



PRAYER AND FASTING

CONSECRATION

GUIDELINES

...with all
...not unto
...standing.
...acknowledge
...direct thy paths.
...wise in thine own
...the LORD, and depart
...health to thy navel,

GUIDELINES

As we begin the new year, we are committing ourselves to a season of consecration. This is a sacred time to draw closer to God, align our hearts with His will, and prepare for the great things He has for us in 2025.

Through fasting and prayer, we will humble ourselves, seek God's presence, and deepen our faith.

Together, we are believing for personal breakthroughs, spiritual transformation, and a fresh move of God in our church and community. Let us embark on this journey with expectation, devotion, and unity.

Week 1: January 13th – January 19th

Focus: Surrendering distractions and refining appetites

- Abstain from Social Media and TV before 12 PM and after 8 PM. (*Take time to pray, read, learn, strategize, and work on your vision*)
- Fast from Meat and Sweets (*Embrace simpler meals to focus on spiritual nourishment*)
- Join Pastor Jon for Prayer | 6AM on Zoom Tuesdays and Thursdays

Week 2: January 20th – January 25th

Focus: Deeper discipline and greater dependence on God

- Continue the fast from social media and TV and abstain from meat and sweets.
- Liquid Fast (6 AM – 6 PM):
- Consume only liquids during the day (water, juices, broths, smoothies).
- Break the fast after 6 PM with a light meal of soups, salads, vegetables, and fish.
- Join Pastor Jon for Prayer | 6AM on Zoom Tuesdays and Thursdays

***Note: If you have health concerns or dietary restrictions, please consult your doctor before participating.*

SAVE THE DATE// Meet us for 6AM Prayer Thursday, January 23rd IN PERSON // Victory Bible Church

FAQ

1. What is Consecration?

- Consecration is the act of dedicating ourselves fully to God. It is a sacred time to set aside distractions, purify our hearts, and focus on hearing from Him.

2. What is Fasting?

- Fasting is voluntarily abstaining from food, activities, or other pleasures to deepen our reliance on God. It creates space for prayer, worship, and communion with Him.

3. Why Should I Participate?

- Fasting and prayer allow us to draw closer to God, grow spiritually, and see His power move in our lives. It is also a time for unity as a church family, believing together for God's purpose to be fulfilled.

4. How Should I Prepare?

- **Pray:** Ask God to guide and strengthen you as you fast.
- **Plan Meals:** Prepare for the dietary changes ahead of time.
- **Inform Loved Ones:** Let your family or close friends know you're participating so they are aware of your adjustments and support you.
- **Set Intentions:** Write down what you are believing God for during this time.

5. What If I Have Health Concerns?

- If you have health concerns or dietary restrictions, consult your doctor before participating. Adjust the fast as needed, focusing on the spiritual aspects rather than the specifics of food.

6. Can I Still Drink Coffee or Tea During the Liquid Fast?

- Yes, you may have coffee or tea, but avoid adding sweeteners or cream to keep it simple.

PRAYER OF INTENTION

The prayer of intention is a model we use to pray that guides us into a clear, deeper time of prayer. It allows us to pray from a space of confidence, clarity, and aligned with the Word of God. There are many ways you can pray, this is just one model we encourage you to practice.

1. Clear your conscience

Hebrews 9:11-16; 1 Timothy 1:18-19

We start from a place of understanding that we have access to God and we cleansed because of Jesus' sacrifice, not from any sacrifice of our own.

2. Meditate

Joshua 1:8, Mark 5:25

Quiet your internal voice, call it into focus and align it to God and His word. Meditate on what you want to see happen.

3. Pray

Psalm 19:14

Pray aloud with your heart aligned to the Truth

4. Pray in the Spirit

Praying in the Spirit fortifies you. These are ways scripture references praying the spirit: Tongues (1 Cor. 14:2), Speaking God's word (Matt 4:20, 2 Tim. 3:16), Groanings (Rom. 8:26), Tears (Psa. 56:8)

5. Listen

1 Samuel 3:7-10

Quiet your internal voice, open your heart and ears to hear what God wants to say.



Pastor Jon explained and demonstrated the prayer of intention during the NYE Service. This is a great resource to watch if needed.

ADDL. SUPPORT

Scriptures to Meditate On:

- Psalm 51:7 – "Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."
- James 4:8 – "Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."
- Romans 12:2 – "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
- Ephesians 4:22-24 – "Put off your old self... and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness."
- Jeremiah 29:13 – "You will seek me and find me, when you seek me with all your heart."
- James 1:5 – "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

Prayer Points:

- **Personal Renewal:** Pray for a renewed hunger for God and spiritual growth.
- **Unity in the Church:** Pray for strengthened relationships and a shared vision within the church family.
- **Breakthroughs in 2025:** Pray for divine direction, provision, and open doors for individuals, families, and the church.
- **Our Community and City:** Pray for revival, transformation, and opportunities to be a light in Pasadena.
- **Expect Miracles:** Pray with expectation for God's miraculous power to be revealed.



Playlist of Prayer Music