



# 21-DAY CONSECRATION

JAN 12 - FEB 1, 2026

LAY ASIDE EVERY WEIGHT

HEBREWS 12:1

[STLUKECOGIC.ORG/CONSECRATION](http://STLUKECOGIC.ORG/CONSECRATION)







# From the Pastor

Dear St. Luke Family & Friends,

We are entering a sacred season of consecration with a clear purpose: to lay aside every weight so that we may run freely. This 21-day journey is not about punishment, pressure, or performance. It is about preparation. God is calling us to examine what we are carrying that may be slowing our spiritual progress and to release anything that hinders our endurance.

Scripture reminds us that the Christian life is a race—not a sprint, but a long-distance journey that requires patience, focus, and discipline. Runners do not compete weighed down with unnecessary burdens. In the same way, this consecration invites us to lighten our load so we can move forward with greater clarity and freedom.

This season is about freedom—not deprivation. It is not about what we cannot have, but about making sure nothing has control over us. Through prayer, fasting, reflection, and obedience, we are positioning ourselves to hear God more clearly and walk more faithfully.

As you begin this consecration, I encourage you to approach it with humility and honesty. Allow God to reveal what needs to be laid aside. Do not compare your journey with anyone else's. What matters most is obedience and consistency, not perfection.

My prayer is that at the end of these 21 days, we will be lighter, freer, and more focused—ready to run the race God has set before us with endurance.

With love and prayers,

*Ezra Howard*  
Pastor



For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

# Table of Contents

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- A top-down view of a diverse array of fresh fruits, vegetables, and healthy fats arranged on a dark surface. The items include salmon fillets on a wooden board, broccoli, green beans, pomegranate, blueberries, goji berries, avocado, green apple, fennel, cherry tomatoes, mushrooms, ginger, and various nuts and seeds in small bowls.



# How to Use this Booklet

This booklet is designed to guide you through 21 days of consecration with daily Scripture, devotion, reflection, and prayer. Each day builds upon the next, helping you grow in awareness, release unnecessary weights, and strengthen your endurance.

## DAILY USE:

- Set aside a consistent time each day.
- Begin with the Scripture reading.
- Read the devotional thoughtfully.
- Answer the reflection questions honestly.
- Pray the written prayer or personalize it.
- Ask God what weight needs to be addressed that day.

## IMPORTANT REMINDERS:

- Consecration is about obedience, not comparison.
- Your fast may look different from others.
- If you miss a day, do not quit—continue.
- This journey is about progress, not perfection.

Use this booklet as a tool for focus and accountability. Write notes, underline Scriptures, and make it personal. Allow God to speak to you through His Word and through moments of stillness.



# Foundation Scriptures

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## HEBREWS 12:1 (NEW KING JAMES VERSION)

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.

## ISAIAH 58:5–8 (KING JAMES VERSION)

Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord?

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward.

## MATTHEW 6:16–18 (EASY-TO-READ VERSION)

When you fast, don't make yourselves look sad like the hypocrites. They put a look of suffering on their faces so that people will see they are fasting. The truth is, that's all the reward they will get. So when you fast, wash your face and make yourself look nice. Then no one will know you are fasting, except your Father, who is with you even in private. He can see what is done in private, and he will reward you.

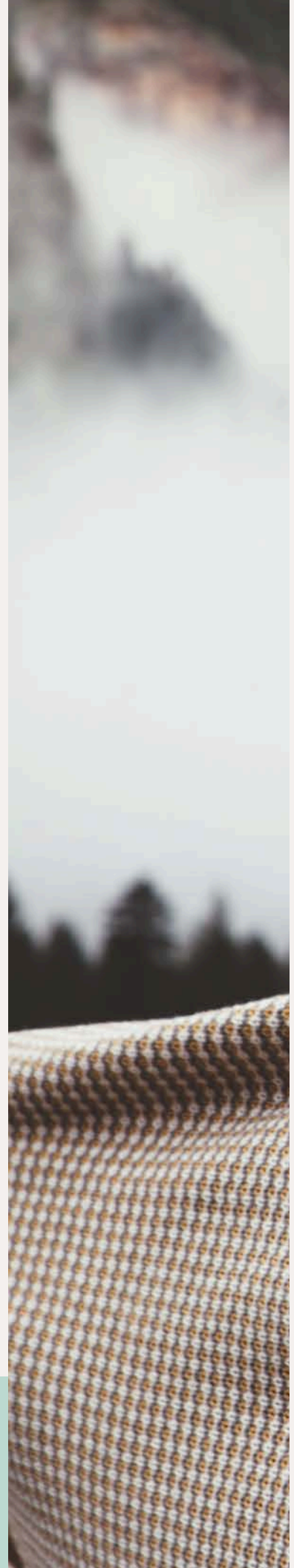




# Natural Benefits of Fasting

1. **Detoxification.**
2. **Improved digestion.**
3. **Weight management.**
4. **Boosted energy levels.**
5. **Better eating habits.**
6. **Enhanced immune function.**
7. **Mental clarity and focus.**
8. **Improved skin health.**
9. **Reduced inflammation.**
10. **Regulation of blood sugar.**
11. **Heart health.**
12. **Hormonal balance.**
13. **Improved sleep.**
14. **Increased self-discipline.**
15. **Longevity.**

This fast provides an opportunity to reset both your body and habits, leaving you healthier and better equipped to honor God with your body.



# DAILY CONSECRATION SCHEDULE

## MORNING

Prayer Focus:

- Meditate on a Scripture or prayer point for the day
- Ask God to reveal any weight that needs to be laid aside

Drink Suggestions:

- Water, Herbal teas, or Fresh fruit or vegetable juices

6:00 AM – ZOOM PRAYER

- Join the morning Zoom Prayer

12:00 NOON – ZOOM THROUGH THE BIBLE

- Short Bible reading session on Zoom

## AFTERNOON

First Meal:

- Break the fast with approved foods
- Eat mindfully and in moderation

Spiritual Focus:

- Time in the Word
- Personal prayer or reflection

6:00 PM – EVENING ZOOM GATHERING

- Helpful tips for the consecration
- Q&A and encouragement
- Corporate prayer

6:30 PM – ZOOM THROUGH THE BIBLE

- Evening Bible reading session
- Option for those who missed midday reading

REFLECTION & JOURNALING

- What did God show me today?
- What felt heavy or difficult?
- Where did I experience freedom?
- Close the day with prayer

**REMEMBER:** This schedule is a guide, not a burden. Consistency matters more than perfection. If you miss a moment, continue—do not quit.

**ZOOM PRAYER (6am & 6 pm)**  
Meeting ID: 858 1460 5741  
Passcode: pray

**ZOOM THROUGH THE BIBLE**  
Meeting ID: 820 5501 6096  
Passcode: bible



# FASTING OPTIONS & GUIDELINES

This 21-day consecration includes food and non-food fasting options designed to promote discipline, focus, and freedom.

## FOOD FASTING GUIDELINES

All foods may be eaten raw or cooked (not fried).

Seasonings, herbs, and spices may be used.

## FOODS TO EAT

- All fruits and vegetables (fresh, frozen, dried, juiced, or canned)
- Whole wheat bread only
- Whole grains (brown rice, quinoa, oats, barley, whole wheat pasta, tortillas, popcorn)
- Nuts and seeds (including natural peanut butter)
- Legumes (beans, lentils, peas – dried or canned)
- Oils (olive, canola, peanut, sesame, vegetable)
- Vinaigrette or Italian dressing
- Beverages: water, coffee with non-dairy creamer, teas, plant-based milks, carbonated fruit juice, 100% juice
- Other: tofu, soy products, vinegar, mustard, sugar-free fruit jellies

## MEAT (MODERATION ALLOWED)

Small portions of meat are permitted if:

- Not fried or breaded
- Not prepared with restricted sauces

This allowance is for balance, not indulgence.

## Foods to Avoid

- Fried meats and eggs
- Dairy products
- Sugar and syrups (substitutes allowed)
- White rice, white flour, white bread
- Fried foods
- Solid fats (shortening, lard, butter, bacon grease)
- Sauces and spreads (barbecue, gravies, cream sauces, mayonnaise, sweet sauces)
- Soda, energy drinks, alcohol
- Candy, chips, desserts



# NON-FOOD FASTING OPTIONS

Participants are encouraged to include a non-food fast alongside the food fast or as a standalone option.

Examples include:

- Social media fast
- Television or streaming fast
- Digital noise fast (notifications, unnecessary screen time)
- Entertainment or gaming fast
- Time fast (removing distractions to create space for prayer)
- Comfort fast (habits or routines that create dependency)

## IMPORTANT REMINDERS

- Prayer should replace what is removed
- If you miss a day, continue—do not quit
- The goal is freedom, focus, and endurance

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But put ye on the Lord  
Jesus Christ, and make  
not provision for the  
flesh, to fulfil the lusts  
thereof.

Romans 13:14



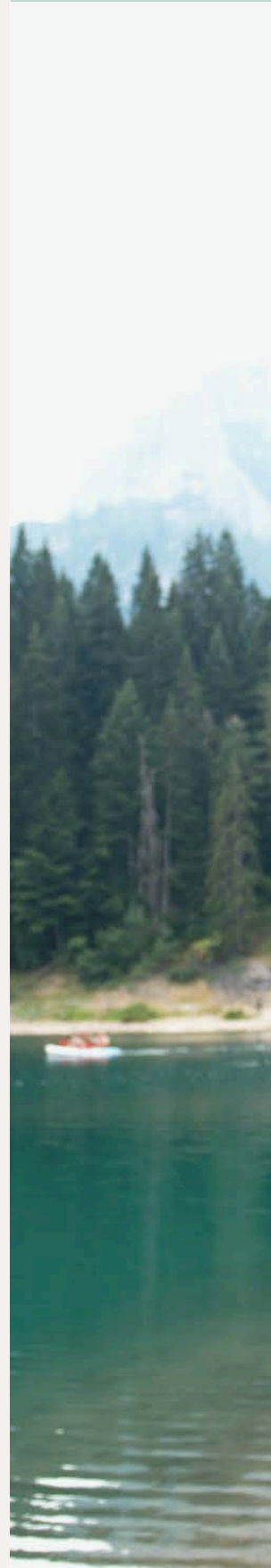
# Create A Plan

- **Find Quiet Places:** If you work outside your home, identify quiet spots (like your car) to retreat to during lunch hour.
- **Prepare for Holidays and Special Events:** Be mindful of gifts, foods, and well-meaning people offering things contrary to your fast—including unsolicited advice or discouragement.
- **Stay Hydrated:** Always have water available to stay refreshed and combat hunger pangs.
- **Prepare Healthy Snacks:** Plan and prepare healthy snacks ahead of time to avoid unhealthy temptations.
- **Eliminate Bad Foods:** Remove unhealthy foods from your reach to reduce temptation.
- **Focus on Health Over Taste:** Prioritize nourishing your body rather than indulging in taste alone.
- **Get Accountability:** Find an accountability partner or join a group for motivation and encouragement.
- **Use Visual Reminders:** Place encouraging words, reminders, or scriptures on the fridge to deter unnecessary browsing.
- **Drink Water:** Water can help curb hunger pangs and support your fast.
- **Trust Your Body:** Know that your body is capable of going without food for extended periods and will adapt as you fast.

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But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Romans 13:14



# LAY ASIDE EVERY WEIGHT

## *A 21-Day Consecration Journey*

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### DAY 1 – THERE IS A RACE TO RUN

**Scripture:** Hebrews 12:1

The Christian life is not passive; it is a race. But this race is not about speed—it is about endurance. God is not calling us to rush ahead but to run faithfully. Before a runner ever steps onto the course, preparation takes place. Anything unnecessary is removed. Anything heavy is set aside. This consecration is a season of preparation. God is inviting us to recognize that there is a race ahead and to decide whether we will run it weighed down or free. Today is not about fixing everything. It is about acknowledging the call to run and committing to prepare well.

**Reflection:**

What race has God set before me?  
Am I running or standing still?

**Prayer:**

Lord, help me recognize the race You've called me to run. Prepare my heart for this journey.  
Amen.

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### DAY 2 – WEIGHT AND SIN

**Scripture:** Hebrews 12:1

Scripture makes a clear distinction between sin and weight. Sin entangles and trips us, but weight slows us down. Not everything that hinders progress is sinful, yet it still matters. Weights can be distractions, habits, or commitments that drain our energy and dull our focus. They may be acceptable, but they are not helpful for this season. Consecration helps us discern the difference. Today, ask God to show you what is slowing your pace, even if it isn't wrong in itself.

**Reflection:**

What feels heavy in my life right now?  
What slows my spiritual momentum?

**Prayer:**

God, give me discernment to recognize both sin and weight. Show me what must be laid aside.  
Amen.



## DAY 3 – WHAT SLOWS MY ENDURANCE

**Scripture:** Galatians 5:7

Endurance is not lost all at once—it is drained little by little. Small distractions, unresolved issues, and unhealthy patterns slowly wear us down. Many believers start strong but struggle to finish well because they never stop to address what is draining them. Consecration creates space to pause and evaluate. What leaves you tired, unfocused, or spiritually dull? God is not condemning you—He is strengthening you by helping you lighten the load.

**Reflection:**

What consistently drains my energy?  
What leaves me feeling spiritually tired?

**Prayer:**

Lord, reveal what weakens my endurance. I want to run strong and finish well. Amen.

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## DAY 4 – HIDDEN WEIGHTS

**Scripture:** Psalm 139:23–24

Some weights are obvious. Others are hidden. Familiarity can blind us to what God wants to remove. We often learn to live with things God never intended us to carry. This is why consecration includes honest prayer. When we ask God to search our hearts, He reveals attitudes, attachments, and habits we may have overlooked. Awareness is the first step toward freedom.

**Reflection:**

What have I grown comfortable carrying?  
What might God be revealing to me?

**Prayer:**

Search me, Lord. Show me what I can't see and lead me in the way everlasting. Amen.

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## DAY 5 – TIME AS A WEIGHT

**Scripture:** Ephesians 5:15–16

Time is one of our most valuable resources, yet it is often the first thing wasted. Many weights do not look sinful—they simply steal time. Endless scrolling, constant noise, and overcommitment quietly rob us of focus and intimacy with God. Consecration calls us to redeem time by removing unnecessary drains.

**Reflection:**

Where does most of my time go?  
What steals time from prayer and focus?

**Prayer:**

Lord, teach me to value my time and use it wisely. Help me remove what wastes it. Amen.

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## DAY 6 – UNRESOLVED WEIGHT

**Scripture:** Hebrews 12:15

Unresolved issues are heavy. Unforgiveness, hurt, bitterness, and regret weigh down the soul. We cannot run freely while carrying emotional baggage. God does not rush healing, but He invites honesty. Freedom often begins with forgiveness—of others and ourselves.

**Reflection:**

What unresolved issue am I carrying?  
Who do I need to forgive?

**Prayer:**

Lord, help me release what I've been holding onto. Heal my heart and lighten my load. Amen.

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## DAY 7 – A HEART CHECK

**Scripture:** Proverbs 4:23

Everything flows from the heart. If the heart is burdened, the race becomes difficult. God is not only concerned with what we do, but with what we carry inside. This week has been about awareness. Today is a pause for reflection.

**Reflection:**

What has God shown me this week?  
What patterns am I noticing?

**Prayer:**

Guard my heart, Lord. Help me carry only what You've assigned. Amen.

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## DAY 8 – LAYING IT DOWN

**Scripture:** Matthew 11:28–30

God never asks us to lay something down without offering rest in return. Releasing weight is an act of trust. It means believing that what God provides is better than what we cling to.

**Reflection:**

What am I holding onto too tightly?

What would it look like to release it?

**Prayer:**

Lord, I trust You enough to lay this down. Teach me to rest in You. Amen.

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## DAY 9 – FASTING IS ABOUT FREEDOM

**Scripture:** Isaiah 58:6

Fasting is not about suffering—it is about freedom. It breaks unhealthy attachments and restores proper order. God desires a people who are free, focused, and undistracted.

**Reflection:**

What feels hardest to give up?

Why does it have that hold?

**Prayer:**

Lord, free me from anything that has control over me. Amen.

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## DAY 10 – APPETITE CHECK

**Scripture:** Matthew 5:6

Our appetites reveal our priorities. Fasting retrains desire and realigns hunger toward what truly satisfies.

**Reflection:**

What do I crave most?

Does it draw me closer to God?

**Prayer:**

Change my desires, Lord. Let me hunger for righteousness. Amen.



## DAY 11 – WHO IS IN CONTROL

**Scripture:** 1 Corinthians 6:12

Freedom means being in control—not controlled. Anything you cannot stop has power over you. Consecration restores authority through surrender.

**Reflection:**

What is difficult for me to stop?

What does that reveal?

**Prayer:**

Lord, help me walk in self-control and freedom. Amen.

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## DAY 12 – DIGITAL WEIGHTS

**Scripture:** Psalm 46:10

Noise is a weight. Stillness reveals God. Consecration invites quiet so clarity can return.

**Reflection:**

What noise do I need to reduce?

When was the last time I sat quietly with God?

**Prayer:**

Teach me to be still, Lord, and know that You are God. Amen.

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## DAY 13 – RELATIONSHIPS AND WEIGHT

**Scripture:** Proverbs 13:20

Some relationships strengthen us. Others slow us down. Wisdom helps us discern the difference.

**Reflection:**

Which relationships strengthen my walk?

Which ones drain me?

**Prayer:**

Give me wisdom in my relationships, Lord. Amen.

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## DAY 14 – BREAKING EVERY YOKE

**Scripture:** Isaiah 58:6

God specializes in breaking yokes. Consecration invites divine freedom.

**Reflection:**

What yoke do I want broken?

Do I believe God can do it?

**Prayer:**

Break every yoke in my life, Lord. Set me free. Amen.

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## DAY 15 – RUNNING WITH ENDURANCE

**Scripture:** Hebrews 12:1

Endurance is built through consistency, not intensity.

**Reflection:**

Am I pacing myself?

What helps me stay consistent?

**Prayer:**

Help me run steadily, Lord. Amen.

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## DAY 16 – DAY-BY-DAY FAITHFULNESS

**Scripture:** Lamentations 3:22–23

God gives grace daily. Faithfulness today prepares you for tomorrow.

**Reflection:**

Am I focused on today?

What small step can I take?

**Prayer:**

Give me grace for today, Lord. Amen.

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## DAY 17 – STAYING ON THE PATH

**Scripture:** Proverbs 4:26

Focus determines direction. Discipline keeps us on the path.

**Reflection:**

What distracts me?

How can I refocus?

**Prayer:**

Direct my steps, Lord. Amen.

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## DAY 18 – GRACE FOR THE JOURNEY

**Scripture:** 2 Corinthians 12:9

Grace sustains us when strength runs low.

**Reflection:**

Where do I need grace?

Am I extending it to myself?

**Prayer:**

Thank You for Your grace, Lord. Amen.

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## DAY 19 – ADJUSTING MY PACE

**Scripture:** Ecclesiastes 3:1

Wisdom knows when to slow down.

**Reflection:**

Am I rushing?

Do I need to adjust?

**Prayer:**

Help me move at Your pace, Lord. Amen.

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## DAY 20 – RUNNING FREE

**Scripture:** Galatians 5:1

Freedom is your calling. God never intended you to run bound.

**Reflection:**

Where do I feel freer now?

What has changed?

**Prayer:**

Thank You for freedom, Lord. Amen.

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## DAY 21 – COMMITTED TO THE RACE

**Scripture:** Philippians 3:14

Consecration continues beyond these days. Run lighter. Run freer.

**Reflection:**

What will I carry forward?

What will I leave behind?

**Prayer:**

I commit to running this race with endurance, Lord. Amen.

