



# 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 Fasts (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 Fasts (Choose at least 1):

- Social Media Fast:** Abstain from social platforms and digital distractions  
Scripture: *Psalm 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?

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### 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?

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## **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?

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## 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?

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

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## 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.

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## 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?

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## 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?