



21-Day Awareness Fast Guidelines

Walking Worthy of the Upward Calling
Spiritual Focus: Upward Reset

<p>Consecration Service <i>January 4, 2026 @ 10 AM - NOON</i></p> <p>To begin the fast and dedicate our efforts to God, on January 4, we will be consecrating ourselves for a 21-Day journey of Awareness Fasting and Prayer under the theme, "Making Your Election and Calling Sure". This spiritual journey is supported by the foundational Scripture of 2 Peter 1:10, encouraging us to diligently affirm our divine calling.</p>	<p>Blessing Service <i>January 25, 2026 @ 10 AM - NOON</i></p> <p>To celebrate the transformations and insights throughout this journey, we will end with a Blessing Service. This is an opportunity to set a spiritual trajectory for the remainder of 2026, aligning our lives with God's purpose and deepening our collective faith. Let us embrace this sacred time with dedication and anticipation for the spiritual growth that awaits.</p>
<p>Humility and Resilience <i>Memory Verse: Ephesians 4:1-2</i></p> <p>This fasting period is designed as an "upward reset" coupled with humility and resilience, allowing us to reaffirm our divine purpose and establish a spiritual foundation for the year. Reflecting Ephesians 4:1-2, we use fasting to release earthly comforts and create space to seek God more. More than a dietary exercise, this 21-Day Awareness Fast is designed to draw us closer to God, meditate on His Word daily, and build a stronger relationship with Him.</p>	<p>Transformative Prayer <i>Memory Verse: Mark 9:29</i></p> <p>As taught in Mark 9:29 and Luke 18:1, the combination of fasting and persistent prayer is essential for spiritual breakthroughs and deeper communion with God. Coupled with daily devotionals and Bible reading, prayer and fasting create opportunities to align our lives with God's purpose and deepen our collective faith. Let us embrace this sacred time with dedication and anticipation for the spiritual growth that awaits as we walk worthy of God's upward calling.</p>

Making Your Election and Calling Sure 21 Days of Fasting and Prayer Guide

<p>Week 1 (Jan 4 - 10): Body Nourishment <i>Memory Verse: 1 Corinthians 6:19-20</i></p> <p>Abstain from all meat, poultry, eggs, fish, and sea food. This helps release what no longer nourishes our physical well-being.</p>	<p>All 21 Days: Fuel Your Body</p> <p>Increase water intake at least 8-10 glasses per day. Eat more fresh fruits, vegetables, nuts, seeds, and herbal teas while staying hydrated with 100% juices.</p>
<p>Week 2 (Jan 11 - 17): Soul Refinement <i>Memory Verse: John 6:27</i></p> <p>Cut back on carbs, including grains, bread, rice, oatmeal, cereals, crackers, popcorn, noodles, and pasta. This is like removing obstacles that hinder emotional and mental clarity.</p>	<p>All 21 Days: Cleanse Your Soul</p> <p>Avoid fried foods, sodas, caffeine, and sugary sweets. By cutting back on these foods, mindfully introduce broiled, baked, or grilled foods into your diet. Avoid sugary products like candy, pastries, chocolate, donuts and cookies.</p>
<p>Week 3 (Jan 18 - 25): Spirit Empowerment <i>Memory Verse: 1 Peter 2:2</i></p> <p>Eliminate all dairy products, including all forms of milk, butter, cheese, yogurt, ice cream, dairy dressings etc. This is like illuminating your life with fresh spiritual insights.</p>	<p>All 21 Days: Ignite Your Spirit</p> <p>Ignite your spirit by reading your Bible and praying daily. Reading one devotional, one Psalm and one Proverb daily and keep as a habit. For example: focus on Psalm 4 and Proverbs 4 on January 4 and Psalm 19 and Proverbs 19 on January 19.</p>

Health Tip: If you're on medication or have chronic disease, consult your doctor before participating in this fast.