

2026 FAST AND CONSECRATION GUIDELINES

" And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes..." -- Daniel 9:3

Consecration and fasting are two very important spiritual disciplines in the Christian faith. Fasting is an act of willful abstinence or elimination from certain or all food, drink, or both, for a period of time. In short, fasting is giving up certain foods or abstaining from food altogether. To consecrate means that I choose to separate myself from "unclean things" (i.e., lewd conversation, television shows, websites, places, etc.) so that I can focus on drawing closer to GOD.

By the unction of the Holy Ghost, Pastor Darius warmly invites and encourages the entire Brown Chapel AME Church family to join in a two-week fast and consecration! Your participation is valued and vital to our collective spiritual growth.

The consecration will begin Monday, March 30, at 12 midnight and conclude Sunday, April 03, 2026, after morning worship. This time is being designated as a time of consecration through fasting, increased prayer, and study of GOD's Word.

The church of JESUS Christ is being called to greater dedication to the Kingdom and sanctification. Therefore, we must reject those actions and thoughts that are not of God, and we must devote ourselves to getting rid of all things, ideals, and persons that hinder our spiritual growth. Because we know that God's grace has kept us, our hearts are filled with awe and appreciation as we delight in the blessings and manifest miracles of GOD. Beloved, this consecration is relatively easy and is our "reasonable act of worship." (Romans 12:1)

Consecration requires that we become good stewards of the resources entrusted to us by God. During this time of sanctification, join us in fasting and praying for spiritual breakthrough, divine cleansing, and renewal of our bodies by participating in the following fast, knowing your efforts are meaningful and impactful:

Here is our plan for consecration and fasting:

Please eliminate:

- Junk Foods (Chips, cookies, donuts, candies, pastries, etc.)
- Limited Social Media
- No Garbage Television

- Limited Shopping

Regarding Food, 12-hour on, 12-hour off.

- * No Fast Foods (Tacos, burgers, fries, etc.)
- * No Fried and Fatty Foods
- * No Alcoholic and Carbonated Beverages

Everyone is encouraged to eat fish, poultry, fresh vegetables, and fruit. Please TRY to eliminate unnecessary carbohydrates: sugars, white rice, breads, pastas, etc.

For those on special diets or taking medications, please consult your physician before fully participating in the fast. Remember to stay hydrated and rest well.

Lastly, please embrace this time as an opportunity to do intentional acts of kindness! There is no need to film your acts of intentional kindness or post on social media, remembering Colossians 3:23-24.

Family, this is NOT a form of punishment, but rather an opportunity to draw near to God. I sincerely believe that GOD has AMAZING blessings in store for HIS people during this season! Let us prepare our bodies, minds, souls, and spirits for what is in store!