



LIVING

sacrifice

40 DAYS
OF
SURRENDER



LIVING SACRIFICE 40 DAY CONSECRATION

Living Sacrifice is a 40-day journey of surrender, consecration, and renewal rooted in Romans 12:1, where we are invited to present our lives to God as an act of true worship.

This fast is not simply about giving things up, but about offering ourselves fully—our time, habits, attitudes, and desires—back to God. Through intentional sacrifice, prayer, confession, and obedience, we create space for God to search our hearts, realign our priorities, and transform us from the inside out.

As we walk together from Ash Wednesday to Easter, we believe God will meet us with grace, renewal, and resurrection power as we choose daily to live surrendered before Him.

How to Use This Devotional

This guide is designed to walk you through a 40-day journey of surrender, renewal, and spiritual formation. Each day includes a key verse, a devotional reading, a prayer, a reflection question, and a journaling prompt. Read slowly, reflect honestly, and respond prayerfully. Saturdays are included as fasting and reflection days. Sundays are reserved for worship, rest, and celebration.



LIVING SACRIFICE FASTING GUIDELINES

40 Days of Surrender, Consecration & Renewal

February 18, 2026 - April 5, 2026

MEATLESS MONDAY

Sacrifice meat — honor your body and reflect on God's provision. Use this day to practice discipline and gratitude, remembering that we do not live by bread alone.

TURN IT OFF TUESDAY

No TV. No Social Media.

Sacrifice entertainment and digital distractions to refocus your attention on God. Replace screen time with prayer, Scripture reading, worship, or journaling.

WATER ONLY WEDNESDAY

Drink only water — sacrifice sodas, coffee, juice, and sugary drinks. Let physical thirst remind you to seek spiritual refreshment from God.

TAKE TIME THURSDAY

Prioritize intentional time with God. Sacrifice busyness and control of your schedule to nurture your relationship with Him.

Prayer Rhythm:

Spend 3 minutes praying every 3 hours:

6:00 a.m. • 9:00 a.m. • 12:00 p.m. • 3:00 p.m. • 6:00 p.m. • 9:00 p.m.

FREEDOM FRIDAY

Sacrifice holding onto offense and resentment. Release bitterness, unresolved hurt, and past disappointments—toward others and yourself. Choose forgiveness as an act of worship and walk in the freedom God desires for you.

SALAD ONLY SATURDAY

Sacrifice fast food, sugary, greasy, and unhealthy meals. Eat a simple, fiber-rich salad as an act of discipline and stewardship of your body.

SABBATH SUNDAY

Attend worship and rest for the remainder of the day. Sacrifice unnecessary work, chores, shopping, spending, emails, and errands. Rest at home and honor God through stillness and renewal.

Remember

A living sacrifice is not offered once — it is presented daily. As you fast, let every sacrifice draw you closer to God and align your life with His will.



WEEK 1

REPENTANCE & CONFESSION

Purpose: Clearing the heart to make room for God

This fast begins with repentance because transformation always starts with honesty before God. Repentance is not about shame, guilt, or condemnation—it is about returning to God with an open and willing heart. Scripture teaches us that God is near to the contrite and responsive to those who come to Him sincerely. Confession brings hidden things into the light so healing can begin, and repentance realigns our hearts with God's truth and grace.

During this week, God invites us to slow down, examine our hearts, and allow the Holy Spirit to reveal anything that may be hindering intimacy with Him. This is not a week of self-criticism, but of divine correction and loving restoration. As we confess and turn back to God, He promises forgiveness, cleansing, and renewal. A clean heart prepares us to walk fully surrendered in the days ahead.



Day 1 – A Call to Surrender

Key Verse: Romans 12:1

Devotion:

God does not invite us into occasional obedience, but into a daily life of surrender. A living sacrifice is not placed on the altar once—it is offered continually, often in quiet and unseen moments. As this fast begins, God is not only asking what you will give up, but what you are willing to lay down. Surrender confronts our desire for control and challenges our comfort with partial obedience. True worship begins when we stop negotiating with God and start yielding to Him fully. This fast is an invitation to live offered before God with nothing held back.

Prayer:

Father, I present my life to You as an act of worship. Show me where I have resisted surrender or held back control. I offer my heart, my habits, and my desires to You today. Teach me how to live fully yielded and obedient before You. In Jesus' name, amen.

Reflection:

- What area of my life is God asking me to place on the altar today?

Journal Prompt:

- What does surrender look like for me at the start of this fast?

Day 2 – Search My Heart

Key Verse: Psalm 139:23-24

Devotion:

Before God transforms our lives, He invites us to be honest about our hearts. God searches us not to shame or condemn us, but to heal and restore us. Repentance begins with allowing God access to our thoughts, motives, and hidden places. When we slow down and invite God to examine us, we make space for clarity and renewal. This kind of honesty requires humility and trust, but it always leads to freedom. Healing follows truth when we allow God to lead us in His way.

Prayer:

God, I invite You to search my heart today. Reveal anything that is out of alignment with Your will. Give me the courage to face what You reveal with honesty. Lead me in Your truth and everlasting way. Amen.

Reflection:

- What thoughts, attitudes, or patterns is God bringing to my attention?

Journal Prompt:

- What has God revealed about my heart today?

Day 3 – Turning Back to God

Key Verse: Acts 3:19

Devotion:

Repentance is more than feeling sorry—it is a decision to turn toward God. It is a change of direction that leads us back into alignment with Him. Scripture promises that when we repent, times of refreshing will come from the presence of the Lord. Turning back to God restores what sin and distraction have weakened. Repentance clears spiritual space for renewal and renewal leads to growth. Today, God invites you not just to acknowledge what's wrong, but to actively return to Him.

Prayer:

Lord, I turn away from everything that separates me from You. I choose Your ways over my own and Your truth over comfort. Refresh my soul and restore what has grown weary. Help me walk forward in renewed obedience. Amen.

Reflection:

- What does turning back to God look like for me in practical ways today?

Journal Prompt:

- What step of repentance is God inviting me to take?

Day 4 – Clean Hands, Pure Heart

Key Verse: Psalm 24:3–4

Devotion:

God desires purity not only in what we do, but in why we do it. Repentance addresses both our actions and our intentions. Clean hands reflect outward obedience, while a pure heart reveals inward alignment with God. This fast invites us to allow God to cleanse our motives, attitudes, and desires. When our hearts are pure, we can stand confidently before God without fear or pretense. God's desire is not perfection, but sincerity and integrity.

Prayer:

God, cleanse my hands and purify my heart. Align my motives with Your truth and my actions with Your will. Remove anything in me that does not honor You. Help me walk before You with integrity and humility. Amen.

Reflection:

- Where do my actions or motives need greater alignment with God's heart?

Journal Prompt:

- What areas of my life need inner renewal, not just outward change?

Day 5 – Confession Brings Freedom

Key Verse: 1 John 1:9

Devotion:

Confession brings what is hidden into the light where healing can begin. God is faithful to forgive and cleanse when we come to Him honestly. Freedom is not found in hiding or minimizing sin, but in surrendering it fully to God. Confession restores fellowship with God and removes the weight of guilt and shame. This fast is not about condemnation, but about walking in the freedom God provides. When we confess, we make room for grace to do its work.

Prayer:

Lord, I confess what You have revealed to me. I receive Your forgiveness and cleansing with gratitude. Free my heart from guilt, shame, and fear. Help me walk forward renewed and restored. Amen.

Reflection:

- What do I need to honestly bring before God today?

Journal Prompt:

- How does confession change the way I experience God's grace?

Day 6 – Sabbath Surrender

Key Verse: Matthew 11:28

Devotion:

Sabbath during this fast is not passive—it is purposeful. God invites us to rest not only from physical labor, but from striving, anxiety, and self-reliance. Rest is an act of trust that declares God is at work even when we stop. Sabbath reminds us that transformation is not something we force, but something God produces. As we rest, God restores our strength and renews our perspective. Today is an invitation to trust God deeply and rest fully in Him.

Prayer:

Lord, I rest in You today. I release striving and choose trust over control. Renew my strength and quiet my soul in Your presence. Teach me how to remain surrendered even as I rest. Amen.

Reflection:

- What is God teaching me about trust as I rest today?

Journal Prompt:

- How does resting in God strengthen my surrender?

WEEK 2

SURRENDER & OBEDIENCE

Purpose: Laying down control and choosing God's way

Surrender is the decision to trust God beyond our own understanding. While repentance clears the heart, surrender addresses the will. This week focuses on releasing control, preferences, and resistance, and choosing obedience even when it feels uncomfortable. Obedience is not about perfection—it is about alignment. When we surrender our will to God, we position ourselves to walk in step with His purpose.

Jesus modeled surrender perfectly, yielding His will to the Father even when the cost was great. As we fast this week, God may challenge areas where we've held on too tightly or delayed obedience. Each step of surrender opens the door for peace, clarity, and deeper trust. Obedience is not loss—it is alignment that leads to life.



Day 7 – Letting Go

Key Verse: Hebrews 12:1

Devotion: Surrender begins with release. God invites us to lay aside what hinders our walk with Him. Letting go creates space for freedom and forward movement.

Prayer:

Show me what to release, Lord. Give me courage to let go. Free me from what weighs me down. Help me walk lighter with You. Amen.

Reflection:

What is God asking me to release today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 8 – Obedience Over Comfort

Key Verse: John 14:15

Devotion: Obedience reveals love for God. Often it stretches us beyond comfort, but alignment always brings life. Love expressed through obedience deepens trust.

Prayer:

I choose obedience today. Even when it costs me comfort. Strengthen my resolve. Help me follow You fully. Amen.

Reflection:

Where is obedience stretching me right now?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 9 – Trusting God Fully

Key Verse: Proverbs 3:5–6

Devotion: Trust grows when we stop leaning on ourselves. God promises to direct those who rely on Him. Surrender and trust walk hand in hand.

Prayer:

I trust You with my path.
Lead me beyond understanding.
Direct my steps.
I depend on You fully. Amen.

Reflection:

Where do I need to trust God more deeply?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 10 – Yielded, Not Forced

Key Verse: Luke 22:42

Devotion: Jesus modeled willing surrender. True obedience flows from trust, not pressure. Yielding our will invites God's purpose to prevail.

Prayer:

Not my will, Lord.
I yield to Yours.
Align my desires with Heaven.
Let Your purpose lead me.
Amen.

Reflection:

What does yielding look like for me today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 11 – Walking in Alignment

Key Verse: Amos 3:3

Devotion: Alignment with God brings peace and clarity. Agreement with His ways allows us to walk in unity and purpose.

Prayer:

Lord, Align my life with You.
Correct my course.
Help me walk in step with You.
Amen.

Reflection:

Where does my life need greater alignment?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 12 – Sabbath Trust

Key Verse: Psalm 46:10

Devotion: Stillness strengthens surrender. God meets us in rest and renews our trust.

Prayer:

I am still before You.
Quiet my soul.
Renew my trust.
I rest in Your care.
Amen.

Reflection:

How does rest deepen my trust in God?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

WEEK 3

DISCIPLINE & HOLINESS

Purpose: Forming habits that reflect a set-apart life

Holiness is not about isolation or rule-keeping; it is about devotion and formation. This week emphasizes discipline as a tool God uses to shape our character and deepen our walk with Him. Spiritual discipline—whether through fasting, prayer, restraint, or consistency—creates space for God to form us into people who reflect His heart.

As the fast progresses, discipline helps move our faith from intention to action. God uses discipline to refine our desires, guard our hearts, and align our habits with His truth. Holiness flows naturally when our lives are consistently centered on God. This week reminds us that what we practice shapes who we become.



Day 13 – A Set-Apart Life

Key Verse: 1 Peter 1:15–16

Devotion: Holiness flows from devotion, not perfection. God forms us through discipline into people who reflect His heart.

Prayer:

Shape my life, Lord.
Set me apart for You.
Form my character.
Let me reflect Your holiness.
Amen.

Reflection:

Where is God calling me to live set apart?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 14 – Discipline Produces Fruit

Key Verse: Hebrews 12:11

Devotion: Discipline may be uncomfortable, but it produces righteousness and peace. God uses discipline to mature us.

Prayer:

Strengthen me through discipline.

Help me trust the process.

Produce Your fruit in me.

Amen.

Reflection:

What discipline is God forming in me?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 15 – Guarding My Heart

Key Verse: Proverbs 4:23

Devotion: What we allow into our hearts shapes our lives. Guarding our hearts protects God's work in us.

Prayer:

Guard my heart, Lord.
Help me discern wisely.
Protect what You are forming.
Amen.

Reflection:

What influences do I need to guard against?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 16 – Saying No to Say Yes

Key Verse: Titus 2:11–12

Devotion: Grace empowers us to say no to sin and yes to God. Discipline creates space for transformation.

Prayer:

Help me say no to sin.
Teach me to choose righteousness.
Strengthen my resolve.
Amen.

Reflection:

What must I say no to today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 17 - Faithful in Small Things

Key Verse: Luke 16:10

Devotion: Faithfulness in small things prepares us for greater responsibility. Consistency matters to God.

Prayer:

Help me be faithful today.
Even in small moments.
Let my life honor You.
Amen.

Reflection:

Where can I practice faithfulness today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 18 – Sabbath Formation

Key Verse: Isaiah 30:15

Devotion: Rest restores strength and clarity. God shapes us even as we pause.

Prayer:

I rest and trust You.
Restore my strength.
Form me as I wait.
Amen.

Reflection:

What is God shaping in me through rest?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

WEEK 4

PRAYER & DEPENDENCE

Purpose: Deepening intimacy and Reliance on God

Prayer is the lifeline of surrender. This week invites us to deepen our dependence on God by cultivating a more intentional prayer life. Prayer is not just about asking—it is about abiding, listening, and remaining connected to God's presence. As distractions quiet and discipline strengthens, prayer becomes more relational and intimate.

Dependence on God builds humility and trust. This week encourages us to draw near, remain in Christ, and rely on God daily for provision, direction, and strength. As we fast and pray, God draws us closer to Himself and aligns our hearts with His will. Prayer reminds us that we are not self-sufficient—we are God-dependent.



Day 19 – Draw Near

Key Verse: James 4:8

Devotion: God responds when we draw close. Prayer deepens intimacy and dependence.

Prayer:

I draw near to You.
Meet me in Your presence.
Draw my heart closer.
Amen.

Reflection:

How am I drawing closer to God today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 20 – Abide in Me

Key Verse: John 15:4–5

Devotion: Fruitfulness flows from remaining connected to Christ. Prayer keeps us rooted.

Prayer:

Help me abide in You.
Keep me connected.
Let my life bear fruit.
Amen.

Reflection:

What helps me remain connected to Christ?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 21 – Stillness

Key Verse: Psalm 46:10

Devotion: Stillness sharpens our ability to hear God. Silence invites clarity.

Prayer:

Quiet my heart, Lord.
Silence distractions.
Help me listen.
Amen.

Reflection:

What distractions do I need to silence?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 22 – Daily Dependence

Key Verse: Matthew 6:11

Devotion: Daily dependence builds humility and trust. God invites us to rely on Him.

Prayer:

I depend on You today.
Provide what I need.
Guide my steps.
Amen.

Reflection:

What am I depending on God for today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 23 – Faith-Filled Prayer

Key Verse: Mark 11:24

Devotion: Faith aligns our prayers with God's will. Trust activates prayer.

Prayer:

Increase my faith.
Help me pray boldly.
I trust Your response.
Amen.

Reflection:

What am I believing God for?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 24 – Sabbath Presence

Key Verse: Psalm 16:11

Devotion: God's presence brings fullness of joy. Rest deepens intimacy.

Prayer:

I enjoy Your presence.

Fill me with joy.

Renew my spirit.

Amen.

Reflection:

How do I experience God's presence?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Week 5

Alignment & Transformation

Purpose: Renewing the mind and reshaping the life

True transformation happens from the inside out. This week focuses on alignment—where our thinking, desires, and actions begin to reflect God's truth. As our minds are renewed, our perspectives shift, our priorities change, and our lives begin to bear spiritual fruit. Alignment is the evidence that surrender is producing lasting change.

God does not merely want behavioral modification; He desires heart and mind transformation. As we delight in Him, He reshapes what we want and how we live. This week invites us to recognize the fruit of transformation and celebrate the work God is doing within us. Alignment leads to maturity, stability, and love that reflects Christ.



Day 25 – Renew My Mind

Key Verse: Romans 12:2

Devotion: Transformation begins with renewed thinking. God reshapes our perspective through truth.

Prayer:

Renew my mind, Lord.
Replace old patterns.
Align my thoughts with truth.
Amen.

Reflection:

What thought patterns need renewal?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 26 – New Desires

Key Verse: Psalm 37:4

Devotion: Delighting in God reshapes our desires. Alignment changes what we want.

Prayer:

Shape my desires, God.

Let my joy be in You.

Align my heart.

Amen.

Reflection:

What desires is God changing in me?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 27 – Becoming New

Key Verse: 2 Corinthians 5:17

Devotion: In Christ, the old is gone. God forms a new identity within us.

Prayer:

Thank You for new life.

Help me walk forward.

Leave the old behind.

Amen.

Reflection:

Where do I see new life forming?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 28 – Fruit That Lasts

Key Verse: Galatians 5:22-23

Devotion: Spiritual fruit reflects inner transformation. The Spirit produces lasting change.

Prayer:

Grow Your fruit in me.

Shape my character.

Let my life reflect You.

Amen.

Reflection:

What fruit do I see developing?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 29 – Walking in Love

Key Verse: Colossians 3:14

Devotion: Love binds everything together. Maturity is marked by love.

Prayer:

Help me walk in love.

Govern my words and actions.

Reflect Your heart.

Amen.

Reflection:

Where can I love more intentionally?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 30 – Sabbath Renewal

Key Verse: Lamentations 3:22-23

Devotion: God's mercies are new every morning. Sabbath celebrates renewal.

Prayer:

Thank You for Your mercy.

Renew my strength.

Restore my hope.

Amen.

Reflection:

What is God renewing in me?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

WEEK 6

RESURRECTION LIVING

Purpose: Walking in new life and sustained surrender

This final week leads us into resurrection living—the life made possible through Jesus' victory over the grave. Resurrection power is not reserved for eternity; it is meant to shape how we live today. Because Christ is risen, we can rise above sin, fear, and old patterns. This week celebrates the new life God has formed through surrender and obedience.

As the fast concludes, God invites us to continue living as a “living sacrifice” beyond these 40 days. Resurrection living means carrying forward what God has renewed—walking in victory, hope, and purpose. This week is both a celebration and a commissioning, calling us to live transformed lives marked by resurrection power.



Day 31 – Power to Rise

Key Verse: Romans 8:11

Devotion: Resurrection power lives in us now. God empowers us to rise in new life.

Prayer:

Raise me in new life.
Empower me by Your Spirit.
Help me walk renewed.
Amen.

Reflection:

Where is God calling me to rise?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 32 – Victory in Christ

Key Verse: 1 Corinthians 15:57

Devotion: Victory belongs to Christ. We walk forward in hope and confidence.

Prayer:

Thank You for victory.

Help me live boldly.

Strengthen my faith.

Amen.

Reflection:

What victory is God highlighting?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 33 – From Death to Life

Key Verse: John 11:25

Devotion: Jesus brings life where there was death. Resurrection restores hope.

Prayer:

Breathe new life, Lord.
Revive what feels dead.
Restore my hope.
Amen.

Reflection:

What area needs resurrection life?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 34 – Raised With Christ

Key Verse: Colossians 3:1

Devotion: Being raised with Christ shifts our focus to eternal things.

Prayer:

Lift my focus upward.
Align my priorities.
Help me live eternally minded.
Amen.

Reflection:

What needs an eternal perspective?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 35 – Living Sacrifice Daily

Key Verse: Galatians 2:20

Devotion: A living sacrifice is a daily decision to live for Christ.

Prayer:

I live for You today.
Help me choose surrender.
Let my life glorify You.
Amen.

Reflection:

How will I live surrendered today?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?

Day 36 – Easter Sabbath

Key Verse: Matthew 28:6

Devotion: Christ is risen. Resurrection life defines our future.

Prayer:

Thank You for new life.

Help me walk in resurrection power.

Lead me forward in hope.

Amen.

Reflection:

How will I walk in resurrection life beyond this fast?

Journal Prompt:

What stood out to me today, and how is God inviting me to respond?