



2 Samuel 24:24-25

THE THRESHING FLOOR

21 Days of Prayer & Fasting



FAST SCHEDULE

*You don't want
to miss this night!*

Fast Begins: January 4, 2026

Fast Ends: January 25, 2026

Prayer Nights

Monday, Wednesday & Friday at 7:00 pm

Stay Connected

Download the **Cornerstone
Pentecostal Church** App!

Instagram:
ascendyouth_

SHUT IN is January 16

Prayer Requests

Make a list of what you are praying for during the 2026 Consecration. Here are some things you may want to include in your request:

- Your relationship with God
- Your heart and thoughts
- Your family (parents/guardians/siblings)
- Your friends and relationships
- Your school (students/teachers)
- Your grades and learning
- Your future and direction
- Decisions you are facing
- Your mental and emotional health
- Peace in your mind

*If it matters to you,
it matters to God.*

- Addictions you or others need to break
- Courage to live set apart
- Strength to make wise choices
- Protection from negative influences
- Healing for yourself or others
- Patience and self control
- Your church and youth group
- Bishop and church leaders
- People who do not know God yet
- Situations you do not know how to fix

*Philippians 4:6 - 7
Read this*

WHAT TO EAT

Eat your regular meals three times a day: breakfast, lunch, and dinner. Choose healthy snacks such as fruit, vegetables, nuts, string cheese, fruit cups, pretzels, crackers etc.

Foods to avoid:

- Sweets
- Desserts
- Pop
- Junk Food: Chips, Candy, Cookies etc.

This is a guide to help you in your fast, but you can always go deeper! To stretch yourself and increase the intensity of your fast, you can cut out meats, breads, or dairy.

Remember: If you mess up, don't get discouraged. Just get right back on track and keep going! God wants you to finish, and He will give you the grace and strength to do it!

IT'S NOT
ABOUT WHAT
YOU LOSE,
BUT WHAT
YOU GAIN!

Don't focus on what you are doing without. Focus on **what you hope to achieve** during this time of consecration.

- Closer relationship with God
- Freedom from distractions
- Supernatural power
- Direction in your life

Ask: God, what do you want to do in my life? How do you want to use me?

We can also bring our concerns and desires to God and we can expect God to work in our situations!

WHY IS CONSECRATION IMPORTANT IN 2026?

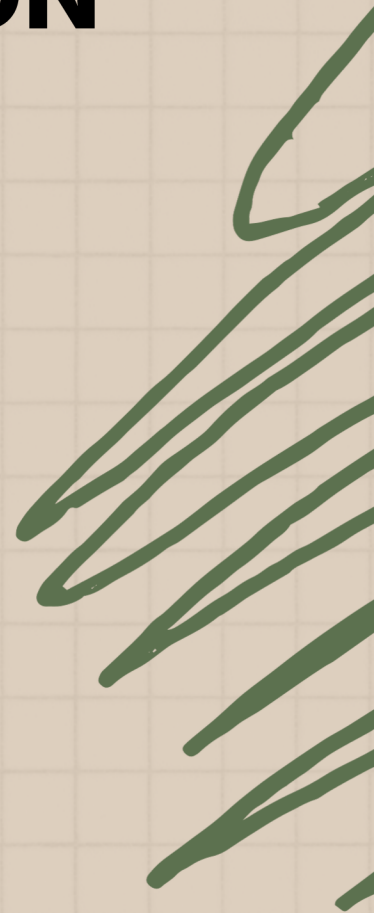
Being consecrated means choosing to be set apart for God. It does not mean being perfect or better than anyone else. It means deciding that your life belongs to God in a world that constantly tries to claim your attention, your identity, and your future. In 2026, there are more voices than ever telling you who to be, what to want, and what matters. Consecration is a way of saying, God, before I listen to everything else, I want to listen to You.

Prayer and fasting create space for God to speak clearly. Fasting is not about punishment or proving how spiritual you are. It is about removing distractions so your heart can focus. When you fast, you are telling God that you want Him more than comfort, more than habits, and more than noise. As a teen, your beliefs, values, and direction are still being formed. What you choose to give your attention to now is shaping who you will become later.

Choosing consecration as a teenager takes courage. It means learning how to pause, reflect, and seek God before reacting to pressure, trends, or expectations. Prayer and fasting help you recognize what does not belong in your life and strengthen what God is building in you. This season is not about restriction. It is about alignment. When you consecrate yourself to God, you are not losing anything of value. You are gaining clarity, strength, and a deeper relationship with Him that will carry you into the future.



The process isn't comfortable, but it's necessary.



WHAT IS A THRESHING FLOOR?

A threshing floor was a flat, hard surface where grain was processed after harvest. Farmers brought harvested wheat to the threshing floor so it could be separated and prepared for use. It was not a place of destruction. It was a place of preparation.



Wheat is the part of the plant that provides nourishment. It is valuable, heavy, and meant to last. Wheat is what people depended on for food and survival. Spiritually, wheat represents what God planted in you. Faith, purpose, obedience, and truth.



Chaff is the dry outer husk of the grain. It grows with the wheat but has no nutritional value. It is light and easily blown away. Spiritually, chaff represents things that attach themselves to your life but were never meant to stay. Distractions, unhealthy habits, fear, pride, and compromise. Chaff is not always bad. It is just not useful.



Winnowing is the process of tossing grain into the air so the wind can blow the chaff away while the wheat falls back down. Spiritually, winnowing represents God using truth, conviction, and His Spirit to reveal what matters and what does not.



Why Separation matters

Key Truths to Remember

- God reveals before He removes
- Conviction is not condemnation
- Separation is preparation
- God builds before He sends
- Surrender creates space for growth

If wheat and chaff stay together, the wheat cannot be used properly. Separation allows the wheat to fulfill its purpose. God separates not to hurt you, but to protect what He placed inside you.

STREAK

What This Streak Is About

A streak is choosing to show up with God every day during this fast. It is not about doing the same thing every day or doing everything on the list. It is about daily connection.

Some days you might pray. Some days you might read Scripture. Some days you might worship or sit quietly. What matters is that you intentionally make space for God each day.

God is not looking for perfection. He is looking for willingness.

How the Streak Works

Each day during the 21 days of fasting, choose at least one spiritual practice from the list below. You may do more than one if you want.

If you miss a day, do not quit. Start again the next day. Consistency builds growth, not pressure.

Daily Practices

Each day, complete one or more from this list.

- ☐ **Read Scripture:** Spend at least 10 minutes reading the Bible. This can include the daily devotionals on the church app.
- ☐ **Pray:** Spend 5 to 10 minutes praying. This can be spoken, written, or silent.
- ☐ **Worship:** Listen to Christian/Gospel music or sing quietly to God. If you need song suggestions, check out the playlist on the church app!
- ☐ **Reflect:** Journal or write honestly to God about your day or what He is showing you.
- ☐ **Create:** Draw, write, design, or create something that reflects your faith. This could be a sketch, a poem, a prayer written as art, a verse illustrated, or anything that honors God. Creation is a form of worship.

WEEK ONE TRACKER

Track Your Progress: You may track your streak using this checklist or in your Notes app or phone checklist if that helps you stay consistent. Write down how you chose to connect with God each day.

Important Reminders

- You are not competing with anyone
- This is not about doing everything perfectly
- Some days will look different than others
- God honors consistency, not performance



God is not trying to take things from you.
He is trying to build something in you.

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SOCIAL CHALLENGES

You will probably be on your phone during these 21 days. Instead of pretending that will not happen, we are choosing to use that time in a way that honors God.

These challenges help you live out your faith in real life and online. You are not required to do all of them. Choose one or more each week.

There is no pressure to post perfectly. There is no pressure to explain yourself. Faith lived quietly still counts.

You do not have to explain your faith to post your faith.

If you have social media:

- Share a scripture in your story
- Post a worship song you are listening to
- Repost a Christian quote or reel
- Post a short sentence about what God is teaching you
- Repost a post from **ascendyouth_** on IG or TikTok
- Create a TikTok or Reel to a Christian song

Aura Farming for God

- Send an encouraging message to a friend
- Share a scripture in a group chat
- Pray for someone and tell them you did
- Check in on someone who seems lonely
- Encourage someone before a test, game, or performance

Not all impact is public.

Living set apart often looks ordinary.

- Invite a friend to church or to do the fast with you
- Say no to something that pulls you away from God
- Stand up for someone who is treated unfairly
- Wear or represent your faith without explaining it
- Apologize first instead of waiting for someone else to do it
- Read your Bible or pray quietly in a public space
- Choose to respond calmly instead of clapping back

ASK FOR HELP WHEN YOU NEED IT

When things get tough, don't just push through it on your own. Reach out to the adults in your life who are fasting with you for support. You can also text or call any of the youth leaders for prayer and encouragement!

Scheduling your day will help you be successful during the fast.

You can write down what you will eat each day and when you will spend time in prayer and studying the Bible.

Having a plan will help you stay focused!

1. Download the Church app "Cornerstone Pentecostal Church".
2. Go to "Fasting".
3. Click on "Threshing Floor" and then "Ascend" for more resources to help you during your fast.



Trying to read the Bible
and keep tuning out?
Taking notes keeps your
mind engaged.

Scripture Search

Look up each scripture and write one word or phrase that stands out to you.

PSALM 51:10

WORD OR PHRASE: _____

ROMANS 12:2

WORD OR PHRASE: _____

JAMES 4:8

WORD OR PHRASE: _____

MATTHEW 6:33

WORD OR PHRASE: _____

GALATIANS 5:22

WORD OR PHRASE: _____

Reflection: What do these verses have in common? Answer below.

Brain Rot Reset

Finish the sentences honestly.

Lately my mind feels full of _____

Something that distracts me from God is _____

When I sit quietly, I feel _____

I want God to shape my _____

During this fast, I want God to speak to me about _____

Creative Option: Draw or design what peace looks like to you.

Threshing Floor Word Scramble

Unscramble the words below. All of these words connect to the theme of consecration and the threshing floor.

1. FHFC A

2. EATWH

3. RTEGITNYI

4. RPEENTANEC

5. DEONCEIBE

6. RSEURDNRE

7. CNOIVITCON

Reflection Question: Which word feels most important for your life right now and why? You can use the space below to write your answer, or use your journal or notes app.



ASCEND
YOUTH MINISTRIES