Scripture to study & consider:

Matthew 5:13-16; Matthew 13:31-33

Thoughts for reflection and meditation:

God has made no mistakes. You are where He planted you. You have been gifted with what He has strategically supplied. You have everything you need to change the environment, the spiritual temperature, the vibe of where you are. Now, WE just need to believe it and operate in it! On this last full day of consecration, let's open our hearts to the affirming, empowering voice of our Savior as He calls us to the intentional ministry of reconciliation in the places He has intentionally put us.

Things to pray:

Willingness, courage, obedience, grace, determination, humility, submission

Intentional steps to take:
