



OCTOBER 2026

CORPORATE FASTING & CONSECRATION

BEGINS: THURSDAY, OCTOBER 1, 2026 AT 12:00 AM (MIDNIGHT)
ENDS: MONDAY, NOVEMBER 9, 2026 12:00 AM (MIDNIGHT)
PRAYER OBJECTIVE: "GOD HAS A RELEASE FOR YOU!" - DISCIPLINING THE MIND TO OBEY

THE LORD'S RELEASE - A time of fasting and consecration where the focus is on disciplining our minds to allow the mindset of Christ to lead us in our decision-making processes, fellowship with one another and in relationship with God the Father.

THIS FAST WILL BUILD IN INCREMENTS. Each "Release Phase" will take place every 10 days. The fast is for forty days but the areas we target in prayer and the level of fasting will build in 10-day increments.

PHASE	DATES	DURATION	PRAYER FOCUS	SCRIPTURE
1	OCT 1 - OCT 10	10 DAYS	PEACE	ZECH 8:12 NLT
2	OCT 11 - OCT 20	10 DAYS	RIGHTEOUSNESS	ISAIAH 62:1-4 NKJV
3	OCT 21 - OCT 30	10 DAYS	FRUITFULNESS	GENESIS 1:28
4	OCT 31 - NOV 9	10 DAYS	REST	MATTHEW 11:28-30

Throughout this time of fasting and consecration, we will pray corporately everyday as a family, with each day having an assigned "target" within the prayer focus. For example, when we pray for PEACE, for 10 days we will dedicate each day to a topic targeting specific areas in the Believer's life that need the Peace of God, like our relationships with family for instance. Then, when the phase changes and we pray over the next ten days for RIGHTEOUSNESS, when we pray for relationships with family, we will specifically pray for righteousness in our relationships with family, and so on. Details for fasting instructions are provided below.

FASTING PHASES & INSTRUCTIONS:

The Lord has given specific instructions on how to build throughout our time of fasting and consecration. This is a **PROGRESSIVE FAST** which means the restrictions for the fast build over time. Carefully read the instructions and should you have questions, please do not hesitate to ask.

PHASE	DATES	DAILY FASTING WINDOW	MEAL TYPE(S)
1	OCT 1 - OCT 10	6:00AM - 6:00PM :: Eat TWO (2) meals before 6p. :: After 6p water only	<u>Morning:</u> - Grains, fruit/veg (no protein) <u>Afternoon:</u> - Grains, fruit/veg - May have meat protein (from list provided) ** No snacking in between meals. May have juice, tea or water.
2	OCT 11 - OCT 20	6:00AM - 6:00PM :: Eat ONE (1) meal before 6p. :: After 6p water only	<u>ONE meal only (before 6p):</u> - Grains, fruit/veg - May have protein (from list provided) ** No snacking in between meals. May have juice, tea or water.
3	OCT 21 - OCT 30	6:00AM - 6:00PM	<u>ONE meal only (before 6p):</u> - Grains, fruit/veg - No meat proteins ** No snacking in between meals. May have juice, tea or water.
4	OCT 31 - NOV 9	24 HRS/DAY	Liquid only **May have juice, tea or water.

***PHASE FOUR (4) NOTE:**

While we encourage everyone to participate fully with each phase of the fast, we understand there may be extenuating circumstances that may prevent an individual from doing a liquid fast (i.e.: needing food to take medication, etc.). We ask EVERYONE to please consult their PHYSICIANS and to use wisdom when making adjustments to your daily diet and activity regimen.

FOOD LIST(S) & GENERAL INFORMATION:

1) FASTING DURATION: 40 DAYS

2) Types of fast: PARTIAL & LIQUID (PROGRESSIVE FAST)

3) WHAT ARE WE ABSTAINING FROM DURING THIS FAST?

- **ENTERTAINMENT**
 - No entertainment or personal social media usage (okay if used for work purposes)
- **ADDED SUGAR/ALL PROCESSED SWEETS & SUGARS**
 - i.e.: candy, sweets/desserts, high fructose corn syrup, Blue Agave syrup, all processed sugars. NATURAL SUGAR IN FRUIT OKAY
- **COFFEE**
 - Includes both Regular and Decaf
- **CAFFEINATED TEAS**
 - Includes black teas, green teas and white teas
- **ANIMAL MILKS**
- **BREADS***
- **FRIED FOODS**
- **DRUGS AND STIMULANTS OF ANY KIND**
 - i.e.: caffeine, cannabis (weed), cigarettes, narcotics, alcohol, opioids, etc.
 - ***PLEASE TAKE DR. PRESCRIBED MEDS AS INSTRUCTED***
- **PHASE 3 & 4 - MEAT PROTEINS**
 - Includes: beef, pork, poultry (chicken, turkey, duck, all fowl), fish, seafood, eggs, lamb, venison, goat, etc.

4) WHAT TYPES OF FOODS ARE ALLOWED ON THIS FAST?

- **FOODS ALLOWED (BY PHASE)**
 - **FOODS ALLOWED ON THIS FAST - PHASE 1**
 - Specific Meat Proteins: fish, seafood, poultry
 - Fruits, vegetables, tubers
 - Grains (i.e.: rice, barley, millet, flax, oats, flour, etc.)
 - Legumes (beans, lentils, etc.)
 - Nuts (all nuts without added sugars okay)
 - Honey
 - **FOODS ALLOWED ON THIS FAST - PHASE 2**
 - Specific Meat Proteins: fish, seafood, poultry
 - Fruits, vegetables, tubers
 - Grains (i.e.: rice, barley, millet, flax, oats, flour, etc.)
 - Legumes (beans, lentils, etc.)

- Nuts (all nuts without added sugars okay)
- Honey

○ **FOODS ALLOWED ON THIS FAST - PHASE 3**

- Fruits, vegetables, tubers
- Grains (i.e.: rice, barley, millet, flax, oats, flour, etc.)
- Legumes (beans, lentils, etc.)
- Nuts (all nuts without added sugars okay)
- Honey

○ **WHOLE FOODS ALLOWED ON THIS FAST (if not on liquid only) - PHASE 4**

- Fruits, vegetables, tubers
- Honey

5) WHAT TYPES OF BEVERAGES CAN WE HAVE DURING THE FAST?

- Water
- 100% caffeine free teas are okay (it will say 100% caffeine-free)
- 100% fruit or vegetable juices (no fruit juice cocktail)
- Sparkling Water (unsweetened)
- Plant based “milk”/products

*****IF YOU ARE UNDER A PHYSICIAN’S CARE, THIS FAST DOES NOT OVERRIDE MEDICAL INSTRUCTION*****

IF YOU HAVE ANY PREEXISTING 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 OR ANY OTHER SCHEDULE 1 DRUGS), 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 kingdom and His will and be made 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 **THURSDAY, OCTOBER 1, 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.