

Seven-Day Consecration Fast

January 04 – January 10, 2026

Fresh Wind Christian Center
Pastor Phil and Toni Williams

Luke 9:23 Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

Consecration: to make or declare sacred. especially to devote irrevocably to the worship of God by a solemn ceremony

Biblical Fast: means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

Fasting Schedule Sunday - Saturday

First Two Days (SWEETS)

Sunday - Monday

As a ministry, we will sacrifice all sweets - desserts, chocolate candies.... etc. (breath mints and gum are excluded)

Second Two Days (MEATS)

Tuesday – Wednesday

As a ministry, we will sacrifice all meats except for fish/seafood

Third Two Days (BREADS)

Thursday – Friday

As a ministry, we will sacrifice all bread (crackers are optional)

Final Day (SWEETS) (MEATS) (BREADS) Saturday, January 10, 2026

As a ministry, we will sacrifice all sweets, meats (except for fish/seafood), and bread to follow as days prior.