



GREATER BETHLEHEM
BAPTIST CHURCH

ONLY JESUS

WHEN HE IS FIRST EVERYTHING FOLLOWS

**21-DAY
FASTING &
CONSECRATION**

JANURARY 5-25, 2026

A LETTER TO THE GREATER BETHLEHEM FAMILY

Greater Bethlehem Family,

As we begin this 21-day fast, we invite you into a sacred season of focus and surrender. This is not about striving harder or doing more—it is about placing Jesus first.

In a world full of noise, distractions, and competing priorities, we are choosing to quiet our hearts and declare together: Only Jesus. When He is first, everything else finds its proper place.

Over the next 21 days, we encourage you to seek God intentionally through prayer, fasting, and reflection. Allow Him to realign your heart, sharpen your focus, and prepare you for what He desires to reveal.

This journey is leading us to Vision Sunday—but more importantly, it is leading us closer to Christ.

We believe God will speak clearly as we seek Him together.

With expectancy and prayer,

Greater Bethlehem Leadership



FASTING & CONSECRATION

Fasting & Consecration

"Consecrate yourselves, for tomorrow the Lord will do amazing things among you."

Joshua 3:5

What Is Fasting?

Fasting is a biblical discipline where we intentionally deny ourselves something, most often food, to draw closer to God. Fasting quiets distractions and sharpens our spiritual focus.

What Is Consecration?

Consecration means to be set apart for God's use. It is a heart posture that says, "Lord, I belong to You."

Consecration goes beyond food; it involves our thoughts, habits, attitudes, and obedience.

Fasting prepares the body.

Consecration prepares the heart.

Why We Fast & Consecrate

- To place Only Jesus at the center
- To remove distractions
- To prepare our hearts
- To align ourselves with God's will

Prayer of Consecration

Father God,

I set myself apart for You.

I surrender my will, my plans, and my desires.

Cleanse my heart and renew my mind.

I choose Only Jesus.

Amen.

METHODS

Matthew 6:16-18 - *"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head, and wash your face, your fasting may not be seen by others but by your Father, who is in secret. And your Father, who sees you in secret, will reward you."* e duration of the fast.

Method(s):

1. **Total Fast:** Don't eat or drink anything for up to three days at a time, repeated three times (for a total of nine days without food or water). Drink only water or juice for four days, a total of 12 days, fasting for at least 12 hours each day.
 - a. **Example schedule:** There will be three days of total fasting (72 hours) and four days of water/juice fasting (96 hours) with 12—or 24-hour fasting periods.
2. **Water Fast:** Whole day (24 hours) – No food, just water (plenty, at least 32 ounces every waking hour), the entire day (24 hours) for 21 days.
3. **Water Fast-Half day (12 hours):** No food, just water (plenty, at least 32 ounces every hour), from 6 am – 6 pm. Then eat fruits, vegetables, salads, [no meat], and plenty of water for one meal between 6 pm and 8 pm.
4. **Daniel Fast:** Eat fruits, vegetables, whole grains, legumes, nuts, and drink water, while abstaining from meat, sweets, and processed foods.
- **Juice may be substituted for water at various times.**
5. **Social Media Fast/Television:** Remember to replace that time with prayer and Bible study.

Give up at least one item: Abstain from meat, sweets, caffeine, etc. Abstain from all or combinations for the duration of the fast.

*Take note: If you are on medication, please consult your physician before you begin this fast, and follow your doctor's instructions pertaining to eating and fasting (drink water or juice in between those times).

PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast (Choose one or a combination).

- Total Fast
- Water Fast
- Half Day Water Fast
- Social Media/Television (Remember to replace that time with prayer and Bible study.)*
- Give up an item

What to Expect:

- Your body detoxifies during fasting.
- Expect mild discomfort like headaches and hunger pains.
- Limit activity and exercise moderately.
- Spend time in praise and worship, praying throughout the day.
- Minimize distractions to focus on seeking God.

How to End:

- Avoid overeating when breaking the fast.
- Gradually reintroduce solid food with small portions or snacks.

Prayer Nights:

- Prayer at the church on Wednesday Nights at 6:00 pm
- January 7th, 14th, 21st.

WEEK ONE:

ALIGNING OUR HEARTS

Letting go of what distracts us

Day 1 – Surrendering Our Will

Scripture: Romans 12:1

Focus: Yielding our plans to God.

Prayer Starter: “Lord, I lay my will down before You. I choose You over my own desires.”

Day 2 – A Clean Heart

Scripture: Psalm 51:10

Focus: Repentance and renewal.

Prayer Starter: “Search me, cleanse me, and renew my heart, O God.”

Day 3 – Letting Go of the Past

Scripture: Isaiah 43:18-19

Focus: Releasing old seasons, habits, and mindsets.

Prayer Starter: “Help me release what no longer serves Your purpose in my life.”

Day 4 – Renewing the Mind

Scripture: Romans 12:2

Focus: Transformation in thinking.

Prayer Starter: “Renew my mind so I can walk in Your truth.”

Day 5 – Undivided Focus

Scripture: Matthew 6:33

Focus: Putting Jesus first.

Prayer Starter: “I choose to seek You first above all else.”

Day 6 – Trusting God’s Direction

Scripture: Proverbs 3:5-6

Focus: Trust and obedience.

Prayer Starter: “I trust You to direct my steps even when I can’t see the full picture.”

Day 7 – Resting in God

Scripture: Isaiah 40:31

Focus: Strength and renewal.

Prayer Starter: “Renew my strength as I wait on You.”

WEEK TWO:

STRENGTHENING WHAT MATTERS

Walking together in unity and purpose

Day 8 – Families & Homes

Scripture: Joshua 24:15

Focus: God-centered households.

Prayer Starter: "As for me and my house, we will serve the Lord."

Day 9 – Unity in the Church

Scripture: Ephesians 4:3

Focus: Peace and oneness.

Prayer Starter: "Bind us together in love and unity."

Day 10 – Leadership & Covering

Scripture: Hebrews 13:17

Focus: Strength for leaders.

Prayer Starter: "Give wisdom and strength to those who lead."

Day 11 – Spiritual Growth

Scripture: Colossians 1:9-10

Focus: Maturity and fruitfulness.

Prayer Starter: "Help me grow deeper and walk worthy of You."

Day 12 – Discipleship

Scripture: Matthew 28:19-20

Focus: Growing and reaching others.

Prayer Starter: "Use me to reflect You and make disciples."

Day 13 – Healing & Restoration

Scripture: Jeremiah 30:17

Focus: Wholeness.

Prayer Starter: "Restore what has been broken and heal what is wounded."

Day 14 – Gratitude

Scripture: Psalm 103:1-5

Focus: Thankfulness for God's work.

Prayer Starter: "Thank You for how far You've already brought me."

WEEK THREE: PREPARED FOR WHAT'S AHEAD

Ready to move forward with Christ

Day 15 – Faith for What's Next

Scripture: Hebrews 11:1

Focus: Confidence in God's promises.

Prayer Starter: "I trust You for what lies ahead."

Day 16 – Obedience

Scripture: John 14:15

Focus: Loving God through obedience.

Prayer Starter: "Help me obey You fully and willingly."

Day 17 – Servanthood

Scripture: Mark 10:45

Focus: A heart to serve.

Prayer Starter: "Show me how to serve with humility."

Day 18 – Commitment

Scripture: Proverbs 16:3

Focus: Dedication to God's purpose.

Prayer Starter: "I commit my ways to You."

Day 19 – Generosity

Scripture: 2 Corinthians 9:7

Focus: Cheerful giving.

Prayer Starter: "Teach me to give freely and joyfully."

Day 20 – Expectation

Scripture: Psalm 27:13

Focus: Hope and anticipation.

Prayer Starter: "I expect to see Your goodness."

Day 21 – Ready to Move Forward

Scripture: Hebrews 12:2

Focus: Fixing our eyes on Jesus.

Prayer Starter: "I fix my eyes on You, Jesus, and follow where You lead."

21-DAY FAST REFLECTION

“Call to Me and I will answer you and tell you great and unsearchable things you do not know.”
— Jeremiah 33:3

You made it through 21 days, not by strength alone, but by God's grace. This journey was not just about what you gave up, but about what you gained: clarity, focus, sensitivity to God's voice, and a deeper dependence on Him.

Use the space below to reflect honestly and prayerfully on what God revealed to you.

