



CORPORATE FASTING & CONSECRATION

BEGINS:

MONDAY, FEBRUARY 16, 2026 AT 12:00 AM (MIDNIGHT)

ENDS:

SATURDAY, FEBRUARY 28, 2026 11:59 PM

PRAYER OBJECTIVE: **“F.O.C.U.S.”**

FELLOWSHIPPING/OBEYING/COMMUNION/UNDERSTANDING/SALVATIONS

FASTING PARAMETERS:

- 1) **Take Communion DAILY (each day of the fast).**
- 2) **No entertainment or personal social media usage (okay if used for work purposes)**
- 3) **FOODS ALLOWED ON THIS FAST**
 - a. **Water**
 - b. **100% caffeine free teas** are okay (it will say 100% caffeine-free on product)
 - c. **Fruits, vegetables, tubers**
 - d. **Grains** (i.e.: rice, barley, millet, flax, oats, flour, etc.)
 - e. **Tortillas** (corn or flour - not made with lard)
 - f. **Legumes** (beans, lentils, etc.)
 - g. **100% fruit or vegetable juices**
 - h. **Nuts** (all nuts without added sugars okay)
 - i. **Honey**
 - j. **Plant based “milk”/products**
- 4) **FOODS NOT A PART OF THIS FAST (Things you MAY NOT HAVE during the fast)**
 - a. **No meat proteins** (Includes: no beef, pork, poultry [chicken, turkey, duck, all fowl], fish, seafood, eggs, seafood, lamb, venison, etc.)
 - b. **No added sugars** (candy, sweets/desserts, high fructose corn syrup, agave, all processed sugars) - NATURAL SUGAR IN FRUIT OKAY
 - c. **No coffee** (Regular or Decaf)
 - d. **No caffeinated teas** (i.e.: Black teas, Green teas, White teas)
 - e. **No butter/cheeses**
 - f. **No Milk/Dairy** (animal milks)
 - g. **No breads** (including Ezekiel bread)
 - h. **Fried foods**
 - i. **No use of any drugs or stimulants**
(i.e.: caffeine, cannabis, cigarettes, narcotics, alcohol, opioids, etc.)

*****THIS FAST DOES NOT REPLACE MEDICAL INSTRUCTION IF YOU ARE UNDER A PHYSICIAN'S CARE.*****

IF YOU HAVE ANY MEDICAL CONDITIONS, PRESCRIPTIONS OR REQUIREMENTS THAT WOULD BE ADVERSELY AFFECTED BY THESE ALTERATIONS TO YOUR DIET WHILE FASTING, PLEASE CONSULT YOUR PHYSICIAN & MAKE ANY NECESSARY ADJUSTMENTS TO ENSURE YOUR HEALTH AND SAFETY THROUGHOUT THIS CONSECRATION. ALSO, IF

YOU TAKE FDA APPROVED MEDICATIONS FOR YOUR WELLBEING (I.E.: NOT CANNABIS RELATED PRESCRIPTIONS), FOLLOW YOUR DOCTOR'S INSTRUCTIONS.

WHY DO WE FAST?

1. To invite the presence of God and to make ourselves available to God for the prospering of our lives, the lives of others, our families, our local communities, and see His will and results manifest. (Isaiah 58)
 - a. *Answered prayers*
 - b. *Continual guidance*
 - c. *Contentment*
 - d. *Healing and Wholeness*
 - e. *Raising up of future generations*
 - f. *Refreshing*
 - g. *Restoration*
 - h. *Revelation*
 - i. *Righteousness*
 - j. *Strength/Power*
 - k. *The Presence of God's Shekinah glory*
 - l. *Work that endures (like an ever flowing spring)*
2. To satisfy/fulfill an "absence" of Christ in our lives and for greater clarity
 - Wherever there is an absence of Christ in our lives (i.e.: personal struggles, needed growth, lack of discipline) we fast so that God's strength, power and glory can come into our lives and fill those empty places or areas of struggle within us. (Mark 2:19-22)
3. To be strengthened toward Repentance/Overcoming, Healing, Deliverance and Salvation
 - This is the promise of God: 1) As we choose to refuse to follow patterns in our lives that are unhealthy; and, 2) Seek Him to satisfy "what's missing" in our souls; 3) GOD WILL bring healing to our dis-eases, deliver us from what keeps us from getting closer to Him and rescue us from darkness in our lives, bringing us into His Light.

WHAT ARE WE EXPECTED TO DO ON THIS FAST?

1. **God has called our Church Family to a Corporate Fast. VESSELS OF HONOR MINISTRIES INTERNATIONAL FASTS AS A CHURCH BODY WHEN GOD DECLARES THE FAST.** When the Church fasts corporately, everyone is expected to engage in the same fasting guidelines, notwithstanding medical requirements or limitations.** Our unity in fasting on one accord invites Christ in which leads to obedience that produces God's will and miraculous results!
2. **Fasting Requirements:**
 - Pray for daily prayer objectives.
 - Follow corporate fasting and consecration regimen as outlined.
 - Join the 6:00 am Corporate Prayer Line conference call for prayer, starting **Monday, February 16, 2026 @ 6 AM - throughout the duration of fasting. (Mon-Sat, Sundays excluded)**
PRAYER LINE #: (727) 731-7830
3. **If I've never done this before, how do I do this?**
 - a. Fasting preparations and best-practices:
 - o Read and meditate on the fasting scriptures daily.
 - o If you find yourself getting overly hungry take a moment to go pray, call someone for support or read scripture to refocus. If you still find yourself struggling after praying and reading, drink warm water (which will often cause the feelings of hunger to subside).
 - o If you continue to feel challenged in the area of eating, take communion (unleavened bread and juice) and ask Christ to come in and have fellowship with your challenge. You will find it amazing how God will strengthen you!
4. **What about the kids? Do they fast too?**
 - a. While we do not recommend young children engaging in the full requirements of the fast due to nutritional concerns, we do support parents encouraging their children to participate in some facet of our corporate time of seeking the Lord through consecration. Some suggestions would be that they have only water as their beverage or removing sweets and sugars from their diet during consecration. This is a great learning tool and encourages them to develop their own intimate relationship with the Lord.

DAILY PRAYER FOCUS & SCRIPTURES

Corporate Prayer will take place each day @ 6A during the fast via teleconference.

Fellowship - Obedience - Communion - Understanding - Salvations

Feb 16	*PRAYER LINE DAY* Prayer Focus – FELLOWSHIP OF THE FAMILY
Day 1	
Feb 17	*PRAYER LINE DAY* Prayer Focus – OBEDIENCE TO BEGIN WHAT GOD HAS INSTRUCTED ME TO DO
Day 2	
Feb 18	*PRAYER LINE DAY* Prayer Focus – COMMUNION WITH CHRIST
Day 3	
Feb 19	*PRAYER LINE DAY* Prayer Focus – UNDERSTANDING FOR GOD'S WORD
Day 4	
Feb 20	*PRAYER LINE DAY* Prayer Focus – SALVATION OF THE SOULS OF MANKIND
Day 5	
Feb 21	*PRAYER LINE DAY* Prayer Focus – PRAYER FOR THE STRENGTH TO FOCUS
Day 6	
Feb 22	*WORSHIP SERVICE* Prayer Focus – PRAYERS OF EXALTATION TO GOD <i>***Prayer will happen during Family Worship Service at 10:30a PST***</i>
Day 7	

Fellowship - Obedience - Communion - Understanding - Salvations

Feb 23	*PRAYER LINE DAY* Prayer Focus – FELLOWSHIP OF THE CROSS
Day 8	
Feb 24	*PRAYER LINE DAY* Prayer Focus – OBEDIENCE TO FINISH WHAT GOD HAS INSTRUCTED ME TO DO
Day 9	
Feb 25	*PRAYER LINE DAY* Prayer Focus – COMMUNION WITH THE CHURCH
Day 10	
Feb 26	*PRAYER LINE DAY* Prayer Focus – UNDERSTANDING TO FOLLOW GOD'S INSTRUCTIONS
Day 11	
Feb 27	*PRAYER LINE DAY* Prayer Focus – SALVATION OF THE HEART OF THE BACKSLIDER & THOSE WHO DOUBT CHRIST JESUS.
Day 12	
Feb 28	*PRAYER LINE DAY* Prayer Focus – GOD'S DELIVERING POWER TO BE PRESENT AS WE SEEK THE PRESENCE OF "I AM."
Day 13	