

Greetings,

Freedom to Flourish Family,



Grace and peace to you in the name of our Lord and Savior Jesus Christ. As we enter this sacred Lenten season, we posture our hearts toward intentional surrender. From Ash Wednesday, 18 February through Thursday, 2 April, we will journey together in fasting and consecration — not as a ritual or tradition, but to honor our relationship with God.

Lent is a holy invitation. It is the Spirit's call to return, to realign, and to be renewed. Just as our Lord fasted and was strengthened for divine assignment (Matthew 4:1–4), we too need to step away from distractions to draw nearer to the Father.

This fast and consecration are centered on three sacred movements:

- **Reflection** — Examining our hearts in the light of God's Word
- **Repentance** — Turning away from anything that hinders intimacy
- **Reconciliation** — Restoring our fellowship with God and others

I encourage you to approach this consecration with humility and expectancy. Let this not be a season of mere abstinence, but of divine alignment. Expect clarity. Expect conviction. Expect breakthroughs. Expect deeper communion. May this fast produce spiritual discipline, sharpen discernment, and position you to flourish in every area of your life. We fast together. We pray together. We flourish together.

With love and faith,

Pastor/ Prophetess Marcia P. Brown

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FASTING & CONSECRATION PROTOCOL



Duration:

Wednesday, 18 February 2026 – Thursday, 2 April 2026



Mondays | Wednesdays | Fridays Fast:

- 7:00 AM – 12:00 PM Liquids only
- Water
- Vegetable or bone broth
- Herbal tea
- Seltzer water
- 100% Juice
- Smoothies
- Cold Press Juices

Fast Protocol:

- One meal after 12:00 PM
- Two small meatless snacks
- Final meal/snack before 8 PM EST
- May consume fish once per day
- Increase water intake throughout the day
- Light protein substitution allowed for those who have an allergen to fish.
- Dairy allowed
- Sweeteners allowed
- No sodas
- No red meat
- No coffee
- No sweets: ice cream, cookies, cake, candies, etc...)

Tuesdays | Thursdays | Saturdays | Sundays

During this sacred season of **sacrifice, reflection, repentance, and reconciliation**, we commit to disciplined living that honors God in both body and spirit.

Eating Guidelines

- All meals must be completed **before 8:00 PM**.
- Eat **mindfully and prayerfully**, remembering this is a season of consecration—not indulgence.
- Approach each meal with gratitude and restraint.
- Let your eating reflect spiritual discipline, not appetite control alone.

These restrictions are not about legalism, but about creating space for spiritual sensitivity and self control.

Spiritual Posture During the Fast

In addition to dietary discipline, we commit to:

- Remaining **prayerful throughout the day**
- Increasing time in Scripture and worship
- Creating opportunities to **serve others**
- Practicing generosity and giving
- Seeking reconciliation in relationships
- Guarding our speech, thoughts, and attitudes

This is a season to:

- Reflect deeply
- Repent sincerely
- Reconcile intentionally
- Realign spiritually

Let this consecration draw us closer to God and produce lasting fruit in our lives.

(Those with medical conditions should consult a physician before participating.)



SCRIPTURAL FOUNDATION

Reflection

- Psalm 139:23–24
- Lamentations 3:40
- 2 Corinthians 13:5

Repentance

- Psalm 51:1–12
- 2 Chronicles 7:14
- Acts 3:19

Reconciliation

- 2 Corinthians 5:18–20
- Matthew 5:23–24
- Colossians 1:20



WEEKLY FOCUS & JOURNAL PROMPTS

WEEK 1: Heart Examination

Scripture: Psalm 139:23–24

Journal Prompts:

- What areas of my heart have I avoided surrendering?
- Where have I allowed offense, fear, or pride to take root?
- What distractions have pulled me away from intimacy with God?

WEEK 2: Repent & Return

Scripture: Joel 2:12–13

Journal Prompts:

- What habits or attitudes require genuine repentance?
- Have I minimized sin instead of confronting it?
- What does wholehearted return to God look like for me?

WEEK 3: Forgiveness & Healing

Scripture: Matthew 6:14–15

Journal Prompts:

- Is there anyone I need to forgive?
- Have I withheld grace from others?
- Do I need to receive God's forgiveness for myself?

WEEK 4: Identity & Alignment

Scripture: 2 Corinthians 5:17

Journal Prompts:

- Am I living from my old nature or my new creation identity?
- What labels must I release?
- Where is God calling me higher?

WEEK 5: Reconciliation & Restoration

Scripture: 2 Corinthians 5:18–20

Journal Prompts:

- Are there relationships God is prompting me to mend?
- Have I avoided difficult conversations?
- How can I model Christ's ministry of reconciliation?

WEEK 6: Renewed Commitment

Scripture: Romans 12:1–2

Journal Prompts:

- What has God revealed to me during this fast?
- What spiritual disciplines will I continue after Lent?
- How has my hunger for God increased?



DAILY PRAYER DECLARATION

Father, in the name of Jesus, I consecrate this body, mind, and spirit to You. Purify my motives. Cleanse my heart. Align my will with Yours. Let this fast produce spiritual fruit that remains. I choose reflection. I embrace repentance. I walk in reconciliation. In Jesus' name, Amen.



CORPORATE ENCOURAGEMENT

We encourage members to:

- Attend weekly worship and prayer gatherings
- Submit prayer requests
- Share testimonies of breakthrough
- Limit media and unnecessary distractions
- Increase time in Scripture and worship

† EXPECTED FRUIT OF CONSECRATION

- Greater spiritual clarity
- Heightened discernment
- Renewed intimacy with God
- Emotional healing
- Strengthened discipline
- Restored relationships

Let's flourish in consecration.

Frequently Asked Questions (FAQ)

1. Is this fast mandatory?

No. Participation is voluntary. We invite everyone to engage at a level that honors their health, season, and capacity.

2. What if I have medical conditions or dietary restrictions?

Please consult your physician. You may modify the fast or substitute foods as needed. God honors obedience and intention.

3. What if I cannot afford the suggested foods?

We encourage you to choose foods that are affordable and accessible for your household. Other fish or lean proteins may be used. Grace is extended.

4. Is fish required every day?

No. Fish is optional. Beans, eggs, and other approved proteins may be used.

5. What happens if I miss a prayer call or a fasting day?

There is no condemnation. Rejoin when you are able. This is a journey of grace, not legalism.

6. Why are Wednesdays liquid-only?

Liquid fast days are set apart for deeper surrender, prayer, and spiritual sensitivity.

7. Can children or seniors participate?

Children, seniors, and those with health concerns should not do restrictive fasting. Adapt with parental and medical guidance.

8. Will communion break the fast?

No. Communion is a sacred act of remembrance and unity, not a meal.

9. What is the goal of this fast?

To be renewed in knowledge, aligned with God's will, and commissioned to walk in freedom and flourishing.

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