

# RESET

CONSECRATION JOURNEY

# 2.0

L E N T E N   C O N S E C R A T I O N   G U I D E

A message from Pastor Janae:

Welcome to the **RESET 2.0 Consecration Journey**. **RESET** stands for *Restoring Everyday Spirituality, Embracing Transformation*. This consecration journey is a spiritual response to the political unrest, economic anxieties, and polarization in our country and in our communities. It is about restoring the rhythm of daily devotion, aligning our lives with God's presence, and embracing the transformation that comes from living a life surrendered to Christ. It is an intentional reorientation of our daily lives away from the chaos of the world and toward the peace and balance in Christ. As we walk through Lent, we will focus on reclaiming our commitment to spiritual disciplines, cultivating peace, and strengthening our faith.

Here are some tips to help you be successful this Lenten season.

- Set a Prayer Schedule – Dedicate specific times to pray and reflect daily.
- Engage in Worship – Use the RESET 2.0 Consecration playlist, read devotionals, and join the LWCC 7am corporate prayer call at (425) 436-6365, Passcode: 126922.
- Stay Accountable – Partner with a friend or small group for encouragement and support.
- Expect Transformation – Stay open to how God will move in your life during this experience.

May this consecration journey bring a true RESET to your spirit, renewing your strength and deepening your relationship with God.

*Pastor Janae*

## How to Use This Consecration Guide

This guide is designed to help you refocus and recommit to the ways of Christ. Each day during Lent, you will be guided through daily scripture readings and prayer prompts, alongside practical steps to break unhealthy habits and detox spiritually, emotionally, and physically. Here's how to use this guide effectively:

1. **Breaking Habits/Detox Guide** – Identify areas in your life that need a reset and implement intentional steps to remove distractions or hindrances.
2. **Daily Scripture & Prayer Prompts** – Spend time each day reading the assigned scripture and meditating on the corresponding prayer prompt.
3. **Weekly Commitment Challenge** – Engage in the church-wide commitment challenge that builds in intensity each week to help cultivate discipline and transformation.
4. **Reflection & Journaling** – Take a few moments each day to write down insights, prayers, and reflections.
5. **Community Building** – Share insights, encouragement, and testimonies with fellow believers to strengthen one another on this journey.

*Note: If you have health conditions that require modifications, adapt the food restrictions as necessary, to ensure your well-being while participating in this consecration journey. This consecration is an opportunity for transformation. Allow the Holy Spirit to guide you as you surrender, renew, and reset your commitment to Christ.*

## Consecration Playlist

Scan this QR Code to access the RESET 2.0 Consecration Playlist curated by members of Light of the World Christian Church.



## Personal RESET 2.0 Reflection

Take a moment to list the areas of your life that need a RESET.  
Use this space to identify and pray over them.

My RESET 2.0 Areas:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Commitment Challenge Overview

Throughout this consecration, we will engage in a series of weekly challenges designed to deepen our faith, strengthen our discipline, and draw us closer to God. Each challenge builds upon the previous week, creating a progressive journey of spiritual renewal and transformation. In Week 2, you will repeat the challenge from Week 1. In Week 3, you will repeat the challenges from Week 1 and Week 2. By the time you reach Week 7, you will repeat the challenges from all previous weeks. Approach each commitment with prayer, perseverance, and an open heart, trusting that God will guide you through every step.

### ☐ Week 1: Resetting the Heart (February 18-February 22)

- Begin each morning with prayer and gratitude before engaging with technology (television, cell phone, tablet, etc.).
- Choose one scripture to meditate on throughout the day and write down reflections.
- Limit social media intake to 2-hours time per day.

### ☐ Week 2: Resetting the Body (February 23 - March 1)

- Drink at least 64 oz of water daily.
- Eliminate unhealthy beverages: sugary drinks, soda, alcohol.

### ☐ Week 3: Resetting the Mind (March 2 - March 8)

- Speak only words that edify—no complaining, gossip, or negative self-talk.
- Replace negative thoughts with scripture-based affirmations.
- Eliminate consumption of violence, crime, and pornography.

### ☐ Week 4: Resetting Our Relationships (March 9 - March 15)

- Reach out to someone you've lost touch with and extend kindness or forgiveness.
- Commit to meaningful in-person interactions over digital distractions.
- Bring a friend to church—invite someone into a transformative worship experience.

## ☐ **Week 5: Resetting Our Service to Others (March 16 - March 22)**

- Dedicate time this week to serve someone in need—volunteer, give, or support a cause.
- No unnecessary spending. Give the money you would have spent elsewhere to the LWCC food pantry or other community programs. Redirect spending to help others and commit to mindful stewardship.
- Pay it forward—commit acts of kindness to bless someone unexpectedly.

## ☐ **Week 6: Resetting Our Devotion (March 23 - March 29)**

- Spend at least 30 minutes daily in uninterrupted Bible study and prayer.
- Eliminate all sweets, desserts, starches (including breads and chips), and vices from your diet.
- Limit your food consumption to protein (ex. meat, fish, Greek yogurt), vegetables, water, beans, nuts, and fruit.

## ☐ **Week 7: Preparing for Resurrection (March 30 - April 5)**

- Reflect on how God has moved in your life during this consecration.
- Write a reflection each day in your phone notes, a notebook, or tablet about your RESET Consecration journey.

## Daily Commitment Challenge, Scripture & Prayer Prompts

Each day includes a scripture passage and a prayer focus to help you align with God during this consecration as well as the challenge for the week. Remember, the challenges build on each other. In Week 2, you will repeat the challenge from Week 1. In Week 3, you will repeat the challenges from Week 1 and Week 2. By the time you reach Week 7, you will repeat the challenges from all previous weeks.

### Week 1: Resetting the Heart (Feb. 18 - Feb. 22)

- Begin each morning with prayer and gratitude before engaging with technology (television, cell phone, tablet, etc.)
- Choose one scripture to meditate on throughout the day and write down reflections.
- Limit social media intake to a 2-hours time block per day.

**Feb. 18: Psalm 51:10 – “Create in me a clean heart, O God, and renew a right spirit within me.”**

Prayer Focus: Lord, reset my heart to be fully devoted to You.

**Feb. 19: Ezekiel 36:26 – “I will give you a new heart and put a new spirit in you.”**

Prayer Focus: Transform my heart to reflect Your love.

**Feb. 20: Matthew 22:37 – “Love the Lord your God with all your heart, soul, and mind.”**

Prayer Focus: Help me to love You with my whole being.

**Feb. 21: Proverbs 4:23 – “Guard your heart, for everything you do flows from it.”**

Prayer Focus: Strengthen me to protect what influences my heart.

**Feb. 22: Jeremiah 29:13 – “You will seek me and find me when you seek me with all your heart.”**

Prayer Focus: Let my heart earnestly seek You.

## **Week 2: Resetting the Body (Feb. 23 - Mar. 1)**

- Drink at least 64 oz of water daily
- Eliminate unhealthy beverages: sugary drinks, soda, alcohol.

**Feb. 23: 1 Corinthians 6:19-20 – “Do you not know that your bodies are temples of the Holy Spirit?”**

Prayer Focus: Lord, help me to honor You with my body.

**Feb. 24: Romans 12:1 – “Offer your bodies as a living sacrifice, holy and pleasing to God.”**

Prayer Focus: I dedicate my body to be used for Your glory.

**Feb. 25: 3 John 1:2 – “I pray that you may enjoy good health and that all may go well with you.”**

Prayer Focus: Strengthen my body and help me make wise health choices.

**Feb. 26: 1 Timothy 4:8 – “Physical training is of some value, but godliness has value for all things.”**

Prayer Focus: Help me prioritize spiritual and physical discipline.

**Feb. 27: Proverbs 3:7-8 – “Fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.”**

Prayer Focus: Keep me from harmful choices and lead me to health.

**Feb. 28: Isaiah 58:11 – “The Lord will satisfy your needs and strengthen your frame.”**

Prayer Focus: Lord, sustain and refresh me.

**March 1: Psalm 107:20 – “He sent out his word and healed them; he rescued them from the grave.”**

Prayer Focus: Heal and restore my body as I consecrate myself to You.



**Week 3: Resetting the Mind (Mar. 2 - Mar. 8)**

- Speak only words that edify—no complaining, gossip, or negative self-talk.
- Replace negative thoughts with scripture-based affirmations.
- Eliminate consumption of violence, crime, and pornography.

**March 2: Romans 12:2 – “Be transformed by the renewing of your mind.”**

Prayer Focus: Lord, renew my mind according to Your will.

**March 3: Philippians 4:8 – “Whatever is true, noble, right, pure, lovely—think about such things.”**

Prayer Focus: Help me focus my thoughts on what pleases You.

**March 4: 2 Corinthians 10:5 – “Take captive every thought to make it obedient to Christ.”**

Prayer Focus: Give me victory over negative and distracting thoughts.

**March 5: Colossians 3:2 – “Set your minds on things above, not earthly things.”**

Prayer Focus: Keep my mind focused on eternal values.

**March 6: Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast.”**

Prayer Focus: Grant me Your peace as I fix my mind on You.

**March 7: Psalm 19:14 – “May the words of my mouth and the meditation of my heart be pleasing to You.”**

Prayer Focus: Align my thoughts and words with Your truth.

**March 8: Joshua 1:8 – “Meditate on the Book of the Law day and night.”**

Prayer Focus: Fill my mind with Your Word and wisdom.

## Week 4: Resetting Our Relationships (Mar. 9 - Mar. 15)

- Reach out to someone you've lost touch with and extend kindness or forgiveness.
- Commit to meaningful in-person interactions over digital distractions.
- Bring a friend to church—invite someone into a transformative worship experience.

**March 9: Ephesians 4:32 – “Be kind and compassionate to one another, forgiving each other.”**

Prayer Focus: Help me extend forgiveness and kindness.

**March 10: 1 Peter 4:8 – “Love each other deeply, because love covers over a multitude of sins.”**

Prayer Focus: Teach me to love unconditionally.

**March 11: Proverbs 27:17 – “As iron sharpens iron, so one person sharpens another.”**

Prayer Focus: Surround me with relationships that strengthen my faith.

**March 12: Colossians 3:13 – “Bear with each other and forgive as the Lord forgave you.”**

Prayer Focus: Help me release grudges and walk in forgiveness.

**March 13: Matthew 18:20 – “Where two or three gather in my name, there am I with them.”**

Prayer Focus: Let my relationships reflect Your presence.

**March 14: Hebrews 10:24-25 – “Encourage one another and spur each other toward love and good deeds.”**

Prayer Focus: Help me build up others in faith and love.

**March 15: Romans 12:10 – “Be devoted to one another in love. Honor one another above yourselves.”**

Prayer Focus: Give me a heart of humility and service.

**Week 5: Resetting Our Service to Others (Mar. 16 - Mar. 22)**

- Dedicate time this week to serve someone in need — volunteer, give, or support a cause.
- No unnecessary spending. Give the money you would have spent elsewhere to the LWCC food pantry or other community programs. Redirect spending to help others and commit to mindful stewardship.
- Pay it forward—commit acts of kindness to bless someone unexpectedly.

**March 16: Galatians 6:9 – “Let us not become weary in doing good.”**

Prayer Focus: Strengthen my hands to serve joyfully.

**March 17: Matthew 25:40 – “Whatever you did for one of the least of these, you did for me.”**

Prayer Focus: Let me see You in those I serve.

**March 18: 1 John 3:18 – “Let us not love with words or speech but with actions and in truth.”**

Prayer Focus: Help me show love through my deeds.

**March 19: Proverbs 19:17 – “Whoever is kind to the poor lends to the Lord.”**

Prayer Focus: Open my hands to be generous and compassionate.

**March 20: Acts 20:35 – “It is more blessed to give than to receive.”**

Prayer Focus: Cultivate a heart of generosity in me.

**March 21: James 2:17 – “Faith by itself, if not accompanied by action, is dead.”**

Prayer Focus: Align my faith with tangible acts of service.

**March 22: Micah 6:8 – “Act justly, love mercy, and walk humbly with your God.”**

Prayer Focus: Help me live out Your call for justice and mercy.

## Week 6: Resetting Our Devotion (Mar. 23 - Mar. 29)

- Spend at least 30 minutes daily in uninterrupted Bible study and prayer.
- Eliminate all sweets, desserts, starches (including breads and chips), and vices from your diet.
- Limit your consumption to protein (ex. meat, fish, Greek yogurt), vegetables, water, beans, nuts, and fruit.

**March 23: Psalm 63:1 – “You, God, are my God, earnestly I seek You.”**

Prayer Focus: Draw me closer to You each day.

**March 24: Mark 1:35 – “Very early in the morning, Jesus prayed.”**

Prayer Focus: Give me the discipline to seek You first each day.

**March 25: 2 Chronicles 7:14 – “If my people humble themselves and pray...”**

Prayer Focus: Teach me to pray with humility and faith.

**March 26: John 15:5 – “Apart from me, you can do nothing.”**

Prayer Focus: Help me abide in You always.

**March 27: Romans 8:38-39 – “Nothing can separate us from the love of God.”**

Prayer Focus: Let my devotion be rooted in Your unfailing love.

**March 28: Hebrews 11:6 – “Without faith it is impossible to please God.”**

Prayer Focus: Strengthen my faith and devotion to You.

**March 29: Psalm 119:105 – “Your word is a lamp to my feet and a light to my path.”**

Prayer Focus: Guide my steps through Your word.

## Week 7: Preparing for Resurrection (Mar. 30 - Apr. 5)

- Reflect on how God has moved in your life during this consecration.
- Write a reflection each day in your phone notes, a notebook, or tablet about your RESET Consecration journey.

**March 30: Philippians 3:10 – “I want to know Christ—yes, to know the power of His resurrection...”**

Prayer Focus: Help me experience the power of Your resurrection.

**March 31: Romans 6:4 – “Just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”**

Prayer Focus: Renew my spirit and help me walk in newness of life.

**April 1: 1 Corinthians 15:20 – “But Christ has indeed been raised from the dead, the first-fruits of those who have fallen asleep.”**

Prayer Focus: Thank You for the promise of resurrection through Christ.

**April 2: Colossians 3:1 – “Since you have been raised with Christ, set your hearts on things above.”**

Prayer Focus: Help me focus on the eternal and not the temporary.

**April 3: Isaiah 53:5 – “By His wounds we are healed.”**

Prayer Focus: Thank You for the sacrifice that brought my salvation.

**April 4: Matthew 28:6 – “He is not here; He has risen, just as He said!”**

Prayer Focus: Rejoicing in the victory of Christ’s resurrection.

**April 5: John 11:25-26 – “I am the resurrection and the life. The one who believes in me will live.”**

Prayer Focus: Strengthen my faith in Your eternal promise.

## Consecration Enhancements

For those who are experienced with fasting and desire a more rigorous fasting experience, consider enhancing your journey with one or more these additional challenges.

- **Week 1: Resetting the Heart**

- Begin each morning with extended prayer (at least 30 minutes) before engaging with technology.
- Incorporate a daily period of silence and solitude for deeper reflection.

- **Week 2: Resetting the Body**

- Implement a liquids-only fast (smoothies, broths, or fresh juices) for at least one meal per day.
- Avoid processed foods and refined sugars entirely.

- **Week 3: Resetting the Mind**

- Commit to an absolute fast (water only) for one day, if medically appropriate.
- Replace all secular media (news, TV, podcasts, etc.) with worship, scripture, and faith-based content.

- **Week 4: Resetting Our Relationships**

- Intentionally fast from non-essential digital communication (texting, emails, and calls that aren't urgent) for designated periods of the day.
- Dedicate time daily to praying for and reaching out to people in your life who need reconciliation or encouragement.

- **Week 5: Resetting Our Service to Others**

- Commit to an additional 24-hour fast from food as an act of intercession for a community or cause.

- **Week 6: Resetting Our Devotion**

- Add an additional prayer session to your daily schedule.
- Consider eliminating all forms of entertainment (TV, music, books, etc.) that do not directly aid in spiritual growth.

- **Week 7: Preparing for Resurrection**

- Enter into a three-day fast (only fruits, vegetables, nuts, and water) leading up to Resurrection Sunday.
- Dedicate extended time in worship and gratitude each evening, reflecting on Christ's resurrection power in your life.

## **Breaking Free: Overcoming Unhealthy Patterns**

In these times of political unrest, economic uncertainty, and deep societal divisions, it's easy to seek comfort in habits that provide temporary relief but ultimately harm our well-being. Stress, fear, and frustration can lead us to unhealthy coping mechanisms—behaviors that, over time, may become ingrained habits or even addictions, threatening our health and relationships. Yet, as followers of Christ, we are called to live with intention and discipline. An honest evaluation of our lives, guided by the Holy Spirit, will reveal the habits that hinder us and lead us toward the freedom and renewal God desires for us.

### **1. Identify the Root Cause**

- Ask yourself why you engage in the habit.
- Identify triggers (e.g., stress, boredom, certain environments).
- Recognize patterns that lead to the behavior.

### **2. Replace the Unhealthy Habit with a Positive One**

- Instead of just stopping, replace the old habit with a healthier alternative.
- Example: Replace emotional eating with a short walk or deep breathing.

### **3. Set Clear and Specific Goals**

- Use SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
- Instead of "I will stop procrastinating," say, "I will start my work immediately for 25 minutes before taking a break."

### **4. Change Your Environment**

- Remove temptations or triggers that make the habit easy to fall into.
- Example: If you're trying to stop social media overuse, remove apps from your phone.

### **5. Use Accountability and Support**

- Tell a trusted friend, mentor, or group about your goal.
- Consider an accountability partner or join a support group.
- Seek prayer and encouragement from your faith community.

### **6. Make It Harder to Engage in the Habit**

- Increase the effort needed to perform the habit.
- Example: If overspending is an issue, leave your credit card at home and carry only cash.

### **7. Practice Mindfulness and Self-Awareness**

- Pause before engaging in the habit. Ask yourself: Do I really want to do this?
- Keep a habit journal to track triggers and progress.

### **8. Use Positive Reinforcement**

- Reward yourself for small milestones.
- Focus on progress, not perfection.



**9. Prepare for Challenges and Relapses**

- Expect setbacks and plan how to respond when they happen.
- Instead of guilt, use setbacks as learning experiences.

**10. Commit It to Prayer and Scripture**

- Complete the RESET 2.0 Consecration Journey.
- Seek spiritual strength through prayer.
- Ask God for the grace and discipline to break free.



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**Sunday Worship: 10:30 am**

**7 am Prayer Call: (425) 436-6365 using the access code 126922  
(317) 254-5922 (office) | [lovelwcc.org](http://lovelwcc.org)**

**Rev. R. Janae Pitts-Murdock, Senior Pastor**

