



SEASON OF Consecration

A Six-Day Journey of Prayer, Fasting,
and Following Jesus

OCTOBER 19–24, 2026

FORT ST. JOHN ALLIANCE CHURCH

Jesus, what are You
inviting me to say yes
to today?

WELCOME

Welcome to the Season of Consecration

Over the next six days, we invite you to slow down and intentionally make space to meet with Jesus.

Consecration is more than setting something aside. It is giving ourselves fully to God and allowing Him to reorder our lives around Jesus. It is a posture of surrender that says, “Lord, my life belongs to You.”

As a church, we are choosing to seek God together. Prayer is how we trust God to do the work. Before we rush into our plans, we pause, listen, surrender, and invite Him to lead all we say and do.

Throughout this week, you are invited to pray, fast, listen, journal, and respond to whatever Jesus is inviting you into. Don’t worry about completing every question or filling every page. The goal isn’t to finish the guide. The goal is to spend time with Jesus.

May this week deepen your love for Christ, awaken a greater hunger for His presence, and help us become a community that practices the Way of Jesus together.

Come as you are in prayer.

A Prayer for the Season

Isaiah 62:6–7

Jesus, we give ourselves to you.

Search us and form us.

Show us where you are inviting
us to say yes.

Reorder our lives around your way.

Awaken us to your presence and fill us
with your Spirit.

And we will continue to seek you and give
you no rest, asking you to move in us,
among us, and through us.

Amen.

HOW TO USE THIS GUIDE

P.R.A.Y.

Each day follows the same simple rhythm.

P

Pause

Become aware of God's presence. Slow down, quiet your heart, and read the day's Scripture slowly.

R

Rejoice

Turn your attention toward worship. Thank God for who He is before bringing Him your requests.

A

Ask

Bring everything before Jesus. Pray honestly for yourself, others, our church, our community, and our world.

Y

Yield

Listen and respond. Ask Jesus what He is inviting you to say yes to, then make space to respond.

Don't rush. If you spend your entire time on one question, that's okay.

FASTING

Why We Fast

Fasting is one way we intentionally create space to seek God. Throughout Scripture, God’s people fasted as they humbled themselves before Him, sought His direction, expressed repentance, or prepared for what He was calling them to do.

At its heart, fasting is choosing to set something aside so that we can say:

“Jesus, I want You more than I want this.”

During this Season of Consecration, fasting is not about earning God’s approval or proving our devotion. It is about making room for Him to search us, speak to us, and reorder our lives around His presence.

Fasting is not simply removing something. When hunger or desire reminds you of what you have set aside, allow that moment to become an invitation to pray, read Scripture, and return your attention to Jesus.

REMEMBER

The goal is not deprivation for its own sake. The goal is to draw nearer to Jesus.

FASTING

Choosing Your Fast

Prayerfully consider what you will fast during these six days. Choose something that creates intentional space to seek Jesus.

- One meal each day
- Sunrise to sunset
- Certain foods or drinks
- A Daniel-style fast
- Social media
- Television or entertainment
- Something else that regularly competes for your attention

HEALTH NOTE

If you have a medical condition, are pregnant or nursing, take medication, or have a history of eating disorders, please consult your physician before participating in a food fast. You may wish to consider a non-food fast instead.

My Fast

This week I will fast:

When I feel the pull toward what I have set aside, I will use that moment to:

COMMUNITY

We Grow Better Together

God often forms us in community. Throughout this week, consider sharing what Jesus is teaching you with someone you trust.

It could be your spouse, your family, your Group, or a close friend. As we share what God is doing in our lives, we encourage one another to keep following Jesus with faith and courage.

You don't need to have everything figured out. Simply share where Jesus is inviting you to say yes.

At least once this week, ask someone else what Jesus has been teaching them. Listen well. Pray together. Let the faith of others strengthen your own.

A SIMPLE INVITATION

*“Here is what I think Jesus is inviting me into this week.
Would you pray with me about it?”*

PRAYER ROOM

If you are able, consider spending time in the Prayer Room (Monday-Thursday from 9am to 3pm) this week. Come, linger in God's presence, and continue today's conversation with Jesus.

Consecrated to Jesus

1 John 2:3–6

Pause

- What word or phrase stands out to you as you read?
- Where do you notice an invitation to walk more closely with Jesus?
- Take one quiet minute simply becoming aware that Jesus is present with you.

Rejoice

- What does this passage reveal about Jesus and the way He calls us to live?
- Where have you seen His faithfulness recently?
- Thank Him for who He is before asking Him for anything.

Jesus, help me recognize Your invitations today.

MONDAY

Ask

Jesus, show us where we need to say yes. Jesus, reorder our lives around you.

- Where is Jesus inviting you to follow, surrender, or trust Him more deeply?
- What habits, priorities, relationships, money, attention, or desires may need to be reordered around Him?
- Where are you relying on your own strength instead of trusting God to do the work?

Yield

- Jesus, what are You inviting me to say yes to today?
- What is one concrete step of obedience I can take today?

My Conversation with Jesus

PRACTICE TOGETHER

Who is one person you trust enough to tell, “Here is where Jesus is inviting me to say yes”? Ask them to pray with you.

Consecrated in His Presence

John 16:13–15

Pause

- Read slowly and notice what Jesus says the Holy Spirit does.
- What competes most often for your attention?
- Where might you be rushing ahead instead of listening?

Rejoice

- Thank Jesus that He has not left us to follow Him alone.
- What gift of the Holy Spirit's presence are you grateful for today?
- Praise God that He speaks, guides, and forms His people.

Slow down. Jesus is already present.

TUESDAY

Ask

Jesus, awaken a hunger for your presence. Jesus, make us holy as you are holy.

- What would it look like for Scripture and prayer to become desire rather than obligation?
- Is there sin, bitterness, unforgiveness, pride, distraction, or anything else the Spirit may be bringing to your attention?
- Where do you need to repent quickly and receive His grace?

Yield

- Holy Spirit, what are You drawing my attention to today?
- How can I make room to hear Your voice more clearly this week?

My Conversation with Jesus

PRACTICE TOGETHER

Ask someone close to you, “What do you think Jesus has been teaching you lately?” Listen before sharing your own answer.

Consecrated Together

John 17:20–23

Pause

- Notice what Jesus asks the Father for His people.
- Where do you see the connection between unity and mission in this passage?
- Bring the people of FSJ Alliance to mind as you sit with Jesus.

Rejoice

- Thank God for people who have helped you follow Jesus.
- Where have you experienced the gift of Christian community?
- Praise Jesus that He is forming one people, not isolated followers.

Following Jesus was never meant to be done alone.

WEDNESDAY

Ask

Jesus, make us one. Jesus, form your life in us.

- Is there a relationship where you need to forgive, seek peace, or soften your heart?
- How might God be inviting you to contribute to unity rather than division?
- Where do you most need the Spirit to grow love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control in you?

Yield

- Jesus, how are You inviting me to love someone differently?
- Who might need encouragement from me today?

My Conversation with Jesus

PRACTICE TOGETHER

Pray with someone today. It could be your spouse, a friend, someone from your Group, or another believer. Do not only pray for them. Pray together.

Consecrated for His Work

Ephesians 3:16–19

Pause

- Read Paul’s prayer slowly and notice what he asks God to do in His people.
- Where do you need strength from the Holy Spirit today?
- What changes when you remember that you are rooted and established in love?

Rejoice

- Thank God for the love of Christ that is wider and deeper than you can comprehend.
- Where have you seen God move in ways you could not produce yourself?
- Praise Him for what only He can do.

Trust God to do the work only God can do.

THURSDAY

Ask

Jesus, move among us.

- Pray boldly for healing, freedom, salvation, restored relationships, renewed faith, and transformed lives.
- Who comes to mind that needs the love and power of Jesus today?
- What situation have you stopped praying for because nothing seems to be changing?

Yield

- Jesus, where are You asking me to persevere in prayer?
- How might You be forming me even before You change my circumstances?

My Conversation with Jesus

PRACTICE TOGETHER

Tell someone one way you have seen God at work. Let your story encourage faith in someone else.

Consecrated for His Mission

Mark 5:18–20

Pause

- Notice where Jesus sends the man and what He tells him to share.
- Where has Jesus already placed you?
- Who is already within reach of your everyday life?

Rejoice

- Thank Jesus for what He has done in your life.
- Name one specific way His mercy has changed you.
- Praise Him that mission can begin right where you are.

Someone around you needs to hear what Jesus has done.

FRIDAY

Ask

Jesus, make us available for your mission.

- Ask God to open your eyes to the people and needs around you.
- Where might surrender to Jesus overflow into compassion, generosity, hospitality, witness, or service?
- Pray for our missions team: for unity, protection, courage, sensitivity to the Holy Spirit, and fruitful opportunities to share the love of Jesus.

Yield

- Jesus, who are You sending me toward today?
- What next step would help me live on mission where You have already placed me?

My Conversation with Jesus

PRACTICE TOGETHER

Ask someone, “How can I pray for you today?” Then pray for them. As you pray for those being sent far away, also notice the people God has placed right in front of you.

Consecrated to Continue

Isaiah 62:6–7

Pray

- Read the passage slowly and notice the persistence of the watchmen.
- What does “give Him no rest” stir in you?
- Look back over the week. Where did you become more attentive to Jesus?

Rejoice

- Thank God for every moment of grace, conviction, encouragement, or clarity this week.
- What answer to prayer or evidence of God’s presence do you want to remember?
- Rejoice that consecration is not a one-time moment, but a life continually offered to Jesus.

Consecration does not end today. Keep saying yes.

SATURDAY

Ask

Continue to seek Him and give Him no rest.

- What has Jesus been saying to you throughout this week?
- Where has He made a next step of following Him clearer?
- What prayer do you want to keep praying with persistence?
- What practice or rhythm from this week do you want to carry forward?

Yield

- Jesus, what invitation do I want to keep saying yes to?
- Who can help me remain faithful to what You have shown me?

My Conversation with Jesus

PRACTICE TOGETHER

Tell someone what Jesus has been doing in you this week. Ask them to keep praying with you and to ask you about the step of obedience you want to take.

Continue the Journey

The Season of Consecration may be ending, but the invitation of Jesus continues.

Over the past six days, you have been invited to pause, listen, surrender, and respond. Perhaps Jesus encouraged you. Perhaps He challenged you. Perhaps He made a next step clearer.

Do not leave those invitations in this booklet, but carry them into everyday life. Consecration is not a six-day event. It is the daily posture of following Jesus.

Continue to *Pause* before rushing ahead. *Rejoice* in God's goodness. *Ask* boldly and honestly. *Yield* to His leading.

Trust Him to continue the work He has begun in you.

KEEP PRACTICING

Return to P.R.A.Y. whenever you need a simple rhythm for being with Jesus: Pause. Rejoice. Ask. Yield.

The invitation is still the same: keep saying yes to Jesus.

LOOKING AHEAD

Continue the Conversation

With Jesus

What invitation from Jesus do I want to keep saying yes to?

With Others

Who will I share this journey with and invite to walk with me?

With Our Church

How is God inviting me to help us practice the Way of Jesus together?

With Our Community

Who around me is God inviting me to love, serve, or pray for?

KEEP GATHERING

Prayer & Worship Night

Continue seeking God together throughout the year.

November 22

2026

January 17

2027

April 18

2027

June 6

2027

PRAYER ROOM

If you are able, consider spending time in the Prayer Room this week. Come, linger in God’s presence, and continue today’s conversation with Jesus.

We grow in faith as we seek Jesus together.

Continue saying yes.

Pause. Rejoice. Ask. Yield.

