



21 DAYS OF CONSECRATION

preparation of the heart

*Join the body of Christ in an effort to
break spiritual chains and be revived in
the Spirit through coordinated prayer,
Bible reading, and fasting.*

PORTLAND PENTECOSTALS

21 Days of Consecration

I believe that the greatest revival and outpouring of the Holy Ghost has yet to be experienced throughout the world, my city and my local assembly. In response to God's promises and prerequisites stated in **2 Chronicles 7:14**, I will commit myself to 21 days of consecration beginning January 14th. This is not a one-time event, but rather a commitment to an ongoing lifestyle of revival through prayer and fasting. Throughout the next 21 days, I will join the body of Christ in an all-out effort to break spiritual chains and be revived in my spirit through the following methods.

- Minimum of 30 minutes of uninterrupted prayer each day.
- Participate in daily Bible reading as outlined in the booklet, or a daily Bible reading program.
- Fast weekly as the Spirit leads, spending the time I would usually spend eating, in devotion with the Lord. I realize that it is ***intended to be a sacrifice*** and a way to crucify my flesh with Christ. This will free my spirit to be led of God.
- Abstain from entertainment that nurtures my flesh and take that same time to humbly draw near to God. I commit to abstaining from:
 - Non-Christian media

- Non-Christian literature
- Events designed for entertainment.

In doing this, I am doing my best to follow the example set forth by Jesus when He departed into the wilderness to pray and fast without distraction. (This does not include what is necessary to fulfill my daily work duties or school activities.)

- Be faithful to the gathering of God's people in all weekly gatherings including prayer, church services, or other gatherings as much as possible. I do this willingly with a heart hungry to hear what the Lord will say to me and His Body in this season.
- Help create a revival atmosphere in each gathering by preparing my heart beforehand to worship and respond to the voice of God.
- Minister to the needs of others as the Lord directs (i.e. prayer, ministry to sick, financial assistance, making meals, etc.) ***Isaiah 58:6-7***

Keys to Prayer (*Prayer is as essential as breathing. It is life sustaining.*):

➤ **Consistency**

- Many consistent efforts are much more powerful and effective than a few large efforts. Just as you must talk regularly with your best friend to maintain the relationship, you must talk regularly with God.

Connecting with God at the beginning of your day allows Him to give you wisdom and inform you of the direction He desires you to take that specific day.

➤ **Sincerity & Transparency**

- Talk to God as a friend. He is not interested in a prayer that you rehearse and repeat each day. Don't expect to have the same thing happen in prayer every day. Seek Him sincerely and let Him lead each prayer session.
- God is most interested in a relationship with you. Don't be afraid to be transparent with God in prayer. There is nothing to hide, He already knows you.

➤ **Pray out Loud**

- Just as God spoke audibly to create the universe or to heal people in His earthly ministry, there is power in the spoken word of prayer.
- The reason we can read many of the prayers that were prayed in the Bible is because they were prayed aloud, and someone recorded them.

➤ **Pray in the Holy Ghost**

- When we pray in the Spirit, we are declaring God's will. This releases supernatural power and affects circumstances that only eternity will reveal. **Romans 8:28**

Keys to Effective Bible Study (*Studying God's Word is like eating and drinking.*):

➤ **Consistency**

- Ingesting God's Word on a regular, daily basis is just like eating food. It is better to eat daily than to gorge once a month!

➤ **Read for Knowledge**

- Reading large volumes of scripture will help you get the big picture of what the Bible is saying. It also puts Scriptures in your mind, which God can bring to your remembrance later.
- Asking questions of each verse will guarantee you many rich answers from God's Word. Take time to study specific passages of Scripture and even words in a verse.

Example: 2 Tim. 1:12 "For the which cause..."

Question: Which cause is the "which cause"?

Example: 2 Cor. 5:19 "To wit, that God was in Christ..."

Question: What does "wit" mean?

➤ Study for Understanding

- Examine the context of each passage:
 - Who wrote it?
 - To whom was it written?
 - When was it written?
 - What was the culture of the people it was written to?
 - Why was it written?
 - Where was it written?
 - What is the overall subject of the surrounding verses and chapters? (In the original writings, there were not chapter or verse separations.)

- Remember that all Scripture is inspired of God.
- God's Word is relevant to all generations.
- Ask yourself how each passage can apply to your life today.
- Take each Scripture literally unless it doesn't make sense to do so. In those instances, interpret figuratively.

Example: **Acts 7:55** "But he, being full of the Holy Ghost, saw the glory of God, and Jesus standing on the right hand of God"

Question: Was Jesus literally standing on God's right hand or is this figurative of some deeper meaning?

Keys to Fasting (*Fasting is like cleaning house and putting things in proper order. It allows us to readily receive the signals of the Spirit and release the power of God in our life.*):

➤ **Consistency**

- It is better to fast one day each week than to fast for a long time once a year. It has been said that, “an ounce of prevention is worth a pound of cure.” Fasting regularly is preventative maintenance for our spirit. One to three-day fasts should become a part of our Christian lifestyle. Long-term fasts take place when we need specific direction from the Lord, when we have allowed our flesh to take over, when we need to do a major house cleaning, or any time the Spirit directs us.

➤ **Sacrifice (no pain, no gain)**

- Many people try to fast in such a way that they feel little or no discomfort. This is opposed to the very concept of fasting which is to deny ourselves and to crucify our flesh. Just as a weight lifter learns to see pain as growth, so the child of God sees self-denial as the greatest way to grow spiritually.

➤ **Fasting and Accountability**

- Cover yourself with prayer and stay under spiritual leadership during a fast. In doing this, we can avoid spiritual pride and voices of deception.
- There is safety in making yourself accountable to your spiritual leaders. Should you start to stray, they can help keep you on track. Make sure you're ready to receive advice and instruction from them no matter how spiritual you may feel at the time. God has always regarded obedience above sacrifice.
- Remember, any revelation you may receive during a fast will not conflict with the Word of God.

➤ **Fasting with the Right Motives**

- Fasting is not to be flaunted but done in secret. It is not done to get God to do what you want or to rush His will. It is simply to remove the strength of our flesh so that our spirit can effectively reach out the Spirit of God. When that happens, you should only want God's will and not your own.

➤ **Power in Fasting**

- Through the sacrifice of fasting God will fill you with His power and authority.
- This is a tool God has given to all His children to defeat every stronghold of the enemy in your life and bring you into close fellowship with Him.
- This power, coupled with love and compassion, will make you very effective in the ministry that God has called you to!

➤ **Types of Fasts.** Here are some examples mentioned in the Bible:

- **One day fast:** any 24-hour period, from sunup until sundown, or from the evening before until 3:00 pm.
- **Three day fast:** not partaking of food for 3 days.
- **Daniel fast:** small portions of vegetables, fruits, and grains with little or no spices. (It should be done in a way that still denies your flesh.)
- **Restricted fast:** abstaining from your favorite foods and beverages. (This is a good way to introduce fasting into your life. This is also a way children could participate in fasting.)
- **Extended fast:** this fast can extend for a week or up to forty days. It is best to prepare your body for an extended fast by eating only fruits, vegetables and grains for a few days preceding the fast. Omitting caffeine during an extended fast is recommended.
- **Total Fast:** A total fast excludes all solid food; drinking only water.
- **Liquid Fast:** excludes all solid food, but can include juice, herbal teas, and broth.

➤ **Medical Conditions & Fasting**

- If you have a medical condition, consult your doctor about how you can fast. The truth of the matter is that many sicknesses and even diseases have been known to vanish during a Biblical fast. The body's digestive system gets to rest, and many toxins are cleansed from the body, giving it a chance to fight illness more effectively. If you have a medical condition that precludes you from total fasting, you may choose to participate in restricted fasting.
- Never fast for more than three days without water. Because water acts as a cleansing agent for the body, it is best that it **not** be excluded when you fast. You can fast without food for up to 30 days if done properly, but after the third day, you should drink water or juice. Much damage can be done to the body by ignoring these principles, so please use wisdom to avoid harm.

One Hour of Prayer* **(5 minutes for each category)**

- 1) Thanksgiving / Praise (Psalm 22:3, Hebrews 13:15)
- 2) Forgiveness (Matthew 16:14-15)
- 3) Confession (Psalm 139:23, Psalm 66:18)
- 4) Petition (James 4:2, Matthew 6:19)
- 5) Intercession (1 Timothy 2:1-2, Matthew 9:27-38)
- 6) Reading the Bible (2 Timothy 3:16, Psalm 19:9)
- 7) Meditation (*not thinking about God, but thinking His thoughts as the Spirit leads*) (Psalm 1:1-2, Psalm 77:12)
- 8) Thanksgiving (Philippians 4:6)
- 9) Pray the Word (*personalize each verse by using words such as: I, me, my, mine*) (Psalm 138:2, Matthew 24:35)
- 10) Singing (in the Spirit) (Psalm 100:2, Ephesians 5:19, 1 Corinthians 14:15)
- 11) Listening (1 Kings 19:11-12)
- 12) Praise (Matthew 6:13)

*This is simply a template for prayer. As your relationship with the Lord grows, you may spend varying amounts of time in each category. Listening for God's voice will become a part of every minute you spend in prayer. The need, however, to open with praise and repentance before going any further is scriptural and cannot be removed from our approach to God. If you cannot pray for an hour each day, you can simply reduce the amount of time spent on each category. You may also discover that an hour is not enough.

Praying the Tabernacle

Entering His gates with Thanksgiving – Thank Jesus for His provision and praise Him for His mighty works.

The Altar of Sacrifice – Repent and surrender your life. The greater the sacrifice, the greater the Glory of God.

The Brazen Laver – read God’s Word and let it cleanse your ways.

Entrance into the Holy Place – He is Wonderful; worship Him and give Him adoration.

He is our Counselor – pray for those who need wisdom and counsel.

He is the Mighty God – Pray for the miraculous.

The Everlasting Father – Pray for families and individual’s protection.

The Prince of Peace – Pray for those in turmoil; pray for unity in the church.

The Candlestick with the Oil of the Holy Ghost – Pray for the anointing and leading of the Holy Ghost. Pray for the flow of the Holy Ghost in the church.

The Table of Showbread – Pray for those who deliver the Word of God (preachers, teachers). Pray for boldness to spread God’s Word.

The Holy of Holies

- The Mercy Seat is a place of atonement; receive Jesus’ forgiveness.
- Intercede for the salvation of others; call their names before Jesus. War in the Spirit with the authority of the Holy Ghost.
- Allow the glory of God to overshadow you and let Jesus speak into you.

Day 1

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that we can lay down all that may hinder us in our journey of cleansing, and that God would help us in these 21 days to draw closer to Him.

“Having, therefore, these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” (2 Corinthians 7:1)

Church Focused Prayer & Thanksgiving: *Thank you for clean hearts and pure hands.*

Bible Reading: 2 Corinthians 6:1-18, 2 Corinthians 7:1, Psalms 24:1-10

What is God saying to me today?

Day 2

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for a spirit of “one accord” unity to prevail among the church.

“When the day of Pentecost was fully come, they were all with one accord in one place.” (Acts 2:1)

Church Focused Prayer & Thanksgiving: *Thank you for a spirit of unity and love in the church and a city-wide revival.*

Bible Reading: Acts 2:1-47, Ephesians 4:1-7

What is God saying to me today?

Day 3

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray to be aligned with God's will so that the promises He has given to this church will be fulfilled.

"For all the promises of God in him are yea, and in him Amen, unto the glory of God by us." (2 Corinthians 1:20)

Church Focused Prayer & Thanksgiving: Thank you, God for allowing us to live in the day of restoration and the time of the latter rain of the Holy Spirit

Bible Reading: Joel 2:1-32

What is God saying to me today?

Day 4

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for the prodigals to come home.

“And when he came to himself, he said, how many hired servants of my father’s have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,” (Luke 15:17-18)

Church Focused Prayer & Thanksgiving: *Thank you for restoring the years of harvest that have been lost by the attack of the enemy and restoring the wasted years of those who have backslidden.*

Bible Reading: Luke 15:1-32

What is God saying to me today?

Day 5

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for boldness to share Jesus.

“And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word” (Acts 4:29)

Church Focused Prayer & Thanksgiving: *Thank you for a fresh outpouring of the Holy Spirit in our assembly and great boldness to declare your truth.*

Bible Reading: Acts 4:1-37, Acts 19:1-7

What is God saying to me today?

Day 6

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for an increase of signs and wonders among us.

“...many signs and wonders wrought among the people”
(Acts 5:12)

Church Focused Prayer & Thanksgiving: *Thank you for filling the hearts of your people with great faith to believe for miracles that reverse the process of nature.*

Bible Reading: Acts 3:1-26, Genesis 18:16-19:38

What is God saying to me today?

Day 7

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for complete families of unbelievers to be converted.

“Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.”
(Jeremiah 33:3)

Church Focused Prayer & Thanksgiving: *Thank you for whole families of unbelievers and those they influence being saved.*

Bible Reading: Acts 16:1-34

What is God saying to me today?

Day 8

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for the conversion of non-apostolic leaders to be converted (Cornelius).

“Ye shall receive power...and ye shall be witnesses”
(Acts 1:8)

Church Focused Prayer & Thanksgiving: *Thank you for influential believers coming to the truth and being baptized in Jesus Name and filled with the Holy Spirit.*

Bible Reading: Acts 10:1-48

What is God saying to me today?

Day 9

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for the outpouring of the Holy Ghost like in Samaria.

“I will pour out of my Spirit upon all flesh” (Acts 2:17)

Church Focused Prayer & Thanksgiving: *Thank you for a Samaritan style revival.*

Bible Reading: Acts 8:1-25

What is God saying to me today?

Day 10

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that the body of Christ would have increased love one for another.

“No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us.” (1 John 4:12)

Church Focused Prayer & Thanksgiving: *Thank you for a spirit of love in the church that is easily seen by all who attend.*

Bible Reading: 1 John 3:1-24, 1 John 4:1-21

What is God saying to me today?

Day 11

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray for an increased awareness of all that God has done and is doing in our midst.

“When they heard these things, they held their peace, and glorified God” (Acts 11:18)

Church Focused Prayer & Thanksgiving: *Thank you for your glory filling the church when we gather to worship.*

Bible Reading: 2 Chronicles 7:1-22

What is God saying to me today?

Day 12

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that the Lord will send laborers into His harvest, lead us to hungry souls and open our eyes to spiritual needs.

“And the lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled.” (Luke 14:23)

Church Focused Prayer & Thanksgiving: *Thank you for the stirring of Your Spirit to motivate the church to evangelize the lost.*

Bible Reading: Luke 14:1-24, Luke 10:1-16

What is God saying to me today?

Day 13

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Lord help us to be aware & sensitive to those who are ready to become disciples. Help us to lose our prejudice & become bold & courageous.

"So, Philip ran to him, and heard him reading the prophet Isaiah, and said, Do you understand what you are reading?" (Acts 8:30)

Church Focused Prayer & Thanksgiving: *Thank you for the wisdom & power to impact those I am discipling.*

Bible Reading: Acts 8:25-40, Acts 9:1-31

What is God saying to me today?

Day 14

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that we will live out the true purpose of being a disciple, which is to make disciples.

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” (Matthew 28:19)

Church Focused Prayer & Thanksgiving: *Thank you that You will lead me to the spiritually hungry and give me a heart for true discipleship.*

Bible Reading: Acts 2:42-47, Mark 16:15-20, Acts 1:1-12

What is God saying to me today?

Day 15

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that we would be one with each other in purpose and destiny. Pray that we would unify around Jesus' Gospel and design.

“That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me. (John 17:21)

Church Focused Prayer & Thanksgiving: *Thank you for putting each of us together by divine design with specific purpose and design.*

Bible Reading: John 17:15-24, 1 Corinthians 1:10-13, Ephesians 4:1-13

What is God saying to me today?

Day 16

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that Jesus will nurture in us a community of fellowship. That we would be compelled to share in one another's lives. Pray that any barriers between us would be broken down through the Holy Spirit.

“And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers.”
(Acts 2:42)

Church Focused Prayer & Thanksgiving: *Thank you for giving us a community of believers for strength and fellowship. Thank you that you show us how to open our hearts to those around us.*

Bible Reading: Acts 2:40-47, Acts 16:12-15, 1 John 1-10

What is God saying to me today?

Day 17

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that we will grow in compassion and love one another fervently with a pure heart. Pray that we would bear one another's burdens with gladness.

"Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren." (1 John 3:16)

Church Focused Prayer & Thanksgiving: *Thank you for providing for us according to your riches and glory. Thank you for giving us opportunity to share our blessings with one another.*

Bible Reading: Galatians 6:1-3, Romans 12:10-21,
1 John 3:16-19

What is God saying to me today?

Day 18

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Pray that we would allow the Holy Ghost to minister through each of us for the benefit to the Body of Christ. Pray that we would nurture the Gifts in us for the purpose of Jesus' Kingdom.

“that there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.” (1 Corinthians 12:25-26)

Church Focused Prayer & Thanksgiving: *Jesus, thank you for the power of the Holy Ghost working in and through the Church. Thank you for giving us each member of Your Body as You ordain.*

Bible Reading: 1 Corinthians 12

What is God saying to me today?

Day 19

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: In allowing Your Spirit to control my life, feed my soul with your **love, joy and peace**. Cover my mind with emotional health each day.

“If we live in the Spirit, let us also walk in the Spirit”
(Galatians 5:25)

Church Focused Prayer & Thanksgiving: *Thank you Jesus for the power to change that Your Spirit brings to our lives and that your church reflects your light and goodness in this evil world. Thank you that trust and hope in You brings inner calm to our lives.*

Bible Reading: Galatians 2:22-25, 2 Corinthians 4:13-18, Ephesians 3:16-21

What is God saying to me today?

Day 20

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Let your Spirit help me become a **dependable, humble, self-controlled** Christian.

“And the world is passing away, and the lust of it; but he who does the will of God abides forever.” (1 John 2:17)

Church Focused Prayer & Thanksgiving: *Thank you Jesus for the change that Your Spirit brings to our personal character. Thank you for preparing us to be Your pure, holy, glorious Bride. We are victorious through You!*

Bible Reading: Galatians 2:22-25, 1 John 2:15-17, James 1:2-20.

What is God saying to me today?

Day 21

Fasting (circle one):

- 1 Meal
- 2 Meals
- 3 Meals
- 24 Hours

Specific Prayer: Dear Jesus, help me to manifest Your kindness, goodness and patience to others. Help me treat others with the care that I wish to be treated with.

“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.”
(Romans 12:10)

Church Focused Prayer & Thanksgiving: *Thank you Jesus for manifesting Your love for each soul through your people. Thank you that your Spirit leads us to our mission of sharing your heart with the world.*

Bible Reading: Galatians 2:22-25, Romans 12:10-21, Romans 13:8-10.

What is God saying to me today?



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