



## Solid Rock Church Consecration 2025

Sunday March 9<sup>th</sup> – Sunday April 20<sup>th</sup>  
6AM – 3PM

### **WHAT DO I DO DURING MY FAST?**

No social media for social or personal usage (business, work, & devotional/spiritual purposes are acceptable)

Scripturally, fasting is almost always partnered with prayer (Ezra 8:21,23; Luke 2:36-37)

During times when you would normally eat you may want to:

- Worship (Nehemiah 9:1-3; Acts 13:1-3)
- Petition (Daniel 9:3,17)
- Read the Word of God (Nehemiah 9:1-3; Jeremiah 36:6)
- Ask for direction and guidance (Judges 20:19-46; Ezra 8:21)
- Repentance (Joel 2:12-17)

Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival.

Don't boast about your fast. Let people know you won't be eating only if necessary (Mt. 6:16–18).

Have a clear target as your prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it (Hab. 2:2).

Breakthroughs often **come after a fast**, not during it. Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded.

Your passion for God and His Word will be ignited, and that you will develop a hunger for His presence that is greater than ever before!



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**PARTIAL FAST**

-Giving up one item of food or drink such as caffeine, coffee, soft drinks, or sweets for the whole duration of the Fast (Lent).

-Giving up one meal a day for a specific amount of time, one meal a week, etc.

**WEEKS ARE FROM SUNDAY TO SATURDAY**

**\*NOTE – WE ARE RELEASED FROM THE FAST AFTER SUNDAY MORNING SERVICE\***

Week 1 (3/9 – 3/15) - No Meats

Week 2 (3/16 – 3/22) - No Sweets (no desserts, refined sugars, artificial sweeteners, soda's, etc.)

Week 3 (3/23 – 3/29) - No Dairy, Grains/Breads, or Pastas

Week 4 (3/30 – 4/5) - No Added Salt

Week 5 (4/6 – 4/12) - No Fried Foods

Week 6 (4/13 – 4/20) – Personal Commitment to Consecrate