consecrate

Be set apart for God

propel church

welcome

LETTER FROM PS NICK

Hey friend,

You made it to our final fast of the year, and I want you to know– God's got more in store for you. Whether this has been your first time fasting, your third time walking through this journey with us, or somewhere in between, God has been doing something in you all year long. Hunger stirred a desire; formation began to shape who you're becoming, and now we're moving into a season where consecration is calling you into something deeper.

Consecration is one of the most misunderstood words in the Christian life. We often associate it with a moment, a ceremony, or a spiritual mountaintop, but what God is after isn't a moment; it's your life. A life set apart that carries His presence, reflects His character, and is fully surrendered to His purpose.

These seven days are an invitation to live with open hands, an undivided heart, and a life that says, "God, I am Yours." That is what consecration means. It's the act of setting yourself apart for God–not just for a week, but as a pattern of living. It's choosing holiness not as a burden, but as a gift. It's offering your whole life, not just the cleaned-up parts, to the One who already knows you and loves you completely. As you fast these next seven days, I pray that God's presence becomes more real to you than it has ever been. I pray that surrender becomes your strength, that purity becomes your peace, and that by the end of this week, you step into the next season with confidence.

My prayer for you is that you're not just refreshed, but truly set apart.

With you on the journey,

Ps. Nick Newman

Lead Pastor, Propel Church

What is consecration?

Consecration is more than a religious idea. It's one of the most profound acts of surrender a person can offer to God. We see in Scripture that to consecrate something meant to set it apart–to declare that it was no longer for ordinary use, but was fully dedicated to God's purposes. That's what we're doing with our lives on this fast.

This fast is built around one core truth: You weren't made to blend in; you were made to be set apart.

Over these seven days, we aren't simply asking God to bless us. We are positioning ourselves to be surrendered to Him. Consecration is the culmination of everything God has been building in you this year. Hunger awakened your desire. Formation shaped your patterns. Prayer aligned your heart. Now, Consecration calls you to step fully into who God has made you to be: holy, devoted, distinct, and fully surrendered.

The world we live in works hard to make us look, think, and live like everyone else. The call of consecration cuts against that current. It's the courageous choice to be marked by God's presence rather than defined by cultural pressure, and to surrender comfort, convenience, and self-direction in exchange for the life God designed you to live.

This is the final step in our 2026 spiritual journey.

How to use this Devotional

1. One devotional per day

Each day includes:

- **A Scripture to meditate on**
- **A devotional teaching**
- **A prayer focus**
- **Three engagement lanes**
  - Simple Lane (for first-time fasters)
  - Stretch Lane (for growing fasters)
  - Deep Lane (for seasoned fasters)

2. Choose your lane

Pick whichever lane fits your season. There's no "better" lane, only the one that helps you engage with God the most.

3. Miss a day? No stress.

Just pick up on the day you're on; there is no falling behind.

4. Build consistency, not perfection

Fasting isn't about flawless discipline; it's about faithful pursuit of God.

5. Make space for God

Take your time, slow down, be intentional, and expect Him to speak to you.

Types of Fasts

Food Fasts (Recommended for most)

- Full fast – liquids only (for experienced fasters)
- Partial fast – skip one or two meals per day
- Daniel-style fast – vegetables, fruit, water only
- Sunrise-to-sunset fast – eat only after sunset

Non-Food Fasts (If fasting food is not possible)

- Social media
- Streaming/entertainment
- Sugar or caffeine
- Eating out
- Unnecessary spending
- Gaming or digital noise

Choose something you regularly consume—something that has a "pull" on your life.

Safety & Wisdom Notes

- We recommend that if you have pre-existing medical conditions, to consult with your doctor before starting to fast. Remember that choosing a non-food fast is not downgrading the step you are taking to pursue God.
- Stay hydrated and listen to your body.
- There is no shame in modifying your fast—this is about formation, not punishment.

Suggested
Daily Rhythm

Morning

Read the Scripture + devotional

Pray the prayer focus

Choose your lane practice for the day

Midday

Pause for 1-3 minutes

Turn hunger into prayer

Reflect on what God is revealing

Evening

Complete your lane practice

Journal a sentence or two

Thank God for His presence

The 7-Day Devotional Outline

Day 1 — Set Apart

Day 2 — Holiness isn't a Burden

Day 3 — Pure in Heart

Day 4 — Wholehearted Devotion

Day 5 — Surrender and Access

Day 6 — Distinct, not Distant

Day 7 — A Life Fully Given

Set Apart

Day One

"But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for He called you out of the darkness into His wonderful light."
– 1 Peter 2:9 (NLT)

Consecration begins with understanding who you are before it ever changes what you do. Before you can live set apart, you must believe that you have been set apart. The truth of the Gospel is that God did not wait until you cleaned up or fixed yourself. He chose you, and He is making you holy through the process of following Him. The language Peter uses in this passage should breathe life into your soul. He says you're chosen, royal, holy, and (don't miss this) God's special possession. These aren't descriptions of people who have it all together; they're descriptions of people being transformed. People who have been called out of darkness, not people who had never experienced it. Yet God looked at them and declared, "You're set apart."

Consecration can't begin in a list of behaviors to adjust or disciplines to adopt, but in the settled conviction that God has claimed your life as His own. You aren't trying to earn a position with God. You already have one.

The call to consecration isn't the starting line; it's the response to what God has already done. For many people, the idea of being “holy” carries weight that feels impossible. We think of our history, our habits, or our ongoing struggles and wonder how that word could ever apply to us. But holiness in Scripture isn't about the absence of struggle; it's about the presence of God with you in the midst of your struggle. A holy life isn't a perfect life; it’s a surrendered one.

To be set apart means your life has a distinct orientation toward God rather than self-preservation, self-promotion, or cultural conformity. It means you're no longer defined by where you came from, but by Whose you are. It means the rhythm of your life begins to reflect the One who called you.

As you begin this final fast of the year, let the starting point be identity, not effort.
You're already chosen.
You're already called.
Consecration is simply the act of living like where you're already seated.

Today is the beginning of that process. Ask yourself what has been shaping you lately. Then invite God to begin forming something deeper in you.

Prayer Focus

Ask God to settle your identity in Him as His set-apart possession. Pray that He would help you see yourself the way He sees you, not defined by your past, but called into His purpose.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)
Skip one meal today. During that time, read 1 Peter 2:9 slowly and pray this: “God, I belong to You. I ask you to help me live like it.”

Stretch Step (Growing Fasters)
Fast until lunch or dinner. Write down two or three words from 1 Peter 2:9 that describe who God says you are. Spend a few minutes asking God to make those truths more real to you than your feelings.

Deep Step (Seasoned Fasters)
Fast the entire day or until dinner. Spend 15–20 minutes in quiet reflection and prayer. Ask God to reveal any area where you have allowed a lesser identity to define you more than His Word. Surrender that area to Him and declare who He says you're.

Holiness isn't a Burden

Day Two

"God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor."

– 1 Thessalonians 4:3-4 (NLT)

One of the most persistent lies about holiness is that it's a weight God places on people who are "serious" about following Him. This lie builds a life in which to live holy is to live restricted, joyless, and constantly striving to earn God's approval. Scripture tells a completely different story about holiness. Holiness isn't a burden placed on you by God; it's a gift He is forming in you by His Spirit. Paul writes clearly that God's will is your sanctification, which means the ongoing process of being set apart and consecrated for God's purposes. It's not a destination you white-knuckle your way toward. It's a transformation God is actively working in you as you remain surrendered and yielded to Him.

Think about it this way: holiness isn't the removal of life, it's the fullness of the life God designed for you. When God calls you away from certain patterns or habits, He isn't trying to take something from you; He is trying to protect and fill something in you. Every boundary in Scripture is an act of love, not restriction, because God knows what your soul was built for, and He calls you toward the things that actually satisfy it.

The problem for many followers of Jesus is that they pursue holiness through willpower rather than surrender. They try to manage sin rather than allowing God to transform the desire beneath it. Willpower is exhausting and limited, but when you're genuinely surrendered to God, holiness begins to feel less like a rule and more like a reflection of who you're becoming.

Fasting creates space to examine the places where you have been fighting for holiness in your own strength. It creates an honest moment to ask: Am I pursuing holiness out of fear, or out of love? Am I avoiding sin because of guilt, or because I genuinely want to protect the intimacy God and I share?
God isn't standing at a distance waiting for you to become holy before He draws near. He is drawing near to form holiness in you. The response He is looking for isn't perfection, it’s willingness. **A willing heart is the beginning of a consecrated life.**

Prayer Focus

Ask God to shift your understanding of holiness from obligation to invitation. Pray that His presence would be the motivation for your pursuit of a set-apart life, and ask Him to expose any place where you have been striving in your own strength.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

During one moment of hunger today, stop and pray: “God, shape me. I don't want to do this in my own strength.” Let it be a simple, honest moment of surrender.

Stretch Step (Growing Fasters)

Fast one or two meals. Reflect on one area of your life where you have been pursuing holiness through effort rather than surrender. Journal what it might look like to release that area to God.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 15–20 minutes in reflective prayer, asking God to search your heart honestly. Where is there striving without surrender? Where has guilt replaced love as your motivation? Repent of the hustle/striving and rest in His grace.

Pure in Heart

Day Three

"God blesses those whose hearts are pure,
for they will see God."
– Matthew 5:8 (NLT)

Purity is one of those words that has been diluted because we often aim it at a single behavior in a single area of life. When Jesus speaks of a pure heart in the Sermon on the Mount, He is talking about something far more comprehensive, an undivided interior life. A heart that isn't pulled in competing directions, a soul that has a singular focus: God. The Greek word for pure here is katharos, and it carries the image of something unmixed, uncontaminated, clear. A pure heart isn't a sinless heart in the sense of moral perfection. It's a heart with a single-minded devotion. It's a heart that has said to God, "You have all of me."

The promise attached to this is extraordinary: **the pure in heart will see God.** Not in some distant, theological sense, but in practical, daily experience. Purity of heart creates clarity of spiritual vision. When your interior life isn't cluttered with competing loyalties, secret compromises, or things you've been holding back from God, your awareness of His presence increases. You begin to hear more clearly, sense His direction more easily, and experience His nearness more fully.

Fasting is one of the most honest tools we have for examining what occupies our hearts. When the normal patterns are stripped away, what remains? What does your mind drift toward when it'sn't distracted? What desires surface when you stop feeding them with other things? These aren't condemning questions; they are clarifying ones.

God isn't looking for a perfect heart; He is looking for an honest one. An honest heart is the beginning of a pure one. When we stop pretending, performing, and managing the image we project, we can come to God with open hands and say, "Here is what's really in me." That raw honesty is the moment He begins His deepest work. Today, let this fast cultivate interior honesty.

Bring what is really in your heart before God: the competing desires, divided loyalties, and the things you've been holding back. The pure in heart aren't those who have never struggled; they are those who have stopped hiding.

Prayer Focus

Ask God to search your heart honestly today. Invite Him to reveal any place of division, hidden compromise, or competing loyalty. Ask Him to create in you a single-minded devotion to Him.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)
During a meal you're skipping today, take five minutes to pray Psalm 139:23-24 slowly: "Search me, O God, and know my heart, test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life." Let it be an honest conversation with God.

Stretch Step (Growing Fasters)
Fast one or two meals today. In your journal, write down one area of your heart that feels divided, or something you have been holding back from God. Ask Him to purify that area and give you an undivided desire for Him.

Deep Step (Seasoned Fasters)
Fast the entire day or until dinner. Spend 20 minutes in reflective prayer and solitude, asking God to reveal any competing loyalties or hidden areas of your heart. Use this time to confess honestly, surrender fully, and receive the grace He freely offers.

Wholehearted Devotion

Day Four

“"And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength."

– Mark 12:30 (NLT)

When asked which commandment was the greatest, Jesus said that we are to love God with all your heart, all your soul, all your mind, all your strength. And He left little room for interpretation. The call of God on a consecrated life isn't partial; it’s complete. It’s not the best parts of you offered with something held back; it’s all of you, given fully to the whole of God.

Wholehearted devotion is the heartbeat of consecration, and if we are honest, it's also the hardest part. Most of us are genuinely willing to give God a significant part of our lives. We give Him our Sunday mornings, our prayers, our involvement in church, our visible commitment. But consecration presses deeper, asking about the parts of your life that no one else sees. It asks about the private habits, interior conversations, and things you would never put on display.

God does not ask for wholehearted devotion so He can inspect what you've been hiding. He asks for it because He knows that anything you withhold from Him will eventually become a source of division, anxiety, or distance between you and Him. **Partial devotion always produces partial peace.**

Fasting has a way of surfacing the parts of our lives we have been quietly keeping to ourselves. When the distractions are gone and the usual comforts are removed, we become more aware of the areas we have been managing on our own rather than surrendering to God. That awareness isn't an accusation, it's an invitation. God isn't trying to take from you; He is trying to fill what partial devotion has left empty.

Think of it this way: every area of your life that belongs fully to God is an area where you experience His fullness. Every area you hold back becomes an area of lack. Wholehearted devotion isn't a sacrifice in the sense of loss. It's the pathway to a truly full life. Today, let this be your prayer: "God, I don't want to give You some of me. I want to give You all of me." That kind of surrender is what consecration is made of.

Prayer Focus

Ask God to identify any area of your life that you have prioritized over Him. Pray for the courage and desire to reorient your life around His will, not yours.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

When you feel hunger or a craving today, use it as a prompt to pray: "God, I want to love You with all of me." Let the physical discomfort become a reminder of your desire to give Him everything.

Stretch Step (Growing Fasters)

Fast one or two meals. Write down one area of your life where you have been giving God a portion but not the whole. Ask Him what full surrender in that area looks like and take one practical step toward it today.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 20 minutes in prayerful reflection over every major area of your life: relationships, finances, career, future plans, and private habits. Ask God to show you where wholehearted devotion is still growing and surrender each one back to His leadership.

Surrender and Access

Day Five

"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him."

- Romans 12:1 (NLT)

Paul uses an image in Romans 12 that would have been immediately familiar to his first-century readers: a sacrifice. In the Old Testament, a sacrifice was placed on the altar and consumed by fire. It was given completely and could not be taken back, but Paul introduces something unexpected–you're the sacrifice. You're not being placed on a physical altar, but you're a living sacrifice placed on a spiritual one. Consecration requires ongoing surrender; it's not a one-time decision, it's a daily posture. It's the repeated choice to climb back on the altar when the pressures of life, the pull of old patterns, or the voice of self-interest have drawn you off of it. Paul frames this as an act of worship, not obligation or religious performance, but genuine, Spirit-fueled worship.

There is a deep connection between surrender and access. When you surrender something to God, you gain access to His fullness in that area. When you hold something back, you limit your ability to receive what He can do in it.

God isn’t withholding from you; your tight grip prevents you from catching what He desires to pour out. An open hand isn't a sign of weakness; it's the posture that positions you to receive.

Fasting is an act of physical surrender that trains your soul in spiritual surrender. When you give up something you normally consume, you're opening your hands. You're saying that God's purposes matter more than your comfort and that His presence is worth more than the thing you're setting aside. Every fast is a rehearsal for a fully surrendered life. As you approach the final days of this fast, ask yourself honestly: What am I still holding on to? What area of your life has yet to be placed fully on the altar? It may not be a dramatic thing, it may be a worry you keep returning to, a plan you haven't released, an area of control you haven't given God access to. Whatever it is, today is the invitation.

When you offer it to God, you aren't losing it; you're placing it in hands that are infinitely more capable of carrying it than yours have ever been.

Prayer Focus

Ask God to reveal what you're still gripping tightly. Pray for the grace to offer it as a living sacrifice, not as a loss, but as an act of worship. Invite Him to have full access to every area of your life.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

During a meal you're skipping today, place your hands open in front of you and pray: “God, I give You access. Everything I am is Yours.” Let the physical posture become a spiritual one.

Stretch Step (Growing Fasters)

Fast one or two meals. Write down the one thing you're most tempted to hold back from God. Ask Him what it would mean to fully surrender that thing and take a step in that direction today.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 20–30 minutes in worship or prayerful reflection. Go through each significant area of your life and consciously place each one on the altar before God. Ask Him to reveal any area you have been climbing back off of, and surrender it again.

Distinct, Not Distant

Day Six

"You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father."

– Matthew 5:14-16 (NLT)

There is a misunderstanding of consecration that leads people into isolation rather than mission. When some people hear the call to be “set apart,” they interpret it as a call to be removed from the world, to withdraw from culture, disengage from relationships, and build a life insulated from anything that could threaten their holiness. That isn't the picture Scripture paints. In John 17, Jesus prayed that His followers would not be taken out of the world, but that they would be protected from the evil one while living in it. Consecration isn't about distance from the world; it's about distinction within it. A consecrated life is one that is fully present in the world but not shaped by it. You are engaged in it, but not conformed by it.

Jesus’ words in Matthew 5 make this tension clear. Light is only useful when darkness is present. Salt only preserves what it touches.

The call to be set apart is never a call to be absent; it's a call to be present with a clarity of purpose that the world around you cannot explain. When your life is marked by God, the people who encounter you sense something different. They cannot always name it, but they feel it. That difference is the fruit of a life genuinely consecrated to God. Salt does not affect what it doesn't touch, and light doesn't illuminate a room it isn’t in. The consecrated life is meant to be present in the spaces where people are hurting, searching, and far from God, while carrying a distinctiveness that makes it clear that something is different about you.

The challenge is maintaining that distinctiveness under pressure. Culture is constantly pressing on your identity, values, and appetites. Consecration is the daily choice to resist that pressure by staying rooted rather than running. Rooted in God's Word, prayer, and in the conviction that you have been called out of darkness for a purpose that extends far beyond your own comfort.

As you move toward the end of this fast, ask yourself: Where in my life am I allowing the world to shape me more than God's Word? Where have I confused comfort with calling? Where is God asking me to be more present, but with greater spiritual clarity and conviction?

Prayer Focus

Ask God to help you live with distinction in the spaces you occupy every day. Pray for a renewed mind that resists conformity and for the courage to carry your consecrated life into the places where it will have the most Kingdom impact.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

As you go through today, pay attention to one moment where the world is pressing on your thinking or values. Stop and pray: "God, I want to think like You in this moment."

Stretch Step (Growing Fasters)

Fast one or two meals. Write down one area of your daily life where you sense God calling you to greater distinction: work, family, social media, relationships. Ask Him what it looks like to live set apart in that specific space.

Deep Step (Seasoned Fasters)

Fast the entire day or until dinner. Spend 20 minutes in prayer and reflection, asking God to identify where you have drifted toward conformity in your thinking, habits, or priorities. Ask Him to renew your mind and commission you to be distinctly present in the world He has placed you in.

A Life Fully Given

Day Seven

"My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave Himself for me."
– Galatians 2:20 (NLT)

We began in February by awakening hunger, we moved into formation in the spring, allowing God to reshape our identity and patterns, and we prayed together in August, aligning our hearts with His mission. Now, we're wrapping up with consecration: a life fully given.

Paul's words in Galatians 2:20 were among the first verses I read in the Bible after giving my life to Christ. He doesn't simply say he follows, serves, or believes in Jesus. He says he is no longer living his own life; Christ is living in and through him. This is the destination of every spiritual discipline, fast, and act of surrender. Our goal isn't a better version of yourself managing a Christian life, but rather Christ Himself expressed through a life fully yielded to Him.

That is what consecration produces over time. It's not the goal of a single week, it's the fruit of a year, and a lifetime of choosing God again and again. Every fast you completed was a choice. Every moment of surrender was a choice, and those choices have been forming something in you that you may not fully see yet. A consecrated life doesn't look dramatic from the outside, most of the time.

It looks like a person who responds to pressure differently than those around them. It looks like someone who carries a peace that doesn't depend on circumstances. It looks like a person who gives generously, loves boldly, forgives quickly, and walks through difficulty without losing their anchor. **A consecrated life looks like Jesus.**

As you close this fast and step into what's next, the invitation is simple: don't stop. The work God has done in you this year is meant to carry forward as momentum, not just a moment. The hunger that was stirred in February? Feed it. The formation that happened in the spring? Continue it. The prayers that aligned your heart in August? Keep praying them. The consecration of this final fast? Let it be the posture of every day that follows.

You aren't at the end of something; you're at the beginning of the most fully surrendered, God-shaped, consecrated season of your life. Step into it with open hands, a grateful heart, and the settled confidence that the One who called you is faithful to complete what He has started.

Prayer Focus

Thank God for what He has done in you throughout this entire year. Ask Him to seal the work of this fast and to carry the spirit of consecration forward into every area of your life in the year ahead. Declare that your life is His, fully and without reservation.

Next Step: Engagement Lanes

Simple Step (First-Time Fasters)

Break your fast with gratitude. Take five minutes to thank God for one thing He revealed or shifted in you during these seven days. Ask Him to help you carry that into the new year.

Stretch Step (Growing Fasters)

Journal the top three things God did in your heart during this fast. Identify one area of consecration you want to continue stewarding and write down a simple, practical way to honor that commitment moving forward.

Deep Step (Seasoned Fasters)

Spend 20–30 minutes in prayer and worship, asking God to seal everything He has done during this fast and throughout this entire year. Ask Him to show you specifically how He wants you to carry a consecrated life into the new season. Receive it as a commissioning, not just a closing.

Final Encouragement & Next Steps

You have completed the Consecrate Fast and with it, our church-wide 2026 fasting journey. What God has built in you this year is real. The hunger He stirred, the formation He worked, the prayers He honored, and the consecration He is producing in your life aren't small things. They are the foundations of a life that will carry His presence into everything you do.

Consecration doesn't end when the fast ends. The posture of a set-apart life is meant to outlast the seven days. Keep your hands open. Keep your heart yielded. Keep choosing God over comfort, surrender over control, and His voice over the noise of the world. This isn't the finish line; it's the starting block of the most fully devoted season of your life.

FAQs

What if I forget I'm fasting and eat something?
You didn't ruin the fast. Just continue—fasting is a posture, not perfection.

What if fasting feels too hard?
That's normal. Let the struggle become a reminder of your need for God.

Can I fast from something other than food?
Absolutely. What matters is sacrificing something meaningful.

How do I hear God during a fast?
Through Scripture, quiet moments, conviction, clarity, and peace. God often speaks through impressions that align with His Word.

What if I'm doing this alone?
Text someone from your Small Group or Team. You don't have to walk alone on this journey.

Scriptures for Consecration

- 1 Peter 2:9
- Romans 12:1–2
- Galatians 2:20
- Matthew 5:8
- 1 Thessalonians 4:3–4
- Mark 12:30
- John 17:14–18
- Leviticus 20:26
- Hebrews 12:14
- 2 Corinthians 6:17–7:1