

14 DAYS OF CONSECRATION

PRAYER & FASTING

Introduction to the 14-Day Fasting Journey

This 14-day fast is designed to help you slow down, create space for God, and experience renewal in your body, soul, and spirit. Whether you've never fasted before or have done many extended fasts, this journey is intentionally structured to help you move thoughtfully and safely into a meaningful spiritual experience.

Rather than jumping straight into an intense fast, we'll ease in gradually, allow God to work deeply in our hearts, and then end in a place of full consecration and gratitude.

Here's the rhythm of the journey:

Days 1–3: Preparing the Heart and Body

We start by gently preparing—simplifying what we eat, reducing distractions, and turning our attention toward God. These days are about alignment, clarity, and intentionally “making room” for Him.

Days 4–10: Deepening the Fast

During this stretch, we move into a more consistent fasting rhythm. This isn't just about not eating—it's about:

- seeking God
- dealing honestly with our hearts
- allowing Him to heal, renew, and shape us

These are days of deeper prayer, reflection, surrender, and spiritual strength.

Days 11–14: Full Consecration *in coordination with Keypoint Church's "ADVANCE: PRAYER & FASTING"*

As we near the end, the fast narrows physically and deepens spiritually. We lean into dependence on God, clarity of purpose, intercession for others, and gratitude for what He's doing in us. These final days are often the most tender, transformative, and powerful.

More Than a Food Fast

This fast is not simply about abstaining from food; it is about replacing what we normally reach for with God Himself. It engages every part of who we are:

Physically — we simplify what we eat, hydrate well, and honor our bodies.

Emotionally — we slow down, listen, process honestly, and allow God to heal hidden places.

Spiritually — we pray, worship, read Scripture, listen for His voice, and respond in obedience.

You are not trying to “prove” anything to God. You are making room to know Him more deeply.

What to Expect

Some days will feel powerful and full of clarity. Others may feel quiet, emotional, or physically challenging. All of that is normal. Through every moment, God is working—often beneath the surface—forming humility, hunger, sensitivity, and strength in you.

Go at a Faithful, Not Perfect Pace

If you need to adjust along the way for health, energy, or life circumstances, do so with wisdom and grace. The goal is not perfection. The goal is presence, dependence, and transformation.

Entering with Expectation

As you begin this fast, come expectantly. Ask God to meet you. Ask Him to speak. Ask Him to change what needs changing and strengthen what needs strengthening. This is a sacred journey—and He delights to walk it with you.



✓ JAN 1-3

Preparation Phase — “Clear Space”

Goal: Gently detox, reduce dependency, build awareness

🥗 PHYSICAL — What to Eat / What to Avoid

Eat

- Lean protein: chicken, fish
- Fruits + vegetables
- Whole grains: brown rice, quinoa, oats
- Healthy fats: olive oil, avocado
- Plenty of water
- Herbal tea allowed

Avoid (begin removing)

- Coffee (reduce gradually, don't stop cold turkey)
- Sugar / sweets
- Alcohol
- Processed foods
- Fried foods
- Heavy sauces
- Late-night snacking

Suggested Daily Eating Pattern

- Breakfast: fruit + oatmeal or eggs + vegetables
- Lunch: salad + lean protein
- Dinner: simple plate (protein + vegetables + small whole grain)
- Drink water throughout the day

Hydration Target

8-10 cups water/day

♥ EMOTIONAL — What to Practice

- Begin journaling: What am I fasting from and for?
- Identify emotional stressors
- Reduce social media
- Go to bed earlier

Simple Daily Reflection

- What do I need to let go of?
- Where am I exhausted?
- Where do I need God most?

🙏 SPIRITUAL — Set the Tone

Daily Rhythm

- Morning: Scripture + prayer
- Midday: 5-10 minutes breathing prayer
- Evening: gratitude + short worship

Focus Themes

Jan 1 — Surrender

Jan 2 — Alignment

Jan 3 — Removing distraction

Core Scriptures

Joel 2:12-13

Hebrews 12:1-2

Psalms 139:23-24

✓ JAN 4-10

Partial Fast Phase — “Seek Deeply”

This is the main stretch where discipline builds hunger for God.

Choose ONE fasting rhythm and keep it consistent:

OPTION A — Daniel Fast

- Fruits
- Vegetables
- Whole grains
- Legumes
- Water only (herbal tea allowed)

Avoid

- Meat
- Dairy
- Sugar
- Bread (unless whole grain)
- Coffee & alcohol

• 14 DAYS OF

CONSECRATION
PRAYER & FASTING

OPTION B — 2 Meal Fast

- Skip breakfast + lunch
- Eat one simple dinner
- Water + herbal tea through the day

Dinner should be:

- modest
- nutritious
- not celebratory

OPTION C — Sunrise to Sunset Fast

- No food until after sunset
- Hydrate during day
- One simple meal after dark

🥗 PHYSICAL GUIDANCE

- Continue tapering caffeine to zero
- Expect mild tiredness first 48 hours
- Gentle walking encouraged
- Sleep matters — aim to protect rest

FHOP
FAMILY HOUSE OF PRAYER

Hydration Target

10–12 cups daily

Add electrolytes lightly if needed (unsweetened preferred)

♥ EMOTIONAL — Intentional Inner Work

Theme of these days: Awareness, Healing, Freedom

Daily Practices

- Journal daily
- Name emotions honestly
- Reduce noise: TV, endless scrolling, unnecessary busyness
- Confess emotional burdens
- Forgiveness work (especially Jan 9–10)

Helpful Emotional Prompts

- Where do I feel weak?
- What wound still speaks loudly?
- What voice do I need to silence?
- Who do I need to forgive?

🙏 SPIRITUAL — Deepening

Daily Rhythm

- Scripture (longer portions if possible)
- Worship daily
- Listen to God (not just talk)
- Pray for others
- Include silence

Focus Progression

Jan 4 — Seek God

Jan 5 — Abiding

Jan 6 — Confession & Cleansing

Jan 7 — Healing

Jan 8 — Renewing the mind

Jan 9 — Freedom + strongholds breaking

Jan 10 — Forgiveness + release

Key Scriptures

Isaiah 58

Psalms 63

John 15

Romans 12:1–2

2 Corinthians 10:3–5

Matthew 6:14–15

✓ JAN 11–14

Consecration Phase — “Fully Given”

This is the deep water—your focus shifts almost fully to the Lord.

💧 PHYSICAL — Primary Expectation

Liquids Only (if you are able)

- Water
- Herbal tea
- Broth
- Fresh juice
- Light smoothies if needed for energy

If liquids only becomes unsafe or overwhelming

→ slip back to Daniel fast (this is not failure)

Hydration Target

12+ cups daily

Expect Possible Physical Responses

- Mild headaches (especially Jan 11–12)
- Fatigue
- Emotional vulnerability
- Heightened spiritual sensitivity

Move gently

Walking is good

Strenuous workouts are not recommended

Sleep is your ally.

♥ EMOTIONAL — Becoming Still

This is the tenderness phase.

Focus

- Surrender control
- Allow God to touch deeper places
- Release striving
- Receive love

Practices

- Write a letter of surrender to God
- Confess burdens honestly
- Let yourself cry if needed
- Replace shame with grace
- Speak blessing over yourself

🙏 SPIRITUAL — Full Consecration

These days are less busy spiritual productivity and more presence.

Daily Rhythm

- Sit with God
- Read slowly, meditatively
- Worship softly
- Pray big prayers for calling, family, church, city

Focus Themes

Jan 11 – Dependence on God

Jan 12 – Identity & Purpose

Jan 13 – Intercession

Jan 14 – Thanksgiving & Dedication

Core Scriptures

Psalms 73:25–26

2 Corinthians 12:9

Ephesians 2:10

Isaiah 62

Joshua 3:5

Psalms 116

JAN 14 – Breaking the Fast (6:30 PM)

Break gently.


Start with:

- broth or soup
- soft vegetables
- small portion of lean protein
- eat slowly
- do not binge
- drink water

Then celebrate God's faithfulness.

Anchors to Protect the Journey Throughout all 14 days:

- Daily Scripture
- Daily prayer
- Daily journaling
- Daily silence
- Hydrate
- Limit noise
- Stay humble & gentle with yourself

 **Health note: If you have diabetes, heart conditions, chronic illness, take medication that requires food, or have ever struggled with eating disorders, consult a medical professional before fasting. Hydration is essential. Listen to your body.**

14-Day Fasting Devotional Guide

January 1 – January 14

(ending 6:30 PM Jan 14)

DAY 1 – January 1

Theme: Consecrate the Year

Scripture: Joel 2:12–13 • Romans 12:1

Focus: *Returning wholeheartedly to God*

Devotional Thought:

The fast doesn't begin with self-denial but surrender. God calls you not just to give up food, but to give Him your attention, affection, schedule, fears, and hopes.

Prayer Direction: *"Lord, I set this year apart for You."*

Reflection:

- What am I giving to God in this fast?
- What do I want God to do in me?

Practice: Write a consecration commitment.

DAY 2 – January 2

Theme: Alignment

Scripture: Proverbs 3:5–6 • Psalm 139:23–24

Devotional Thought:

Fasting aligns our hearts with His heart. Ask God to reveal the areas that are out of sync.

Prayer: *"Search me and lead me."*

Reflection:

- Where am I leaning on my own understanding?
- Where do I sense the Spirit inviting change?

Practice: 10 minutes silence before God.

DAY 3 – January 3

Theme: Making Room

Scripture: Hebrews 12:1–2 • Matthew 6:33

Devotional Thought:

Fasting is not just subtraction—it is making room. As distractions leave, presence increases.

Prayer: *"Simplify my life."*

Reflection:

- What competes most with God in my life?
- What is cluttering my spirit?

Practice: Remove one distraction today.

14-Day Fasting Devotional Guide

January 1 – January 14

(ending 6:30 PM Jan 14)

DAY 4 – January 4

Theme: Seeking God

Scripture: Psalm 27 • Matthew 6:16–18

Devotional Thought:

Fasting sharpens desire. You are not just skipping meals—you are saying, “You are my longing.”

Prayer: *“One thing I desire—You.”*

Reflection:

- Am I seeking God or results from God?
- What does my hunger reveal?

Practice: Worship intentionally.

DAY 5 – January 5

Theme: Intimacy

Scripture: John 15 • Psalm 63

Devotional Thought:

Abiding is not striving—it is staying near. The fast is not about effort, but nearness.

Prayer: *“Teach me to abide.”*

Reflection:

- Where do I tend to drift?
- What helps me stay close?

Practice: Prayer walk.

DAY 6 – January 6

Theme: Cleansing

Scripture: Psalm 51 • 1 John 1:9

Devotional Thought:

God doesn’t shame you—He washes you. Fasting often surfaces sin; grace meets it immediately.

Prayer: *“Create in me a clean heart.”*

Reflection:

- What sins or habits need honesty?
- Can I receive grace without resistance?

Practice: Confession.

14-Day Fasting Devotional Guide

January 1 – January 14

(ending 6:30 PM Jan 14)

DAY 7 – January 7

Theme: Healing & Wholeness

Scripture: Isaiah 58 • Luke 4:18

Devotional Thought:

Fasting invites healing—emotionally, spiritually, even relationally. God restores what feels fractured.

Prayer: *“Heal my heart.”*

Reflection:

- Where am I still wounded?
- What needs God’s touch?

Practice: Pray for inner healing.

DAY 8 – January 8

Theme: Renewing the Mind

Scripture: Romans 12:2 • Philippians 4:6–8

Devotional Thought:

Your thoughts shape your life. Fasting rewires unhealthy mental patterns and strengthens truth.

Prayer: *“Renew my mind.”*

Reflection:

- What negative narratives dominate me?
- What truth replaces them?

Practice: Speak Scripture aloud.

DAY 9 – January 9

Theme: Freedom

Scripture: 2 Corinthians 10:3–5 • John 8:36

Devotional Thought:

Spiritual strongholds lose power when bodies fast and spirits pray. Jesus sets captives free.

Prayer: *“Break chains in my life.”*

Reflection:

- What repeatedly defeats me?
- Where do I need spiritual authority?

Practice: Renounce one stronghold.

14-Day Fasting Devotional Guide

January 1 – January 14

(ending 6:30 PM Jan 14)

DAY 10 – January 10

Theme: Forgiveness

Scripture: Matthew 6:14–15 • Colossians 3:13

Devotional Thought:

Fasting softens the heart to forgive. Forgiveness is not approving wrong; it is releasing its hold.

Prayer: *“Help me release offense.”*

Reflection:

- Who do I need to forgive?
- What do I need to release?

Practice: Bless the person you forgive.

DAY 11 – January 11

Theme: Dependence

Scripture: Psalm 73:25–26 • 2 Corinthians 12:9

Devotional Thought:

As food leaves, dependence becomes felt physically and spiritually. Weakness creates encounter.

Prayer: *“You are enough.”*

Reflection:

- Where do I avoid weakness?
- Can I rest in God’s sufficiency?

Practice: Sit quietly before God.

DAY 12 – January 12

Theme: Identity & Calling

Scripture: Ephesians 2:10 • Jeremiah 29:11

Devotional Thought:

God doesn’t just save you; He appoints you. Fasting clarifies calling and identity.

Prayer: *“Show me Your purpose.”*

Reflection:

- Who am I in Christ?
- What has God called me to do?

Practice: Write your calling statement.

14-Day Fasting Devotional Guide

January 1 – January 14

(ending 6:30 PM Jan 14)

DAY 13 – January 13

Theme: Intercession

Intercession is simply making an appointment between those we pray for and the Living God.

Scripture: 1 Timothy 2:1 • Isaiah 62

Devotional Thought:

We don't fast only for ourselves. Stand in the gap—for family, church, city, and nation.

Prayer: *Bold, faith-filled intercession.*

Reflection:

- Who needs breakthrough?
- What burdens my heart?

Practice: Pray for others intentionally. _____

DAY 14 – January 14

Theme: Thanksgiving & Dedication

Scripture: Joshua 3:5 • Psalm 116

Devotional Thought:

You didn't just make it—you grew. God met you, shaped you, strengthened you.

Prayer: *"Thank You for what You've done."*

Reflection:

- What did God do during this fast?
- What remains marked in me?

Practice: Worship + journal testimony.

Break your fast gently at 6:30 PM with gratitude.

Join Keypoint & FHOP in a Soup Supper Fast Break.

FHOP HOURS DURING THE 14 DAYS OF CONSECRATION:

JANUARY 1-4: CLOSED FOR CHRISTMAS BREAK

JANUARY 5-9:

MONDAY | 10AM-2PM/6PM-7PM, TUESDAY | 10AM-2PM, WEDNESDAY | 6AM-8AM
THURSDAY | 10AM-2PM

JANUARY 12-14:

MONDAY | 8AM - WEDNESDAY | 6:30PM
WORSHIP, TEACHING & PRAYER NIGHTLY AT 6:30PM

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