OVERCAME CHURCH 21-DAY CONSECRATION

GUIDANCE SHEET

FASTING PERIOD

January 11, 2026, 12:00 am – January 31, 2026, 11:59 pm

ACCEPTABLE FOODS:

Whole Grains – Barley, brown rice, buckwheat, bulger, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and Legumes – Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas (pumpkin) seeds, pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables – All vegetables are allowed (fresh, frozen, dried, juiced, and canned – no fried potatoes)

Fruit – All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried or canned fruit should NOT have added sugar.

Oils – (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them (no butter)

Seasonings – All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages – Water should be the main beverage on your Fast. All water is acceptable, including sparkling water. 100% fruit juice and unsweetened nondairy milk (such as almond milk, coconut milk, or soy milk) are acceptable. Decaffeinated coffee and tea are acceptable, but no sugar or sugar alternatives (Stevia, Splenda, Honey, etc.) can be added.

Date sugars and date syrups are acceptable.

ENTERTAINMENT & DOWNTIME

- Refrain from non-Christian social media and PG-13 and Above movies – Increase your Christian content.
- Increase prayer time and studying God's Word - substitute your activities for God's activities.

NOTE: Examine your heart: If you spend your fast figuring out how to eat what you shouldn't, ask yourself: Are you being led by the Spirit or by the flesh?

OVERCAME CHURCH 21 DAY CONCECRATION

January 11th, 2026 – January 31st, 2026

INSTRUCTIONS

Greetings, Family and Friends, Happy New Year! This year at Overcame Church, we will enter into a consecration unto the Lord. Here are a few definitions and instructions for this year:

What Is Consecration?
Consecration means intentionally setting yourself apart for God. It is not a moment; it is a lifestyle. Consecration happens when we willingly remove distractions, detox our souls, and devote our hearts to be shaped and refined by Him.

It is a deliberate decision to create space for God's presence, align our priorities with His will, and live fully surrendered to Him.

Scripture: Consecrate yourselves, for tomorrow the Lord will do amazing things among you. Joshua 3:5

What Is Fasting?
Fasting is the intentional abstaining from food to strengthen the spirit and discipline the flesh. It is a sacred spiritual practice that heightens our awareness of God and draws us into deeper sensitivity to the Holy Spirit.

Fasting is not about outward appearance or religious performance. It is a posture of humility that quiets physical appetites so spiritual hunger can increase.

Through fasting, we learn to depend more fully on God and align our hearts with His voice.
Scripture: When you fast, do not be somber as the hypocrites do… Matthew 6:16

What's the Difference?
Consecration is about separation, setting yourself apart from anything that competes with God.

Fasting is about submission, bringing your physical appetites and desires under spiritual discipline.

Consecration addresses your environment and habits, while fasting addresses your appetite and self-control.

You can fast without being truly consecrated, but genuine consecration will always produce a deeper, more meaningful fast

Consecration and Prayer Instructions:
Fasting without prayer and consecration is just a diet!

Prayer Instructions:
Each day we will pray every half day for 21 days: 6am - 12pm, and from 12pm - 6pm.
(Example) You pray 5 minutes between the hours of 6am – 12pm and between the hours of 12pm – 6pm for 5 minutes.

January 11th – January 17th, each half-day, you pray for a minimum of 5 minutes.
January 18th- January 24th, each half-day, you pray for a minimum of 10 minutes.
January 25th – January 31st, each half-day, you pray for a minimum of 15 minutes.

Remember: In prayer, let yourself go, get crazy, and open before God, and allow the Holy Spirit to do his work. Also, be silent at times and allow God to speak to you.

NOTE:
We will have corporate prayer daily from 6 am - 6:15 am Eastern Standard Time, LIVE on YouTube, every day from JAN.11th – JAN. 31st
The fast will begin January 11th at 12 am and end on January 31st at 11:59 pm.

Consecration Instructions:
Refrain from non-Christian social media and PG-13 and above movies example TV-14, R, TV-MA, etc. Increase your Christian content, and please begin reading more of God's Word. If you have a family in the home, have family discussions during dinner.

Increase studying God's Word – substitute your activities for God's activities. Perfect time to embrace a topic of Scripture you would like to learn.

Perfect time to watch any of Pastor Sean's Bible studies on emotional vices and mental struggles.

Disclaimer:
We encourage all congregants to consult with their medical professional before beginning any fast, especially if you have pre-existing health conditions, are pregnant, nursing, or taking medication. Your health is a gift from God, and ensuring you fast safely allows you to participate fully while honoring the body He has entrusted to you.

MAY YOU RECEIVE THE POWER OF GOD'S GRACE, BRINGING CLARITY, DIRECTION, AND LONG-AWAITED ANSWERS TO PRAYERS THAT HAVE GONE UNANSWERED.