

WRIGHTS GROVE BAPTIST CHURCH · CONSECRATION 2026

The *Consecration Fast*.

Our 40-day family fast — a guide to how we fast together, the prayer line, and everything you need to take part. Keep it handy all season.

WHY WE FAST

Our Purpose

To seek God and unite the body of WGBC in prayer and fasting, and to develop a culture of continuous, consistent, and constructive prayer. We, the WGBC body of believers, commit to the 40-Day Family Consecration Fast.

Fasting, when combined with prayer, has proven to be one of the greatest spiritual resources available to maximize definition, direction, and development in your spiritual life. A successful fast usually depends on approaching God with the right attitudes and motives.

PRAY TOGETHER

The Prayer Line

DAILY MORNING PRAYER · CONFERENCE CALL

6:00 a.m. every morning

Dial **412-924-6969** · Access Code **218631**

Then pray individually at **12 p.m.** and **6 p.m.**

CONSECRATION PERIOD

40 days, completed over 8 weeks.

FASTING HOURS

6 a.m.–6 p.m. for those with medical or dietary restrictions. **All day (24 hrs.)** for others.

HOW TO ENGAGE

Focus & Engagement

Give yourself to four things during the fast: **prayer, fasting, exercise, and meditation**. Add **30 minutes or more** of physical activity and/or a healthy eating plan each day.

CHOOSE YOUR FAST

The Types of Fast

Soul Fast

Renews the gates to our soul by reducing influences that program the mind, will, and emotions. Refrain or reduce: **television, social media, secular music, and technology.**

TIPS

Spend time in devotion. Replace technology with family time, reading, or exercise. Only use technology if it's work-related or an emergency. Increase your intake of the Word by reading, listening to messages, and gospel music.

Daniel Fast

Increases awareness and sensitivity to the Spirit by denying the appetite of the flesh. **Eat vegetables and fruits; drink water only. No alcoholic beverages.**

TIPS

Spend the time you'd use preparing meals in prayer, Bible study, and meditation. Eat fruits and vegetables in moderation. Drink lots of water and detox your body. Eat to live — don't live to eat!

Complete Fast (Water Only)

The most common complete fast, allowing only water — or sometimes water with electrolytes.

Juice / Liquid Fast

A variation where nutrient-rich liquids like fresh juices or broth are allowed, providing more energy than water alone.

DANIEL FAST

Foods to Eat

- ♦ **Fruits** — fresh, frozen, canned, and dried.
- ♦ **Beans & legumes** — your main source of protein.
- ♦ **Whole grains**
- ♦ **Vegetables** — fresh, frozen, and canned.
- ♦ **Nuts, seeds & oils** — healthy fats to keep you full.
- ♦ **Water** — drink plenty throughout the day.

STAY SAFE

Safety & Breaking the Fast

Safety. Consult a doctor before starting, especially for longer fasts or if you have a health condition.

Breaking the fast. Start slowly with easily digestible foods like broth and cooked vegetables to avoid digestive distress.



Please note: Certain medical conditions require consultation with your physician. Before beginning any fast, please consult your physician.

*There is a season, a time appointed, for everything — **and a time for every purpose under heaven.***

ECCLESIASTES 3:1 AMP

QUESTIONS

We're Here to Help

Pastor/Teacher Henry D. Leonard, Sr. · "The Church Where Everybody is Somebody!"

Church office: **478-994-0707** · wrightsgrove@gmail.com. Like & share us on Facebook, and subscribe on YouTube.