

SET ↑
apart

SCA
PRAYER AND FASTING MANUAL

JANUARY 11TH -31ST, 2026

You can be sure of this:
The Lord set apart the godly for himself.
The Lord will answer when I call to him.

Psalm 4:3, NLT

Dear Ones,

It has been a regular part of SCA's rhythm to begin each year with fasting and prayer. We do this for a few reasons:

1. To establish the priority of prayerful dependence upon the Lord. Individually and corporately, there is no way to overemphasize that God is to have the preeminent place in our lives. (Matthew 22:37)
2. There is a consistent pattern in the Bible of committing the first part of anything to the Lord. This is a way to SET APART the whole to God. It seems wise then to do the same with the first part of the year.
3. In obedience to Scripture, we want to underscore that fasting is a powerful spiritual practice for every follower of Jesus. It is to be a part of the “normal” Christian life. (Matthew 6: 16-18)
4. Fasting when combined with prayerful seeking of God, invites His presence and powerful intervention. (Matthew 17:20-21)

Beginning on January 11th, we will be entering into a 21-day season of fasting and prayer. We invite you to do all that you can to engage deeply. This manual is meant to be a resource to help you do just that. It includes the SCA schedule, along with Biblical and practical information to help you make the most of these upcoming days.

We love you and bless you!

Pastors Steve, Paul, Melissa and Makhonyola

SCA Schedule

Sunday 1.11 --- Day 1 and Message #1: Fasting and Prayer

Wednesday 1.14, 6-7pm --- Prayer and Worship gathering (Sanctuary)

Sunday 1.18 --- Day 8 and Message #2: Fasting and Prayer

Wednesday 1.21, 6-7pm --- Prayer and Worship gathering (Sanctuary)

Sunday 1.25 --- Day 15 and Message #3: Fasting and Prayer

Wednesday 1.28, 6-7pm --- Prayer and Worship gathering (Sanctuary)

Friday 1.30, 6pm – Saturday 1.31, 6 pm --- 24 hours of Prayer (Prayer Room)

Sunday 2.1 --- Celebration Sunday/Fellowship Meal

What is fasting?

Biblical fasting is the voluntary abstinence from food (or other appetite) for the purpose of intensifying prayer, humbling the soul, and reorienting the heart toward God.

1. Fasting is an invitation into deeper intimacy with God

Fasting is first and foremost an invitation—a call to draw near to God with intentional focus and surrendered desire.

“Draw near to God, and He will draw near to you.” (James 4:8)

2. Fasting is an opportunity to humble yourself before God

The Bible consistently connects fasting with humility: it lowers self-reliance and reorients the heart toward dependence on God. This is truthful alignment with who we are and who God is

“I humbled my soul with fasting.” (Psalm 35:13)

3. Fasting weakens the influence of the sinful nature, enabling partnership with the Holy Spirit.

Jesus connects fasting and spiritual strength. This is particularly true in areas of our lives which we are stuck or struggling with a particular sin (see Hebrews 12:1)

“This kind does not go out except by prayer and fasting.” (Matthew 17:21)

Fasting does not grant authority; authority flows from union with God. However, fasting often strengthens the believer’s ability to walk in that authority by loosening the grip of the flesh and sharpening obedience to the Holy Spirit.

4. Fasting creates space for inner exposure and healing

Fasting often brings buried emotions, memories, and compulsions to the surface.

“Search me, O God, and know my heart.” (Psalm 139:23)

The Holy Spirit uses fasting to illuminate areas needing healing, repentance, or restoration. What surfaces is not new; it is simply revealed. In this way, fasting becomes a doorway to deeper freedom when paired with the grace and truth of God.

5. Fasting amplifies prayer and intercession.

Fasting tunes the heart toward God's frequency. When you fast and pray, anticipate heightened compassion, clarity of God's voice, perseverance and ultimately partnership with God in bringing about His will in the earth.

“While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” (Acts 13:2)

6. Fasting fortifies us for spiritual warfare

Fasting will often reveal the unseen spiritual conflict surrounding prayer. The Bible clarifies that we do not wrestle against flesh and blood but rather that our struggle is against spiritual forces of evil. Fasting in combination with prayer is a powerful way to resist the Devil and to advance God's rule and reign in the circles that you steward. “

“Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days.” (Daniel 10: 12-13)

7. Fasting positions the follower of Jesus for supernatural breakthrough.

Throughout Scripture, fasting is connected to sudden turnarounds, miraculous interventions and manifestations of God's power on behalf of His people.

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” (Isaiah 58:6)

Types of Fasting

1. The Normal Fast (Liquids only)

Biblical Examples:

- Moses (Exodus 34:28)
- Elijah (1 Kings 19:8)
- Jesus (Matthew 4:2)

Description: A normal fast involves abstaining from all food while continuing to drink liquids.

2. The Partial Fast

Biblical Example: Daniel (Daniel 10:2–3)

Description: A partial fast restricts certain foods or limits eating to specific times of day. This can include skipping one or two meals, fasting from sunrise to sunset, or eating a simple, reduced diet.

3. The Daniel Fast

Biblical Examples:

- Daniel 1:8–16
- Daniel 10:2–3

Description: The Daniel Fast emphasizes simple, whole foods—typically vegetables, fruits, legumes, whole grains, and liquids—while abstaining from rich, processed, or indulgent foods.

4. The Media Fast

Biblical Basis: “Be still and know that I am God.” (Psalm 46:10)

Description: This fast involves abstaining from digital media, entertainment, or other forms of constant stimulation in order to cultivate stillness and attentiveness to God.

Practical Considerations for an effective fast

1. Begin with clear spiritual intention

Before deciding how to fast, discern why you are fasting.

Biblical fasts are often connected to:

- Seeking God's presence (Psalm 63)
- Repentance and realignment (Joel 2)
- Wisdom and leadership from God (Acts 13)
- Miraculous intervention and favor (Esther 4)
- Seeking Holy Spirit Anointing (Matthew 4)

An effective fast is not vague. Take time to prayerfully consider what God is doing and saying. Choose then, accordingly.

Practical Guidance:

1. Write down a prayerful intention for the fast
2. Bring that intention continually to God
3. Return to it when motivation wanes

2. Choose a fast that supports prayer

The most effective fast is the one that increases attentiveness to God and intimacy with Him.

Practical Guidance:

1. Choose sustainability over severity
2. Consider your work, family, and health realities
3. Let hunger become a prompt to pray
4. Pray BIG. Pray Constantly. Draw near to God again and again.

3. Prepare the body gradually

Sudden deprivation can shock the body and mind, making the early days unnecessarily difficult.

Practical Guidance:

1. Reduce caffeine, sugar, and processed foods beforehand
2. Eat simply in the days leading up to the fast
3. Hydrate well

4. Establish a daily rhythm of prayer and Scripture

Fasting without prayer is merely abstention. Effective fasting integrates regular rhythms that turn hunger into communion with God.

Consider establishing a daily rhythm with God. Here is one example:

- Morning: Scripture reading, worship and prayer
- Midday: Prayer and intercession
- Evening: Reflection and journaling

Be as consistent as you can.

5. Anticipate that God will bring revelation

Fasting often reveals what normally remains hidden.

“Search me, O God, and know my heart.” (Psalm 139:23)

Old patterns, temptations, or wounds may surface. This is part of God’s formative work—not a sign that the fast is failing. It is, in fact, the very opposite.

Practical Guidance:

- Respond with curiosity rather than judgment
- Bring what surfaces into prayer and Biblical truth
- Resist the urge to self-correct harshly

6. Integrate wisdom around health and limitations

Scripture honors the body as God’s creation.

“Your body is a temple of the Holy Spirit.” (1 Corinthians 6:19)

Practical Guidance:

- Modify the fast if dizziness, weakness, or confusion persist
- Those with medical conditions should consult a healthcare provider
- Spiritual obedience includes bodily stewardship
- Grace is not compromised by adaptation

7. Include silence and reduction of distractions

Food is not the only appetite that shapes us. Reducing noise, media, and constant stimulation increases the effectiveness of the fast by creating interior space.

Practical Guidance:

- Limit social media and entertainment
- Create small pockets of silence daily
- Allow boredom to become prayer

8. Stay connected to community and accountability

This is a good time to increase fellowship and community. Isolation can lead to discouragement, intensifying spiritual attack and other hindrances during a fast.

Practical Guidance:

- Consider sharing the fasting journey with trusted friends for encouragement and accountability
- Participate in corporate prayer on Wednesday nights, sign up for a prayer hour on Friday 30th/Saturday 1/31

9. Plan how the fast will end

The conclusion of a fast matters as much as the beginning.

Practical Guidance:

- Break the fast gently
- Take time to reflect on what God is revealing
- Give thanks to God before returning to normal rhythms
- Discern what practices/rhythms should continue beyond the fast

SET APART UNTO JESUS - A Daily Devotional

DAY 1 — Set Apart by God

Scripture: 1 Peter 2:9

Devotional:

Consecration begins with God's initiative, not ours. Long before we choose God, He chooses us. Scripture declares that we are *a chosen people*, already set apart by divine calling. Fasting does not make you holy; it positions you to live from the holiness already given in Christ.

This first day anchors the entire fast. We do not fast to become something we are not—we fast to become more aware of who we already are. When consecration is rooted in effort, it leads to striving. When it is rooted in identity, it leads to rest and clarity.

Today, allow the truth to settle deeply: you are set apart because you belong to Jesus.

Reflection:

- Where have I associated consecration with effort rather than identity?
- What would change if I fasted from belonging instead of striving?

Prayer:

Jesus, thank You that You chose me before I chose You. I receive my identity as one set apart by grace. Let this fast flow from belonging, not performance. Amen.

DAY 2 — Belonging Before Behavior

Scripture: Romans 8:15

Devotional:

The Spirit we have received does not lead us into fear-based obedience, but into intimate

relationship. Consecration that is rooted in fear will always distort God's heart. True fasting flows from sonship, not slavery.

When we know we belong, obedience becomes responsive instead of anxious. Fasting, then, is not an attempt to prove devotion but a way of returning home to the Father who loves us. Today, God invites you to lay down every internal voice that says, "*I must do more to be accepted.*"

You fast as a beloved child, not a spiritual employee.

Reflection:

- What behaviors have I used to try to secure God's approval?
- How does fasting look different when rooted in sonship?

Prayer:

Father, I receive Your Spirit of adoption. Quiet fear in my heart and teach me to live from belonging. Amen.

DAY 3 — Consecration Is Relational

Scripture: John 15:4

Devotional:

To be set apart is not to withdraw from life, but to remain connected to Jesus within it. Consecration is relational before it is behavioral. Jesus invites us not into distance, but into abiding—an ongoing, living connection.

Fasting makes us aware of what competes with abiding. As comforts are reduced, desire surfaces. Today is about choosing *nearness* again—remaining in Christ moment by moment, not perfectly, but honestly.

Reflection:

- What pulls my attention away from abiding?
- How can fasting help me remain more aware of Jesus' presence?

Prayer:

Jesus, I choose to abide in You today. Draw me into deeper awareness of Your nearness. Amen.

DAY 4 — A Heart Made Ready

Scripture: Psalm 51:10

Devotional:

Consecration includes inner renewal. Fasting often reveals the condition of the heart—not to condemn, but to prepare. David's prayer was not for punishment, but for restoration.

God delights in renewing hearts, not crushing them. As this fast continues, invite God to gently clear what has cluttered or hardened within. This is not about self-examination alone—it is about God's renewing work.

Reflection:

- What has weighed on my heart recently?
- Where do I desire renewal?

Prayer:

Create in me a clean heart, O God. Renew what has stagnated or stymied in me. Amen.

DAY 5 — Turning Toward the Lord

Scripture: Joel 2:12–13

Devotional:

Repentance is often misunderstood as withdrawal or shame. Biblically, repentance is a *turning toward* God with the whole heart. Fasting helps slow us down enough to notice where our hearts have drifted.

God is gracious and compassionate—He welcomes our return. Today is not about rehearsing failure but about responding to invitation.

Reflection:

- Where have I grown distant without realizing it?
- What does turning toward God look like today?

Prayer:

Lord, I turn toward You again. Thank You for meeting me with mercy. Amen.

DAY 6 — Freedom Through Truth

Scripture: John 8:31–32

Devotional:

Truth brings freedom when it is received within relationship. Fasting often brings hidden patterns into the light—not to shame us, but to heal us. Jesus does not expose to humiliate; He reveals to restore.

Stay with Him today. Receive God’s truth for your life and allow it to work deeply inside of you.

Reflection:

- What truth is God inviting me to face?
- How can I stay rooted in grace as truth surfaces?

Prayer:

Jesus, lead me into truth that frees me. I trust Your heart toward me. Amen.

DAY 7 — Resting in Grace

Scripture: Hebrews 4:9–11

Devotional:

Even in fasting, God invites us into rest. Spiritual discipline without rest becomes striving. Consecration includes learning to cease from self-effort and trust God’s work within us.

Today is about yielding—not striving.

Reflection:

- Where am I tempted to strive spiritually?
- How can I practice rest today?

Prayer:

Lord, I enter Your rest. Teach me to trust what You are doing in me. Amen.

DAY 8 — Quieting Lesser Voices

Scripture: Psalm 46:10

Devotional:

Fasting creates space—not because God is distant, but because our lives are loud. Noise dulls discernment. Constant stimulation fragments attention. When lesser voices are quieted, the soul can finally hear what God has been patiently speaking all along.

Stillness is not emptiness; it is availability. To be still before God is an act of trust—a declaration that He does not need to compete for our attention.

Today, notice what tries to fill the silence. Let that awareness become prayer.

Reflection:

- What voices compete most for my attention?
- How does silence feel in my body and soul?

Prayer:

Lord, quiet every voice that is not Yours. I choose stillness so I can know You more clearly. Amen.

DAY 9 — Hearing the Shepherd

Scripture: John 10:27

Devotional:

Jesus does not describe His followers as those who *strain* to hear, but those who *recognize* His voice. Fasting does not create a new voice—it sharpens familiarity with the One already speaking.

Hearing God is relational. It grows through trust, proximity, and obedience. As fasting slows the body and centers the heart, the ability to hear from God grows more acute.

Stay near. Recognition of His voice will increase.

Reflection:

- When have I sensed God's guidance before?

- What helps me recognize His voice?

Prayer:

Jesus, teach me Your voice. I want to follow You with absolute trust and faithfulness. Amen.

DAY 10 — Led by the Spirit

Scripture: Romans 8:14

Devotional:

To be set apart is to be led—not driven by pressure, fear, or compulsion. The Holy Spirit's leadership is marked by clarity and peace.

Fasting strengthens responsiveness. It helps us notice subtle promptings and internal nudges that might otherwise be missed or ignored. Today, practice responsiveness.

Reflection:

- Where do I feel led rather than pushed?
- What might obedience look like today?

Prayer:

Holy Spirit, please lead me. I want to be responsive and attentive to your voice. Amen.

DAY 11 — Responding, Not Reacting

Scripture: Galatians 5:16

Devotional:

Reaction is often driven by unmet needs or unexamined emotions. Fasting brings these dynamics into awareness—not to shame us, but to free us. Walking by the Spirit allows space between impulse and response.

As appetites quiet, discernment grows. Today, notice moments when you pause rather than react. That pause is holy ground.

Reflection:

- What patterns do I tend to react from?
- How does the Spirit invite a different response?

Prayer:

Lord, help me walk by Your Spirit today. Teach me to respond with wisdom and love. Amen.

DAY 12 — God Works Below the Surface

Scripture: Psalm 139:23–24

Devotional:

Fasting often reveals what lies beneath the surface—desires, fears, memories, longings. This exposure is not failure; it is an invitation. God does His deepest work where we are most honest.

What emerges during fasting was already present. God is simply bringing it into the light where healing can occur.

Reflection:

- What has surfaced during this fast?
- How can I invite God into it rather than manage it myself?

Prayer:

Search me, O God. I trust You with what You reveal. Lead me in Your healing way. Amen.

DAY 13 — Reordering Our Loves

Scripture: Matthew 6:21

Devotional:

Fasting exposes attachments. It helps us see where desire has become disordered—

True consecration is not about removal alone, but about restoration—placing love back where it belongs.

Reflection:

- What do I turn to for comfort or security?

- How might God be reordering my desires?

Prayer:

Jesus, You are my greatest treasure. Reorder my love toward You. Amen.

DAY 14 — Strength in Weakness

Scripture: 2 Corinthians 12:9

Devotional:

Fasting reminds us of our limits. Weakness becomes visible—and so does grace. God's power is not released through self-sufficiency, but through surrendered dependence.

Today, resist the urge to compensate for weakness. Let it become the place where Christ demonstrates His strength.

Reflection:

- Where do I resist my weakness?
- How does God meet me there?

Prayer:

Lord, I offer You my weakness. Let Your strength be made perfect in me. Amen.

DAY 15 — Healing Flows from Union

Scripture: Isaiah 58:8

Devotional:

Biblical fasting is not self-denial for its own sake—it is alignment with God's life-giving order. This alignment often results in healing at every dimension of our lives. Put a different way, disorder in our bodies, or minds, emotions, or relationships is often the result of misalignment with God.

Reflection:

- Holy Spirit, please reveal to me where I am not in sync with you?

- How can I remain anchored with God?

Prayer:

God of healing, please align my life with you. Your truth and Your ways. Amen!

DAY 16 — Set Apart for God's Purposes

Scripture: Acts 13:2

Devotional:

Consecration is never an end in itself. God sets us apart so we may be sent—aligned with His purposes in the world. As clarity increases, calling often becomes more defined.

Listen not only for comfort, but for commission.

Reflection:

- Where do I sense God's burden growing in me?
- How might He be inviting my participation?

Prayer:

Here I am, Lord. Set me apart for what matters to You. Send me! Amen.

DAY 17 — Praying with God

Scripture: Romans 8:26–27

Devotional:

Intercession deepens during fasting because we are less distracted by self-focus. Prayer becomes participation and joining with God's heart to see His will done on the earth as it is in heaven.

Reflection:

- What prayer burdens from the Lord do you sense?
- How is God leading you to pray with Him?

Prayer:

Holy Spirit, pray through me. Align my heart with Yours. Amen.

DAY 18 — Authority Through Abiding

Scripture: Luke 10:19–20

Devotional:

Spiritual authority flows from intimacy. Jesus cautions His disciples to rejoice not in power, but in belonging. Remain grounded. Authority sustained by abiding bears lasting fruit.

Reflection:

- Where do I equate authority with effort?
- How does abiding in Christ reshape that view?

Prayer:

Jesus, keep me rooted in You. Let authority flow from abiding and humility. Amen.

DAY 19 — A Life Set Apart

Scripture: Romans 12:1–2

Devotional:

The fast is nearing completion, but consecration continues. God invites us to live as ongoing offerings—integrating what He is forming in this season for everyday life.

Transformation is meant to be sustained.

Reflection:

- What has shifted in me during this fast?
- What practices am I to carry forward?

Prayer:

Lord, I offer my life to You again. Renew my mind. Change my heart so that it is completely yours. Amen.

DAY 20 — Filled to overflowing

Scripture: Matthew 5:6

Devotional:

Fasting creates space, but God fills it. Hunger for more of Him leads to satisfaction. Emptiness gives way to fullness which is deep and abiding.

Reflection:

- Where am I increasing with the fullness of God?
- What has God given me in this season?

Prayer:

Jesus, thank You for filling what I have surrendered. I receive Your life. Amen.

DAY 21 — Sent in Love

Scripture: John 17:18

Devotional: Consecration does not isolate us from the world—it sends us into it with the love of God; anointed with Holy Spirit power to speak and live the Gospel. We are set apart *unto Jesus* so we may be present to others as He is.

This fast ends, but the invitation to walk closely with Him continues.

Reflection:

- Where am I being sent?
- How can I carry consecration into ordinary life?

Prayer:

Jesus, I belong to You. Send me in love, humility, and grace. Amen.