

21-DAY

CONSECRATION MANUAL



(PRAYER AND FASTING SCHEDULE)

JANUARY 2026

GRACE CHURCH OF DURHAM
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Dear Grace Church Family,

Happy New Year! As we step into 2026, I greet you with heartfelt love and joy in the name that supersedes all others, Jesus Christ. Reflecting on 2025, one thing is clear: God has been faithful! We've faced challenges, celebrated victories, and grown in ways we never imagined... and through it all, we can declare with confidence, "We made it!"

Now, as we stand on the threshold of this new year, I feel an overwhelming sense of expectation for what God has in store for us. Grace Church of Durham is not just a building; it's a beacon of hope, love, and transformation. God has positioned us for greatness, and I believe 2026 will be a year of Supernatural Manifestation—a year where the promises of God come alive in ways that exceed our expectations.

It is imperative that we know - manifestation doesn't just happen by chance; it requires preparation. This is why we begin each year with fasting and prayer—a sacred time to align our hearts with God's will, seek His face, and strengthen our spirits for the work ahead.

This year, I challenge you to lean in with intentionality. Let this not be just another fast, but a transformative journey of faith. Together, let's commit to:

Fasting: Denying ourselves so we can feast on God's Word.

Prayer: Setting aside daily time to connect with God in deeper intimacy.

The Word: Not just reading It, but living It out daily.

Discipline: Staying consistent, even when it's tough, knowing that discipline will lead to the results we long for. (Consistency + Discipline = Desired Results (Manifestation)

Grace, this is our year to grow, to go higher, and to make a kingdom impact like never before. I believe the seeds sown in this season of fasting and prayer will bear fruit that will not only bless our lives but will also transform our families, our church, and our community.

I encourage you to approach this time with a spirit of expectation. Write down your goals, prayers, and dreams for 2026. Ask God to show you His plans for you. As we fast and pray together, let's believe that what's ahead is far greater than anything we've left behind. Let's prepare our hearts, minds, and spirits for divine encounters and supernatural breakthroughs. I am so excited to see what God will do in and through us this year!

Grace Church family, I see you in the future... and it looks amazing!

Simply Amazed by HIS Grace!

Dr. K.T. Lowery



WHY DO WE FAST?

IT IS OFTEN SAID, “FOOD IS THE STRONGEST DRIVE IN MAN.” THIS SIMPLY MEANS FOOD IS A GREAT DESIRE DAILY FOR MOST. WE ALL KNOW, FOOD PLAYED A MAJOR ROLE IN THE FALL OF MAN...(I STILL WANT TO SPEAK WITH ADAM AND EVE WHEN I SEE THEM). IMAGINE WHAT WOULD HAVE HAPPENED IF THEY WERE NOT OVERTAKEN BY FOOD – WHICH LED TO SIN ENTERING THE EARTH.

FASTING HAS SEVERAL BIBLICAL PURPOSES. I WANT TO FOCUS ON FOUR THINGS FASTING DOES FOR US:

1. FASTING HUMBLES THE SOUL (THE REBELLIOUS INSUBORDINATE PART OF MAN) BY BRINGING OUR MIND, WILL AND EMOTIONS UNDER THE PROPER CHAIN OF AUTHORITY ESTABLISHED BETWEEN GOD AND MAN.
2. FASTING CLEANSES AND PURIFIES OUR LIVES AND SPIRITS BEFORE THE LORD.
3. FASTING PREPARES US TO HEAR MORE ACCURATELY THE VOICE OF THE LORD FOR DIRECTION AND GUIDANCE.
4. FASTING FREES US FROM ANY POWER OR AUTHORITY THAT SATAN MAY HAVE IN OUR LIVES OR IN THE LIVES OF THOSE WE ARE CONNECTED TO.

The Power of Fasting

Fasting means to abstain from something (normally food and drink) for a period of time as a means of bringing your soul and spirit under subjection.

Isaiah 58: 6. Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Matthew 6:16-18. 16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18. That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

The Power of Prayer

Prayer is faith-filled communion with God, whereby the believer petitions, praises, or offers thanksgiving unto God... and God responds. II Chronicles 7:14. If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

Mark 11:24. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them
James 5:16b the effectual fervent prayer of a righteous man availeth much, (the earnest prayer of a righteous person has great power and wonderful results (NLT).)

GRACE CHURCH IS COMMITTING TO 21 DAYS OF FASTING AND PRAYER. WE ARE ABSTAINING FROM SODAS, SWEETS, BREAD, SALT, AND MEATS FOR THE ENDURANCE OF THE 21 DAYS. WHEN WE ARE NOT ON A COMPLETE FAST, WE WILL ADHERE TO THE DANIEL FAST AS OUTLINED IN DANIEL 1:9 AND 10:2-3. A DESCRIPTION OF THE FAST, DAILY PRAYER TOPICS, AND SCRIPTURAL MEMORIZATIONS ARE OUTLINED BELOW.

PLEASE LIST THE THINGS YOU ARE PRAYING AND FASTING FOR (BE SPECIFIC)

1. COMMITMENT TO GOD
2. COMMITMENT TO FAMILY/MARRIAGES
3. COMMITMENT TO GRACE CHURCH

FASTING SCHEDULE

JANUARY 4, 2026 - JANUARY 25, 2026

NOTE: PLEASE SELECT YOUR DESIRED FASTING SCHEDULE. FOR DETAILS ABOUT FOOD OPTIONS, PLEASE REFER TO THE GUIDELINES FOR THE DANIEL FAST BELOW. PLEASE COMMIT TO CHRISTIAN TELEVISION AND NEWS, COMMIT TO TIMES OF PRAYER AND WORSHIP SERVICES, AND ABSTAIN FROM SOCIAL MEDIA USAGE.



WEEK 1

JANUARY 4TH-10TH

Schedule A: Complete fast water only

Schedule B: Complete fast from 9 pm-12 pm & Daniel fast from 12 pm to 9 pm

Schedule C: Self-Guided Fast

WEEK 1 BEGINS SATURDAY NIGHT AT 9PM

WEEK 2

JANUARY 11TH-17TH

Schedule A: Complete fast water only

Schedule B: Complete fast from 9pm-3pm the next day Daniel fast from 3 pm-9 pm

Schedule C: Self-Guided Fast

WEEK 2 BEGINS SATURDAY NIGHT AT 9PM

WEEK 3

JANUARY 18TH-25TH

MLK Holiday Jan. 19 (HOLIDAY)

Schedule A: Complete fast water only

Schedule B: Complete fast from 9 pm- 6 pm the next day, Daniel fast from 6 pm to 9 pm

Schedule C: Self-Guided Fast

WEEK 3 BEGINS SATURDAY NIGHT AT 9PM



Guidelines for the Daniel Fast

Foods we may eat include:

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes. Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, & Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices

DAILY PRAYER SCHEDULE

Prayer Schedule

Day 1 – January 4, 2026

God's perfected will – Matthew 6:10

Our prayer today and forever is in accord with Matthew 6:10, “Thy kingdom come. Thy will be done in earth, as it is in heaven.” We submit our wills to God’s will and expect His will to be done in our individual and corporate lives.

Day 2 – January 5, 2026

Pastor and Dr. Lowery, Layla and Nicole – Jeremiah 3:15

Our prayer today and forever is in accord with Jeremiah 3:15, “And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding.” God has given us a Pastor and First Family according to His own heart. We pray for their strength and guidance under the influence of the Holy Spirit. We pray for a clearly defined vision that will lead us into our God ordained destiny. We pray for an in season, real, relevant and radical word that will revolutionize Grace and those connected to Grace. We pray that every need is supplied according to God’s riches.

Day 3 – January 6, 2026

Vision – Habakkuk 2:2-3

Our prayer today and forever is in accord with Habakkuk 2:2-3, “And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.” We pray that every aspect of the vision is in line with the Word and Will of God. We pray that the vision comes alive in the lives of every disciple and member of Grace. We pray for willing workers to work the vision. We pray that the vision becomes a reality and that lives are changed forever as a result.

Day 4 - January 7, 2026

Leadership – Matthew 23:11

Our prayer today and forever is in accord with Matthew 23:11, “but he that is greatest among you shall be your servant.” We pray for leaders who first and foremost have a sincere relationship with God. We pray for leaders who are committed to God first, Grace Church, the vision of Grace and the membership of Grace. We pray for Spirit filled leaders who will serve with the spirit of excellence, consistently all the days of their lives.

Day 5 – January 8, 2026

Singles and single parents – Matthew 6:33

Our prayer today and forever is in accord with Matthew 6:33, “but seek ye first the Kingdom of God and His righteousness; and all these things shall be added unto you.” Today we pray specifically for those who are saved and single. We pray for power and strength to live for God and to uphold Godly standards at all times. We pray that as they seek God, He will show Himself to them. We pray for discernment and a keen eye that will cause them to be led by the Holy Spirit in every decision made from this point on in their lives. We pray that those destined for marriage will seek first His Kingdom...

Day 6 - January 9, 2026 Men (Specifically the men of Grace Church) - Proverbs 27:17

Our prayer today and forever is in accord with Proverbs 27:17, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend." We pray for men who love, live for and lead like God. We pray for strong men who are sold out to God and refuse to take down from their Kingdom stance. We pray for leaders who are totally committed to pleasing God, thusly, they are led by God and put Him first in every decision they make. We pray for mighty men, men of integrity and men of character.

Day 7 - January 10, 2026 Women (Specifically the women of Grace Church) - Proverbs 31:30

Our prayer today and forever is in accord with Proverbs 31:30b, "but a woman that feareth the LORD, she shall be praised." We pray for Godly women who are committed to Christ and His call upon their lives. We pray for women who fear God. We pray for women who will love their families and set examples for society to see God work in and through them. We pray for praying women who will seek God first in all their endeavors. We pray for virtuous women.

Day 8 - January 11, 2026**Families - Joshua 24:15**

Our prayer today and forever is in accord with Joshua 24:15, emphasis on the C clause, "but as for me and my house, we will serve the Lord." We pray for strong, committed, and connected families that are centered around the heartbeat of God. We pray for strong, life-long marriages that are inner twinned like a threefold cord. We pray for husbands who love their wives, wives who love their husbands, parents who love, lead, and guide their children, and children who love and adhere to their parents.

Day 9 - January 12, 2026**Disciples - John 13:35**

Our prayer today and forever is in accord with John 13:35, "By this shall all men know that ye are my disciples, if ye have love one to another." We pray for disciples who are committed to God, Grace, and its members. We pray for disciples who will love with a God fearing heart. We pray for disciples who will lead by example at all times in every area of their lives. We pray for disciples who are examples of Christ. We pray for men and women, boys and girls who will play a major role in bringing about a great change in our city, state and nation.

Day 10 - January 13, 2026**P.O.S.T (Audio and Visual Ministry) - Acts 2:1 – 3**

Our prayer today and forever is in accord with Acts 2:1 – 3. "And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them." We pray for one accord. We pray for a sound from heaven. We pray that the sound will usher in the presence of God.

Day 11 – January 14, 2026**Musicians – II Chronicles 5:13 – 14**

Our prayer today and forever is in accord with II Chronicles 5:13 – 14 “It came even to pass, as the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the LORD; and when they lifted up their voice with the trumpets and cymbals and instruments of musick, and praised the LORD, saying, For he is good; for his mercy endureth for ever: that then the house was filled with a cloud, even the house of the LORD; So that the priests could not stand to minister by reason of the cloud: for the glory of the LORD had filled the house of God.” We pray that our musicians are sold out to God. We pray that our musicians will play under the anointing of God. We pray that our musicians will seek to please God in everything they do. We pray for men of integrity and character. We pray that our musicians are Spirit filled and sensitive to the leading and guidance of the Holy Spirit in prayer, praise and worship and when flowing in service.

Day 12 – January 15, 2026**Worship & Arts - John 4:23-24**

We pray today and forever in accord with John 4:23 – 24, “But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth.” We pray for vocalists who sing under the anointing of God. We pray for dancers who dance under the anointing of God. We pray for one sound and one voice. We pray that the sound shakes the heavens and the earth because it is totally for HIS GLORY.

Day 13 – January 16, 2026**Young Adults - Psalm 37:23-25**

Our prayer today and forever is in accord with Psalm 37:23 – 25, “The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.” We pray for strong and committed men and women of God who will lead by example and stand for Him regardless of circumstances. We pray for committed young adults who will excel at everything they put their minds and hands too because they will submit those things to God first. We pray for young adults who are being molded into the next generation of leaders. We pray for character, integrity and total dependence upon God.

Day 14 – January 17, 2026**Youth – Psalm 24:6**

Our prayer today and forever is in accord with Psalm 24:6, “This is the generation of them that seek him, that seek thy face, O Jacob. Selah.” We pray for youth who love God and grow into a great understanding of who He is and who He desires to be in them. We pray that our youth will not fall prey to the tricks and traps of the enemy, but will excel Spiritually, Academically, Socially, Emotionally and Physically. We pray for God fearing youth.

Day 15 – January 18, 2026**Holiness - 1 Peter 1:15-16, Galatians 2:20**

Our prayer today and forever is in accord with I Peter 1:15 - 16, “But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy.” We pray for holy living. We pray for holy conversation. We pray daily that we become more and more like Christ.

Galatians 2:20, “ I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me”.

Day 16 – January 20, 2026**Senior Members of the Church - Titus 2:1 - 8**

Our prayer today and forever is in accord with Titus 2:1 - 8, “But speak thou the things which become sound doctrine: That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. The aged women likewise, that they be in behavior as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children, To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. Young men likewise exhort to be sober minded. In all things showing thyself a pattern of good works: in doctrine showing uncorruptness, gravity, sincerity, Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you”. We pray for strong seniors who are Spirit filled and who love God with their whole hearts. We pray for healthy seniors who are living life to the fullest. We pray for committed seniors. We pray for God fearing seniors.

Day 17 – January 21, 2026**Local, State, National & World Leaders - Romans 13:1**

Our prayer today and forever is in accord with Romans 13:1, “Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.” We pray for the strength and health of our president. We pray for Godly wisdom and guidance. We pray for integrity and character. We pray for world leaders.

Day 18 – January 22, 2026**Finances (individually and corporately)****2 Corinthians 9:6-7, Luke 6:38, Malachi 3:10-11**

Our prayer today and forever is in accord with 2 Corinthians 9:6-7, Luke 6:38, Malachi 3:10-11. We pray for 100% tithers. We pray for overflow. We pray for abundance. We pray for manifestation. We pray for obedience. We pray for Supernatural Manifestation.

Day 19 – January 23, 2026**Consistency - Luke 9:62**

Our prayer today and forever is in accord with Luke 9:62, And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God. We pray for commitment. We pray for consistency. We pray that everything we begin, we will finish...with an excellent spirit.

Day 20 – January 24, 2026**Manifested Glory - Haggai 2:7**

Our prayer today and forever is in accord with Haggai 2:7, “And I will shake all nations, and the desire of all nations shall come: and I will fill this house with glory, saith the LORD of hosts.” We pray for an eternal experience with your Glory. We want to see you, experience you and share in your manifested presence each moment of each day. Lord, show us your GLORY.

Day 21 - January 25, 2026**Revival - Acts 3:19**

Our prayer today and forever is in accord with Acts 3:19, “Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.” We pray for a national and international revival. We pray for a local revival. We pray for a Grace Church revival. We pray for a personal revival. Lord send a revival that will thrust us into destiny.

TIMES OF CORPORATE PRAYER

Mondays at 12pm (virtually)

Wednesdays at 6am (virtually)

Sundays at 9:50am (in-person)

Friday, January 16th at 7pm (in-person)



DAILY SCRIPTURE MEMORIZATION

Scripture Memorization

Day 1

Romans 12:1 – 2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Day 2

Proverbs 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. 6In all thy ways acknowledge him, and he shall direct thy paths.

Day 3

Philippians 4:6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Day 4

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

Day 5

Psalm 30:5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

Day 6

John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

Day 7

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Day 8

Rom 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Day 9

John 13:35 By this shall all men know that ye are my disciples, if ye have love one to another.

Day 10

Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Day 11

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Day 12

Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.

Day 13

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Day 14

3 John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prosper.

Day 15

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Day 16 Joshua 1:9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Day 17

Isaiah 55:11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

Day 18

Lamentations 3:21-23 This I recall to my mind, therefore I have hope. It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Day 19

Galatians 5:22 – 23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

Day 20

1 Corinthians 15:58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

Day 21

Romans 8:37 Nay, in all these things we are more than conquerors through him that loved us.

GRACE KIDS/YOUTH FASTING SCHEDULE

Grace Kids/ Youth Fast 2026 Schedule

WEEK 1 - Fast from Sweets. We will refrain from eating sugar-based foods (candy, cake, pastries) for the week.

Grace Kids and Youth will follow the daily prayer focuses of the church. We will also learn the same scriptures as the church for memorization. Youth are to pray for 5 minutes uninterrupted daily. On Wednesday at 6pm everyone should meet at Grace for Corporate Prayer.

WEEK 2- Fast from Arguing or Complaining - For the next week we will commit to a fast—not from food, but from arguing and complaining. This week before we respond in frustration, pause and ask ourselves: Is this worth arguing about? Am I building peace or creating tension? What would it look like to respond with respect instead of reaction?

During this fast:

- Replace complaints with gratitude - express gratitude towards at least 2 people per day.
- Replace arguments with listening - practice active listening with at least 2 people per day.
- Replace negative words with encouragement - use your words to encourage at least 2 people per day.

Grace Kids and Youth will follow the daily prayer focuses of the church. We will also learn the same scriptures as the church for memorization. Youth are to pray for 5 minutes uninterrupted daily. On Wednesday at 6pm everyone should meet at Grace for Corporate Prayer.

WEEK 3- Fast from Cell Phones, TV, Video Games and Tablets (Exceptions for academic requirements and spiritually enriching shows or movies. Examples include movies on PureFlix)

Grace Kids and Youth will follow the daily prayer focuses of the church. We will also learn the same scriptures as the church for memorization. Youth are to pray for 5 minutes uninterrupted daily. On Wednesday at 6pm everyone should meet at Grace for Corporate Prayer.


