



21 DAYS CONSECRATION,
PRAYER & FASTING
MARCH 14 - APRIL 4, 2026

*United In
The Spirit*

CORINTHIAN BAPTIST CHURCH
1920 TENNESSEE AVENUE
CINCINNATI, OHIO 45237
KZ SMITH, PASTOR

Corinthian Baptist Church

21 Days of Consecration Prayer and Fasting

United in Spirit – Serving Together for God’s Purpose

Introduction from Pastor KZ Smith

During these 21 days of consecration, prayer, and fasting, we invite every member of Corinthian Baptist Church to intentionally seek the presence and guidance of God. Consecration is a time of spiritual focus where we set ourselves apart to hear from the Lord, renew our hearts, and align ourselves with His will.

As we journey together through these scriptures, may the Holy Spirit unite our hearts, strengthen our faith, and inspire us to serve others with humility and love. My prayer is that during this season God will deepen our relationship with Him and empower us to live as a church truly united in spirit.

Grace and peace,
Pastor KZ Smith

Day 1 – March 15

Psalm 27:4

The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.

Reflection: Consecration begins with a deep desire to seek God's presence above everything else.

Day 2 – March 16

Jeremiah 29:13

If you look for me wholeheartedly, you will find me.

Reflection: God promises to reveal Himself to those who pursue Him sincerely.

Day 3 – March 17

Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Discussion: What does it look like to prioritize God's kingdom in daily life?

Day 4 – March 18

James 4:8

Come close to God, and God will come close to you.

Reflection: When we draw near to God, He responds with His presence.

Day 5 – March 19

Psalm 51:10

Create in me a clean heart, O God. Renew a loyal spirit within me.

Discussion: What areas of your life need renewal during this season?

Day 6 – March 20

Isaiah 55:6

Seek the Lord while you can find him. Call on him now while he is near.

Reflection: God invites us to pursue Him intentionally.

Day 7 – March 21

2 Chronicles 7:14

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

Discussion: How does humility prepare us for spiritual renewal?

Day 8 – March 22

Ephesians 4:3

Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Reflection: Unity requires intentional effort and commitment.

Day 9 – March 23

Psalms 133:1

How wonderful and pleasant it is when brothers live together in harmony!

Discussion: Why is unity so powerful in the church?

Day 10 – March 24

Philippians 2:1–2

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

Reflection: Unity flows from shared love and purpose in Christ.

Day 11 – March 25

Colossians 3:13

Make allowance for each other's faults, and forgive anyone who offends you.

Discussion: How does forgiveness strengthen unity in the church?

Day 12 – March 26

Romans 15:5

May God, who gives this patience and encouragement, help you live in complete harmony with each other.

Reflection: Unity is ultimately a work God performs in our hearts.

Day 13 – March 27

1 Corinthians 1:10

Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose.

Discussion: What causes division in churches today?

Day 14 – March 28

John 17:21

I pray that they will all be one, just as you and I are one.

Reflection: Jesus prayed specifically for the unity of believers.

Day 15 – March 29

Galatians 5:13

Use your freedom to serve one another in love.

Discussion: How can service become an expression of love in the church?

Day 16 – March 30

1 Peter 4:10

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

Reflection: Every believer has been uniquely equipped by God to contribute to the body of Christ.

Day 17 – March 31

Mark 10:45

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

Discussion: How does Jesus redefine greatness through service?

Day 18 – April 01

Romans 12:11

Never be lazy, but work hard and serve the Lord enthusiastically.

Reflection: Serving God should be done with passion and diligence.

Day 19 – April 02

Hebrews 6:10

For God is not unjust. He will not forget how hard you have worked for him.

Reflection: God sees and honors every act of faithful service.

Day 20 – April 03

Matthew 25:40

And the King will say, 'When you did it to one of the least of these my brothers and sisters, you were doing it to me!'

Discussion: How does serving others reflect our love for Christ?

Day 21 – April 04

Acts 1:8

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere.

Reflection: The Holy Spirit empowers believers for service and mission.



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. So 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 meat nor any breads or foods and he drank no wine for 21 days. So 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 to 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 sun up 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 says 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?

A 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?

As long as they are the appropriate foods, we are recommending 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	Oranges
Dates	Papayas
Figs	Peaches
Grapefruit	Pears
Grapes	Pineapples
Grenadine	Plums
Raspberries	Prunes
Strawberries	Raisins
Tangerines	Tangelos
	Watermelons

Vegetables:

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

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes
Collard greens	Sweet potatoes
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	Watercress
Garlic	Yams
Ginger root	Zucchini
Kale	Mushrooms
Leeks	Mustard greens
Lettuce	Okra

Legumes

Dried beans	Green beans
Black beans	Green peas
Cannellini	Kidney beans
Pinto beans	Peanuts
Split peas	Beans
Lentils	Lentils
Black eye peas	Lupines

Seeds

All nuts (raw, unsalted)	Sunflower
Spouts	Sesame
Ground flax	Almonds
Cashews	Natural almond butter
Walnuts	

Whole Grain

Whole wheat	Barley
Brown rice	Grits (no butter)
Millet	Whole wheat pasta
Quinoa	Whole wheat tortillas
Oats	Plain rice cakes
Rolled oats	Popcorn (homemade)
Plain oatmeal	

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
¾ 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 or 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 stalks celery, 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
- ¾ teaspoon salt
- ¼ 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 jus blended. Bring to a boil and then reduce heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.



21 DAYS CONSECRATION,
PRAYER & FASTING
MARCH 14 - APRIL 4, 2026

*United In
The Spirit*

CORINTHIAN BAPTIST CHURCH
1920 TENNESSEE AVENUE
CINCINNATI, OHIO 45237
KZ SMITH, PASTOR