



21 DAYS CONSECRATION,  
PRAYER & FASTING

# Journal

*Worship  
God*



GOD IS SPIRIT, AND  
THOSE WHO WORSHIP  
HIM MUST WORSHIP IN  
SPIRIT AND TRUTH.

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JOHN 4:24

March 30-April 19, 2025



# 21 PRAYER & FASTING DAYS



"Bless the Lord, O my soul: and all that is within me, bless His holy name."

## **FAMILY IS EVERYTHING!**

This 21-days of Consecration, Prayer & Fasting is for you AND your family! God wants your entire family to be consecrated. God wants your entire family to be consistent in prayer and fasting as you all seek a clear and personal path to becoming better disciples. God wants to USE you and your family to "go ye therefore" and MAKE disciples, to evangelize, tell others your story, and brag about the loving God you serve.

I ask that you make this 21-day journey a "**FAMILY EXPERIENCE.**" Let the Lord prepare you and your family. Seek the Lord in prayer. Ask Him to search you and your family; to deliver you and your family from anything that might offend Him. Remind yourself to let the Lord **BE THE LORD** of you and your family's lives. Let HIM INCREASE as you decrease.

Come together as a family and read the selected Scriptures daily over this 21-day journey. Together share your thoughts, answer the questions, and write down what the Lord is saying each day. Embrace this special opportunity to walk and talk with God and your family for these next 21 days! I promise, you and your entire family will be BLESSED!

Pastor KZ Smith

# CBC Family Prayer Journal: Equipping the Saints

## WEEK ONE: Consecration

### Day 1: March 30, 2025 - Psalm 51:10-12 (NIV)

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Reflection:** How is God currently renewing your spirit? Write about an area where you need a "clean heart" and how surrendering this area might transform your worship.

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### Day 2: March 31, 2025 - Isaiah 58:6-8 (NIV)

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard."

**Reflection:** How might God be calling you to a deeper form of fasting beyond just abstaining from food? What "chains of injustice" around you need breaking?

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### Day 3: April 1, 2025 - Daniel 10:12-13 (NIV)

"Then he continued, 'Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.'"

**Reflection:** Daniel prayed for 21 days before receiving an answer. Reflect on a time when persistent prayer eventually brought breakthrough. How did this experience shape your faith?

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### Day 4: April 2, 2025 - Matthew 6:16-18 (NIV)

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

**Reflection:** Examine your motives for spiritual disciplines. Are you fasting/praying for others to notice, or solely for God? How can you make your consecration more authentic?

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**Day 5: April 3, 2025 - Joel 2:12-13 (NIV)**

"'Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."

**Reflection:** Joel speaks of "rending your heart, not your garments." Where might you be focusing on external religious actions rather than internal transformation?

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**Day 6: April 4, 2025 - Psalm 42:1-2 (NIV)**

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?"

**Reflection:** The psalmist describes thirsting for God like a deer pants for water. When have you experienced this kind of spiritual thirst? What currently satisfies your soul?

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**Day 7: April 5, 2025 - James 4:8-10 (NIV)**

"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up."

**Reflection:** This scripture calls us to cleanse our hands and purify our hearts. What specific actions and attitudes is God asking you to purify during this consecration period?

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## WEEK TWO: PRAYER

### Day 8: April 6, 2025 - 2 Chronicles 7:14 (NIV)

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

**Reflection:** God calls His people to humble themselves and pray. What does genuine humility look like in your life? What pride might be preventing deeper worship?

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### Day 9: April 7, 2025 - Philippians 3:10-11 (NIV)

"I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead."

**Reflection:** Paul desired to know Christ and the power of His resurrection. What aspects of Jesus' character are you seeking to know more deeply during this consecration?

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**Day 10: April 8, 2025 - Psalm 63:1-4 (NIV)**

"You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name, I will lift up my hands."

**Reflection:** David praised God in a desert place. Describe a "desert" in your life where God is calling you to worship despite difficult circumstances.

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**Day 11: April 9, 2025 - Isaiah 40:31 (NIV)**

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

**Reflection:** Waiting on the Lord renews our strength. What does "waiting on God" mean to you practically? How can you practice holy waiting during this season?

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**Day 12: April 10, 2025 - Matthew 5:6 (NIV)**

"Blessed are those who hunger and thirst for righteousness, for they will be filled."

**Reflection:** Jesus said those who hunger for righteousness will be filled. What specific aspect of God's righteousness are you currently hungering for?



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**Day 13: April 11, 2025 - Psalm 139:23-24 (NIV)**

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting."

**Reflection:** Ask God to search your heart as David did. What might He be revealing about your motives, attitudes, or behaviors that need alignment with His will?

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**Day 14: April 12, 2025 - 1 Peter 5:6-7 (NIV)**

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

**Reflection:** This scripture invites us to cast our anxieties on God. What burdens are you carrying that you need to surrender during this consecration period?

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## WEEK THREE: FASTING

### Day 15: April 13, 2025 - Psalm 46:10 (NIV)

"He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'"

**Reflection:** "Be still and know that I am God." In what ways do you struggle with stillness? How might creating more silent space transform your worship?

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### Day 16: April 14, 2025 - Jeremiah 29:13 (NIV)

"You will seek me and find me when you seek me with all your heart."

**Reflection:** God promises to be found when we seek Him with our whole heart. What areas of your life are you holding back from God's influence?

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### Day 17: April 15, 2025 - Lamentations 3:22-23 (NIV)

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

**Reflection:** God's mercies are new every morning. Reflect on a specific mercy you've experienced recently that demonstrates God's faithfulness to you.

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**Day 18: April 16, 2025 - Psalm 91:1-2 (NIV)**

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"

**Reflection:** What does it mean to "dwell in the shelter of the Most High"? How can you make God's presence your dwelling place in practical ways?

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**Day 19: April 17, 2025 - Isaiah 43:18-19 (NIV)**

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

**Reflection:** God says He is doing a new thing. What old patterns or perspectives might God be asking you to release to embrace something new?

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**Day 20: April 18, 2025 - Philippians 4:6-7 (NIV)**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

**Reflection:** Peace that passes understanding guards our hearts. Describe a situation where you need this supernatural peace and how it might change your approach to the situation.

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**Day 21: April 19, 2025 - Psalm 100:4-5 (NIV)** "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations."

**Reflection:** As consecration concludes, how has gratitude transformed your worship? List five specific blessings from this period and how they've drawn you closer to God.

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## **What is the Daniel Fast?**

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1, the Prophet ate only vegetables (that would have included fruit and drank only water. From these scriptures we get two of the guidelines for the fast:

1. Only fruit and vegetables
2. Only water for a beverage

In Daniel 10 read that the Prophet ate no meats, or any breads or foods and he drank no wine for 21 days. From this scripture, we get a third guideline:

3. No sweeteners and no breads

## **How to prepare for the Daniels Fast**

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so, starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His word and His ways.

## **How to Begin Spiritually:**

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:

3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12: 1-2).

### **Scripture References for Fasting:**

Matthew 6:16-18; Matthew 9: 14-15; Luke 18: 9-14

**Relation to Prayer and Reading of the Word:** I Samuel 1:6-8, 17-18, Nehemiah 1: 4, Daniel 9:3, 20, Joel 2:12, Luke 2:37 and Acts 10:30

**Corporate Fasting:** 1 Samuel 7: 5-6, Ezra 8: 21-23, Nehemiah 9: 1-3, Joel 2: 15-16, Jonah 3: 5-10 and Acts 27: 33-37

### **What can you expect during the Fast?**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **When you fast:**

Expect to get to know God better.

Fasting is waiting (Lamentations 3: 5-27)

Fasting is drawing near (Jeremiah 29: 11-13)

### **As you demonstrate sincerity to God, you can expect:**

Expect strength in your inner character.

Find power to leave sinful habits (2 Corinthians 7:1)

Find power to stay focused in prayer.

Find yourself desiring God's presence.

Expect the hand of God to move to answer unselfish prayers.

Expect resistance from the devil.

Expect your prayers to go to a higher level.

### **How to succeed in fasting:**

Fast with friends (Matthew 18:19)

Fast with a purpose (not casually)

Set a start date and end date.

Determine you will follow through on the fast.

Fast unselfishly (Isaiah 58: 1-11)

Spend time with God.

**Fasting does not work if you do not pray.**

### **Types of Fasts:**

**Full Fast:** Drinking only liquids (you establish the number of days)

**3-Day Fast:** This fast can be a Full fast Daniel Fast or give up at least one item of food.

**Daniel Fast:** Eat no meat, no sweets, and no bread. Drink water. Eat fruits and vegetables.

**Partial Fast:** A partial fast is from 6:00am to 3:00pm or from sunup to sundown.

You can select from these types of fasting—Full fast, Daniel Fast or give up at least one item of food.

### **Common FAQ's**

#### **What about prepared foods?**

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods or prepared sauces you must read the label to be aware about just what is in there.

#### **What about pasta?**

Make sure the label says whole grain pasta with no additives. Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

#### **I know it say raw, unsalted nuts, but what about roasted nuts?**

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

#### **What kind of peanut butter is allowed?**

Natural peanut butter with no additives. Watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.



### **How can I identify whole grain foods?**

Typically, if the ingredient lists “whole wheat”, “rolled oats” or “whole corn” as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional fact’s information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grain. “Wheat flour” is not a whole grain and therefore does not indicate a whole grain product.

### **What about salad dressing?**

Olive oil and lemon or lime is an option.

### **Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and employment of chemicals.

### **What about bread?**

The bread should be prepared without yeast.

### **How much can I eat?**

If they are the appropriate foods, we recommend eating until satisfied with no limits.

### **Foods to include in your diet during the Daniel Fast:**

#### **All Fruits**

Apples	Guava
Apricots	Honeydew melons
Avocados	Kiwi
Bananas	Lemons
Berries	Limes
Blackberries	Mangoes
Boysenberries	Melons
Breadfruit	Mulberry
Cantaloupe	Nectarines
Cherries	Oats
Coconuts	Olives

Cranberries  
Dates  
Figs  
Grapefruit  
Grapes  
Grenadine  
Raspberries  
Strawberries  
Tangerines

Oranges  
Papayas  
Peaches  
Pears  
Pineapples  
Plums  
Prunes  
Raisins  
Tangelos  
Watermelons

### **Vegetables:**

These can be fresh, frozen, dried, juiced or canned (watch salt content)

Artichokes  
Asparagus  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chili peppers  
Collard greens  
Corn  
Cucumbers  
Eggplant  
Garlic  
Ginger root  
Kale  
Leeks  
Lettuce

Onions  
Parsley  
Peppers  
Potatoes  
Radishes  
Rutabagas  
Scallions  
Spinach  
Sprouts  
Squashes  
Sweet Potatoes  
Tomatoes  
Turnips  
Watercress  
Yams  
Zucchini  
Mushrooms  
Mustard greens  
Okra

### **Legumes**

Dried beans  
Black beans  
Cannellini  
Pinto beans  
Split peas

Green Beans  
Green Peas  
Kidney beans  
Peanuts  
Beans

Lentils  
Black eye peas

Lentils  
Lupines

### **Seeds**

All nuts (raw, unsalted)  
Spouts  
Ground flax  
Cashews  
Walnuts

Sunflower  
Sesame  
Almonds  
Natural almond butter

### **Whole Grain**

Whole wheat  
Brown rice  
Millet  
Quinoa  
Oats  
Rolled oats  
Plain oatmeal

Barley  
Grits (no butter)  
Whole wheat pasta  
Whole wheat tortillas  
Plain rice cakes  
Popcorn (homemade)

### **Liquids**

Water (spring, distilled, filtered)  
Unsweetened Soy milk  
Herbal (caffeine free) tea  
100% fruit/vegetable juice (no added sugar)

### **Other**

Tofu  
Soy products  
Herbs  
Small amount of honey  
Small amount of Sea salt  
Small amount of Ezekiel bread  
Small amount of Olive oil  
Spices (read the label for no preservatives)

## **Foods to avoid on the Daniel Fast:**

All animal products including all meat, poultry, and fish	Raw sugar
White rice	Syrups
White bread	Molasses
All deep-fried foods	Can juice
Caffeine	White flour
Coffee (including decaf)	Margarine
Carbonated beverages	Shortening
Energy drinks	High fat products
Foods containing preservatives, additives	Butter
Refined foods	All leavened breads
Processed foods	Baked goods
Food additives	All dairy
Refined sugar	Milk
Sugar substitutes	Cheese
Mayonnaise	Yogurt
Alcohol	Cream
	Eggs

## **Quick recipes to enjoy during the Daniel Fast**

### **Easy high-protein breakfast stir-fry**

1 tablespoon olive oil  
1 medium onion, sliced  
½ green pepper, chopped  
Fresh Italian herbs to taste

Heat skillet over medium heat. Add oil and heat for a couple of minutes. Add the onions and green peppers; and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

### **Apple Blueberry Oatmeal Cereal**

2 sweet apples  
¾ cup rolled oats  
1 cup blueberries  
½ cup almonds  
1 cup apple juice

Cook the oats as directed on the box. Chop or grind the almonds, chop the apples and combine. Add the blueberries; then top it off with a sprinkle of nutmeg, cinnamon and a glass of apple juice.

## **Minestrone Soup**

8 cups vegetable stock  
1 ½ cup of garbanzo beans  
2 cups red kidney beans  
½ cup of carrots  
3 medium tomatoes  
½ cup fresh parsley  
Sea salt  
1 cup cabbage  
¼ tsp oregano  
¼ tsp basil  
¼ tsp thyme  
½ cup celery  
½ cup onions  
1 clove garlic  
1 pkg spinach noodles (cooked)

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as directed on the pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage, and garlic and sauté in water r soup stock over medium heat for 5-7 minutes. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes and minced herbs. Bring to a simmer, then turn heat down and simmer for 10 minutes. Stir in cabbage and parsley with lid partially on for about 15 minutes. Add more soup stock or tomatoes as needed. Serve over noodles.

## **Stir Fry Vegetables**

1 red onion, sliced  
3 celery stalks, thinly sliced  
½ cup broccoli, chopped  
1 bell pepper, sliced  
1 tsp sea salt  
3 carrots, peeled and sliced  
½ cup cauliflower, chopped  
1 cup zucchini, thinly sliced  
1 cup yellow squash, thinly sliced  
1 tbsp oriental seasoning

Stir-fry all vegetables in 1-2 tbsp of olive oil until tender. Add salt and seasoning to your taste. Serve alone or over brown rice.

## **Vegetarian Chili**

2 medium-size green peppers,  
chopped  
1 medium size yellow onion, chopped  
1 zucchini, sliced  
1 yellow squash, sliced  
2 tablespoon olive oil  
2 tablespoon chili powder  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground red peppers  
2 cups corn kernels (fresh or frozen)  
2 16oz cans of tomatoes  
2 16 oz cans of pinto beans.  
2 16oz can black beans  
1 4oz can mild green chilies  
1 4oz can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squash, chili powder, salt, ground red peppers and corn. When all the vegetables are soft but still firm, add the tomatoes and all the beans, green chilies, and tomato paste. Stir until blended. Bring to a boil and then reduce heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

## **Snacks**

### **Popcorn**

$\frac{1}{4}$  cup un-popped corn  
1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the un-popped kernels in the bag for the next serving.

### **Cantaloupe Tonight Melon Smoothie**

$\frac{1}{2}$  medium size cantaloupe, seeded and cut from the rind.  
 $\frac{1}{2}$  cup orange juice (use fresh oranges)  
Juice 2 limes  
1 medium size banana, peeled and cut into chunks.  
Fresh mint leaves for garnish (optional)  
2 cups of ice cubes

Mix all in a blender and serve. Makes 2 servings.

You can use the same general recipe to make all kinds of different smoothies. Just ensure you use some type of fresh juice and bananas. Add water or more juice to thicken the smoothie. Frozen fruit works well also.





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*Worship*

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