

HSBC 21 DAY CONSECRATION FASTING AND PRAYING

Friday, March 13th, 6p.m.– April 3rd, 6p.m.

PURPOSE:

**PETITIONING GOD FOR HIS ANOINTING, GRACE,
and DIRECTION in 2026!**

Week 1

1) Experiencing God's Presence and Walking in His Will

Pray on Days 1-3...Week 1

- a. Listening to God
- b. Pray for personal Spiritual Growth

Pray on Days 4-7... Week 1

- c. Present yourself a living sacrifice, body, mind, and soul!

***Scripture reading... Week 1* Getting to know God**

- ✓ **Psalm 51:7-15** Create in me a clean heart
- ✓ **Phil. Ch. 3 & 4:** God's Peace and Provision
- ✓ **Psalm 145:** "The Lord is merciful and compassionate, slow to get angry and filled with unfailing love"
- ✓ **Gal.3-6:** Freedom in the Lord and Fruits of the Spirit
- ✓ **Ps. 91-92:** His covering, strength, and giving thanks

THE FASTING PLAN... Week 1

- ✓ Reduce time-consuming habits, i.e. 4 hrs. of daily T.V. watching to 1 hr.
- ✓ **Breakfast:** Fruits, unsweetened almond or coconut milk
- ✓ **Lunch:** Vegetables and/or salad (vinaigrette dressing) **raw** nuts
- ✓ **Dinner:** Either soup or baked/grilled chicken or fish with vegetables, beans, greens, cucumbers
- ✓ **Beverages:** Water, Herbal teas, hot or cold throughout each day
- ✓ **No fried foods, sugar, other beverages, bread**

Week 2

2) Evangelism and Church OUTREACH—Discipling and believing God for additional members (each family will disciple 2 other families)

Pray on Days 1-3...Week 2

- a. Intentionally calling and reaching out to make disciples
- b. Spiritual explosion and church growth and increasing membership in-house and online worship

Pray on Days 4-7... Week 2

- c. For God to send the Harvest
- c. Seek opportunities to welcome and be used by the Holy Spirit to welcome and engage willing workers
- d. Believe God for a personal Upper Room experience in your family Ministry.

Scripture reading: Week 2

- ✓ **Acts 2:1–47** – On the day of Pentecost, the disciples are gathered in the upper room, and the Holy Spirit descends. The upper room is a place of waiting and receiving divine empowerment
- ✓ **Matthew 28:19–20** – “Go and make disciples of all nations...
- ✓ **Acts 1:8** – “You will receive power when the Holy Spirit comes upon you...
- ✓ **Ephesians 6:10–18** – Put on the full armor of God for protection and boldness in witness
- ✓ **Acts 2:37–47** – Stay rooted in Bible study, fellowship, and worship to be fueled for service
- ✓ **Ps. 27:** The Lord is your shield and protector

THE FASTING PLAN ... Week 2

- ✓ Reduce a time-consuming habit
- ✓ **Breakfast:** Fruits, unsweetened almond or coconut milk
- ✓ **Lunch:** Vegetables and/or salad (vinaigrette dressing) **raw** nuts
- ✓ **Dinner:** Either soup or baked/grilled chicken or fish with vegetables, beans, greens, cucumbers
- ✓ **Beverages:** Water, Herbal teas hot or cold throughout each day
- ✓ **No fried foods, sugar, other beverages, bread**

Week 3

3) EMPOWERMENT...A Time of Refreshing

- a. Ministry leaders are to coordinate small group prayer sessions to pray (feel free to coordinate via prayer line or in-person meetings)

Pray on Days 1-3... Week 3

- b. His strength, covering, and shield
- c. His protection and wisdom

Pray on Days 4-7... Week 3

- c. For His love, forgiveness, wisdom
- d. to overcome struggles, His Armour of protection

Scripture reading... Week 3

Ps. 91... a trusting and faithful person who affirms his status as safe and secure even during a time of calamity and distress.

- ✓ **Ps. 20... Choosing to Trust God**
- ✓ **(Col. 1 thru Ch. 4.** Highlights the importance of a life reflective of Christ's character, promoting unity, love, and integrity.
- ✓ **Eph. 1 thru Ch. 6:** Emphasizes unity in Christ, spiritual blessings, and guidance for Christian living.

THE FASTING PLAN... Week 3

- ✓ **No SWEETS; No TV** until 12 noon each day; **No TV** on Friday, Apr. 3rd, the last day of fasting until 6:00 pm
- ✓ **Breakfast:** Fruits, unsweetened almond or coconut milk
- ✓ **Lunch:** Vegetables and/or salad (vinaigrette dressing) **raw** nuts
- ✓ **Dinner:** Either soup or baked/grilled chicken or fish with vegetables, beans, greens, cucumbers
- ✓ **Beverages:** Water, Herbal teas hot or cold throughout each day
- ✓ **No fried foods, sugar, other beverages, bread**

21 DAY PRAYER STRUCTURE

✓ **DAILY PRAYER TIME...30 minutes: BETWEEN 6:00 TO 10:00 A.M.
11:00 TO 2:00 P.M.; 6:00 TO 9:00 P.M.**

Below are optional scriptures you can use to study and grow during these 21 days of Fasting and praying. Choose from these scriptures each day for your prayers before God.

When you fast temporarily from a good, necessary thing like food, the lack you feel in your body reminds you for your need is really for God. This dependence on God is always there, but the comforts of the world often make us forget.

Use the following passages to remember and thank God for his provision (Think of its application in your life):

- Through struggles and tests (James chapters 1, 2, and 5)
- Eph. 3:1-21: His unsearchable riches
- Eph. 4:22-32: The New You
- Psalm 29: The Voice of the Lord
- Matthew 6:9-34: His provisions

- Psalm 33:1-11(God's power)
- Ps. 33: 20 We wait in hope for the Lord; he is our help and our shield.
- Ps. 33:21 In him our hearts rejoice, for we trust in his holy name.
- Psalm 34:1-22: Bless Him and watch Him work
- Ps.34:8 Taste and see that the Lord is good! Blessed is the one who takes refuge in him.

Neh. 1-6: Having a made-up mind!

Romans 12:1-21 1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Colossians 3:1-17: Set your mind on things above, not on earthly things.

Eph. 4:22-32 ... The new you!