

# ICOG Prayer, Fasting & Consecration Guide 2026

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## Purpose of the Fast

As we enter a new year, we commit these 3 weeks to intentional prayer, fasting, and consecration. This journey is designed to refresh the body, soul, and spirit while establishing healthy habits and spiritual focus.

## Goals

- Cleanse from sugar and processed foods
- Improve hydration and rest habits
- Add movement and intentional prayer practices
- Refresh body, soul, and spirit

## Option 1 (Required): Basic Challenge

- Hydration & Food: Water only; minimum 8 cups daily. Eliminate processed sugars. Eat whole foods.
- Digital Detox: One hour nightly of screen-free sacred time for prayer, journaling, or devotion.
- Healthy Movement: 20–30 minutes daily of walking, stretching, or light exercise.

## Option 2 (Suggested): Exchange Instead of Denial

Framing each fast not as just denial, but as a purposeful exchange. Lay down something that drains, pick up something that nourishes. Categories: Food, Body, Mind, Relationships.

Participants choose 1–2 Fasts & Replacements

### Food & Nutrition

- ❖ Replace fried foods for grilled, baked, or roasted meals
- ❖ Replace late-night eating for herbal tea + evening prayer
- ❖ Replace processed snacks for fresh fruit, nuts, or veggies

### Body & Movement

- ❖ Replace sedentary time for 10–20 minutes of daily movement (walks, stretching, dance)
- ❖ Replace lack of rest for a set bedtime and 7–8 hours of sleep
- ❖ Replace overeating for practicing mindful eating (slow, prayerful meals)

### Mind & Spirit

- ❖ Replace complaining/negativity for gratitude journaling (write 3 blessings daily)
- ❖ Replace unhealthy self-talk for speaking scripture affirmations (“I am fearfully and wonderfully made” etc.)
- ❖ Replace social media scrolling for scripture reading or a phone call to encourage someone

### Relationships & Lifestyle

- ❖ Replace overscheduling for rest block (set aside time weekly for prayer/family)
- ❖ Replace eating alone for sharing a meal with family, a friend, or someone in need
- ❖ Replace disconnection for daily intentional check-in with a loved one

# Whole Foods Information

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## What Are Whole Foods?

Whole foods are natural and minimally processed foods—as close to how God created them as possible. They contain no added sugars, artificial ingredients, or long ingredient lists.

If it grows, is harvested, or is raised and looks like itself, it's a whole food!

## Examples of Whole Foods to Eat

- Fruits & Vegetables (fresh or frozen without added sauces)
- Whole grains: oats, brown rice, quinoa, barley, whole wheat
- Legumes: beans, lentils, chickpeas
- Nuts & seeds: almonds, walnuts, chia seeds, flaxseeds
- Lean proteins: fish, chicken, eggs, tofu, tempeh
- Dairy (optional): milk, yogurt (less processed options)
- Healthy fats: avocados, olive oil, nuts, seeds

## What to Limit or Avoid

- Refined grains (white bread, pasta, rice)
- Added sugars (soda, candy, baked goods, sugary cereals)
- Processed snacks (chips, crackers, frozen pizza)
- Fast food
- Processed oils and trans fats

## Sample Whole Food Plate

- Breakfast: Oatmeal with berries and nuts, or eggs with spinach and whole-wheat toast
- Lunch: Salad with beans and seeds, or lentil soup with whole-grain bread
- Dinner: Baked salmon with sweet potatoes and broccoli, or veggie stir-fry with brown rice and tofu
- Snacks: Apple with almond butter, walnuts, or carrots with hummus

## Rule of Thumb

If it comes in a box and has a long ingredient list, skip it!

## Ask Yourself

- Did God make this or a factory?
- Can I recognize it in nature?
- Does it have one ingredient or many?

If it passes, you're on track!

**Corporate Prayer:** Daily Monday-Friday at 6:30 PM

**Dial-in phone number:** 1-301-715-8592,,83048290707#,,\*545196#

## Daily Scripture, Wellness & Prayer Guide

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1. Jan 5 – 1 Cor. 10:31 | Water-only beverages | Dedicate your body to God.
2. Jan 6 – Psalm 51:10 | No processed sugar | Ask for a clean heart.
3. Jan 7 – Isaiah 58:6 | 10-minute walk | Release burdens.
4. Jan 8 – John 7:37 | Add lemon/cucumber to water | Thank God as Living Water.
5. Jan 9– Philippians 4:13 | Avoid processed foods | Rely on God’s strength.
6. Jan 10 – Psalm 34:8 | Cook a whole-food meal | Taste God’s goodness.
7. Jan 11 – Exodus 20:8–10 | Screen-free evening | Rest in God’s presence.
8. Jan 12– Romans 12:1 | Stretch 10 minutes | Offer your body to God.
9. Jan 13– Matthew 5:6 | Increase water intake | Hunger for righteousness.
10. Jan 14 – Psalm 23:1 | No eating after 8 PM | Pray for contentment.
11. Jan 15– 1 Cor. 6:19–20 | Prayer walk | Thank God for dwelling in you.
12. Jan 16– Galatians 5:22 | Healthy snack swap | Pray for fruit of the Spirit.
13. Jan 17 – Psalm 46:10 | Stillness | Be still before God.
14. Jan 18– Isaiah 40:31 | Light movement | Renewed strength.
15. Jan 19 – Ephesians 6:10 | New healthy recipe | Pray for spiritual armor.
16. Jan 20 – Colossians 3:2 | Limit social media | Set your mind on things above.
17. Jan 21 – Matthew 11:28 | Early bedtime | Rest in Christ.
18. Jan 22– Proverbs 17:22 | Encourage someone | Choose joy.
19. Jan 23– Psalm 100:4 | Gratitude list | Enter His gates with thanksgiving.