



KINGDOM CONSECRATION FAST

PURPOSE

To remove obstacles and prepare our hearts for the King

Primary Scripture Focus: Matthew 13 – The Seven Kingdom Parables. One parable per day.

PARTNERSHIP

Choose another believer to do the fast with. This will require daily contact to go over the lesson and pray.

TYPE OF FAST

Choose at least one food fast and one non-food fast.

Food Fast (Choose at least 1):

- **Complete Fast:** Water only for a short, focused period
Scripture: *Esther 4:16* — "...Neither eat nor drink for three days..."
- **Sunrise-to-Sunset Fast:** No food from sunrise until sunset
Scripture: *Judges 20:26* — "...They fasted that day until evening..."
- **One-Meal-a-Day Fast:** Limit intake to one simple daily meal
Scripture: *1 Corinthians 9:27* — "...I discipline my body..."
- **Daniel Fast:** Fruits, vegetables, and water; no meats or sweets
Scripture: *Daniel 1:12* — "...Let us be given vegetables to eat and water to drink."
- **Partial Food Fast:** Remove specific foods (sweets, meat, caffeine, etc.)
Scripture: *Luke 9:23* — "...Let him deny himself..."

Non-Food Fast (Choose at least 1):

- **Social Media Fast:** Abstain from social platforms and digital distractions
Scripture: *Psalms 46:10* — "Be still, and know that I am God..."
- **Entertainment Fast:** Fast from TV, streaming, gaming, and leisure media
Scripture: *Ephesians 5:15-16* — "...Make the most of every opportunity."
- **News & Information Fast:** Abstain from news, podcasts, and opinion media
Scripture: *Isaiah 26:3* — "You will keep in perfect peace..."
- **Speech Fast:** Fast from complaining, gossip, harsh speech, and negative speech.
Scripture: *James 1:19* — "...Be quick to listen, slow to speak..."

- **Attitude Fast:** Fast from offense, bitterness, fear, or pride
Scripture: *Colossians 3:8* — “...Rid yourselves of all such things...”
- **Control Fast:** Release the need to manage outcomes or people
Scripture: *Proverbs 3:5–6* — “Trust in the Lord with all your heart...”
- **Offering Fast:** Eat simply and put the savings in the offering
Scripture: *Isaiah 58:6–7* — “Is not this the fast that I have chosen...?”
- **Obedience Fast:** Fast from activities that compete with obedience to God
Scripture: *Matthew 6:33* — “Seek first the Kingdom of God...”

DAILY LESSONS

MONDAY – THE PARABLE OF THE SOWER

Scripture Reading: Matthew 13:1–9, 18–23

Kingdom Focus: *The condition of the heart*

Fasting Intention: Ask God to break up hardened ground, remove distractions, and expose shallow roots.

Kingdom Reflection: The Kingdom seed is perfect; fruitfulness depends on the soil. Jesus begins the Kingdom parables not with power, but with perception. The Kingdom advances only as far as the heart allows it.

Prayer: “King, examine my heart. Remove every hardness, uproot distractions, and deepen my roots. Let Your Kingdom word produce lasting fruit in me.”

Kingdom Questions:

1. What condition is my heart in right now?
2. What is competing with the Kingdom seed in my life?
3. What fruit is the Kingdom producing through me?

Kingdom Action: What action will I take to break up hardened ground in my heart, remove distractions, and expose shallow roots?

TUESDAY – THE PARABLE OF THE WHEAT AND THE TARES

Scripture Reading: Matthew 13:24–30, 36–43

Kingdom Focus: *Discernment and patience*

Fasting Intention: Fast from judgment, offense, and control.

Kingdom Reflection: The Kingdom grows in contested ground. Jesus teaches that not everything that looks Kingdom is Kingdom—and not everything that looks threatening can be uprooted prematurely.

Prayer: “Righteous King, give me discernment without judgment and patience without compromise. Teach me to trust Your timing and Your justice.”

Kingdom Questions

1. Where am I trying to control, judge, oppose or uproot what God is trying to establish?
2. Where is there the presence of bad seeds of influence in my life?
3. Am I preempting God’s timing for justice, separation, and reward? (Matthew 13:30)

Kingdom Action: What action will I take to keep myself or others from controlling, judging, opposing, or uprooting what God is trying to establish?

WEDNESDAY – THE PARABLE OF THE MUSTARD SEED

Scripture: Matthew 13:31–32

Kingdom Focus: *Small beginnings, unstoppable expansion*

Fasting Intention: Fast from discouragement and comparison.

Kingdom Reflection: The Kingdom does not announce itself with size—it reveals itself with growth. What begins unnoticed becomes influential when God is the source.

Prayer: “King of increase, help me honor small beginnings. I trust You to grow what You have planted in me.”

Kingdom Questions:

1. What small seed has God placed in my hands that I may be overlooking or undervaluing?
2. Am I faithful in nurturing growth, or waiting for visibility before obedience?
3. How can I contribute to the growth of God’s Church and Kingdom?

Kingdom Action: What action will I take to help grow the Church and Kingdom this year?

THURSDAY – THE PARABLE OF THE LEAVEN

Scripture: Matthew 13:33

Kingdom Focus: *Internal transformation before external change*

Fasting Intention: Fast from external performance and image-management.

Kingdom Reflection: Leaven works quietly, internally, and completely. The Kingdom does not start by changing systems—it starts by changing people from the inside out.

Prayer: “Holy King, let Your Kingdom work deeply in me. Transform my thoughts, motives, and desires until everything reflects You.”

Kingdom Questions

1. Where is the Kingdom working in me beneath the surface, even if I don’t yet see visible change?
2. What areas of my life have I resisted allowing the Kingdom to fully penetrate?
3. How is God using my quiet faithfulness to influence others beyond my awareness?

Kingdom Action: What action can I take to move from external performance and image to internal Kingdom capacity development?

FRIDAY – THE PARABLE OF THE HIDDEN TREASURE

Scripture: Matthew 13:44

Kingdom Focus: *Value and surrender*

Fasting Intention: Fast from comfort and self-preservation.

Kingdom Reflection: The man sold everything not out of loss, but joy. The Kingdom is not costly because it demands sacrifice—it is costly because it is worth everything.

Prayer: “Supreme King, reorder my values. Let nothing compete with the worth of Your Kingdom in my life.”

Kingdom Questions:

1. What has God revealed to me about the value of His Kingdom that others may not yet see?

2. What am I being invited to joyfully release in order to fully possess the Kingdom?

3. Does my life reflect that the Kingdom is my greatest treasure?

Kingdom Action: Identify one thing God is asking you to surrender or reprioritize and how.

SATURDAY – THE PARABLE OF THE PEARL OF GREAT PRICE

Scripture: Matthew 13:45–46

Kingdom Focus: *Single-minded pursuit*

Fasting Intention: Fast from divided loyalties.

Kingdom Reflection: Unlike the hidden treasure, the merchant was searching. The Kingdom responds to hunger. Those who seek with clarity recognize true value when they see it.

Prayer: “Eternal King, unify my heart. Make me a seeker who recognizes Your Kingdom above all else.”

Kingdom Questions:

1. What am I actively pursuing that may be competing with my pursuit of the Kingdom?

2. When I recognized the value of the Kingdom, did I respond with decisiveness or delay?

3. Is my devotion to the Kingdom focused or divided?

Kingdom Action: What will you rearrange in your life this year to make sure the Kingdom is your highest priority?

SUNDAY – THE PARABLE OF THE NET

Scripture: Matthew 13:47–50

Kingdom Focus: *Eternal perspective and accountability*

Fasting Intention: Fast from complacency.

Kingdom Reflection: The Kingdom is inclusive in invitation but serious in outcome. Jesus ends the parables reminding us that history is moving toward divine culmination.

Prayer: “Just King, align my life with eternity. Let me live today in light of Your coming Kingdom.”

Kingdom Questions:

1. Where have I settled into comfort instead of continued obedience?
2. What Kingdom responsibility have I delayed because it feels inconvenient or costly?
3. If the King returned today, what unfinished obedience would He find in my life?

Kingdom Action: What action can I take to be more engaging and less complacent this year?