

CORNERSTONE PENTECOSTAL CHURCH

# AWAKEN

CONSECRATION 2025



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We are so glad that you are embarking on these 21 days of prayer and fasting; to draw closer to God, hear His voice, and discern His will. Please pray into each area as the Holy Spirit leads. As a church, we believe our united prayer will bring about breakthroughs both personally and corporately. Our desire is to create a culture of prayer where we see deliverance, miracles and God answering our prayers for His glory!



# SCHEDULE

## CONSECRATION

Begins: Sunday, January 5, 2025

Ends: We will break the fast with  
Communion on Sunday, January 26, 2025.

## PRAYER TIMES

Weekdays • 12:00pm

Mondays, Wednesdays, and Fridays • 7:00pm

Soak Saturdays • 10:00am

All Night Prayer Shut-In • 10:00pm-6:00am

***Friday, January 17, 2025***

## STAY CONNECTED

Subscribe to our YouTube channel at  
[youtube.com/@wearecpc](https://youtube.com/@wearecpc) and download  
the Cornerstone Pentecostal Church mobile  
app for additional fasting resources!

## QUESTIONS

See Sis. Tina or Text: 614-412-5080

# AWAKEN

*Do this, knowing that this is a critical time. It is already the hour for you to awaken from your sleep [of spiritual complacency]; for our salvation is nearer to us now than when we first believed [in Christ].* **Romans 13:11 (AMP)**

"Sometimes a person can be sleeping so soundly that it seems nearly impossible to wake them up."

A familiar nursery rhyme comes to mind: "Are you sleeping, are you sleeping, Brother John, morning bells are ringing-Ding Dong Ding!" (You may know the French version Frère Jacques). This song is about a monk who overslept and is urged to wake up and sound the bell for the midnight or very early morning prayers for which a monk would be expected to be awake.

As we begin this powerful 21-day journey of fasting and prayer, we find ourselves faced with the reality that sometimes we, too, can fall into a spiritual slumber so deep that it seems impossible to awaken. But just as an alarm bell rings out, forcing us to stir from a deep sleep, God is calling us to awaken in this season.

The apostle Paul's words in Romans 13:11 remind us of the urgency of this hour: "The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed." This is not a passive suggestion; it is an urgent wake-up call. The alarm has sounded. Yet so often, the distractions, weariness, and complacency of this world lull us to sleep. The enemy's greatest strategy is to keep us spiritually drowsy—numb to God's voice and blind to His movements. But Paul reminds us that the time to act is now: "Our salvation is nearer now than when we first believed."

Paul gives us a clear call again in Ephesians 5:14: "Wake up, sleeper, rise from the dead, and Christ will shine on you." These words speak of revival—a transition from death to life, darkness to light, and passivity to purpose. For many of us, there may be areas in our lives where we have drifted off. Perhaps our passion for prayer has grown faint, our love for God's Word has weakened, or our care for others has become lukewarm. But here lies the promise: "Christ will shine on you." When we respond to God's call to awaken, the light of Christ begins to shine brightly in every shadowed corner of our lives, bringing clarity, transformation, and hope.

This awakening is not just for our benefit—it is for the world around us. When we wake up, we become instruments of revival in the lives of others. God calls us, like the prophet Joel declared, to "blow the trumpet in Zion; sound the alarm on my holy hill" (Joel 2:1). There is a world around us that desperately needs to see and experience the light of Christ. As we awaken, God equips us to pray fervently for our families, churches, and communities, to share the Gospel boldly, and to serve others with renewed compassion and joy.

The call is clear: "Wake up, sleeper, rise from the dead, and Christ will shine on you." These 21 days are an invitation to awaken our hearts, renew our spirits, and align ourselves with God's will. The alarm has sounded, and the time to act is now. Will you wake up? Will you rise to the challenge? Let us seek God wholeheartedly during this season, trusting that as we awaken, His light will shine through us to a world in need.

It's time to *AWAKEN*—the Kingdom of God is at hand!

~ Sis. Tina



# FASTING GUIDELINES



## WHAT TO EAT

Vegetables, Fruit, Wholegrains, Legumes  
Water, 100% Fruit & Vegetable Juice  
Herbal Tea (caffeine free)  
Almond/Soy Milk (unsweetened)



## WHAT NOT TO EAT

Meats, Breads, Dairy  
Sweets, Fried Foods  
Carbonated Beverages  
Coffee, Energy Drinks



## ENTERTAINMENT

Limit TV, Shopping  
Cell Phone Activity, Social Media  
Video Games, Social Activities

This 21-day fast is not just about abstaining from food or certain activities—it is about awakening to the presence of God in a fresh way. It is about rekindling the fire of our faith, stirring up the gifts and callings within us, and preparing ourselves for what God is about to do in and through us. Spend intentional time in prayer, worship, and meditation on God's Word. Let His presence awaken something deep inside you—whether it be a renewed passion for His purpose, a fresh vision for the future, or simply a deeper love for Him. If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" Lamentations 3:22-23. He wants you to finish, and He will give you the grace and strength to do it!

**\*\*If you have serious questions about your health, or if you are under physician's care, please consult your physician before changing your diet.\*\***



# FOODS TO INCLUDE

## **ALL FRUITS**

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

## **ALL VEGETABLES**

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers.

## **ALL WHOLE GRAINS**

Including, but not limited to, brown rice, millet, quinoa, oats, barley, grits (stone-ground), whole wheat pasta, whole wheat tortillas, rice cakes. All nuts and seeds, including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

## **ALL LEGUMES**

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

## **ALL QUALITY OILS**

Including, but not limited to, olive, canola, grape seed, peanut, and sesame.

## **BEVERAGES**

Spring, Distilled, Purified water, 100% Natural Fruit and Vegetable Juice, Herbal tea (caffeine free), Almond Milk, Unsweetened Soy Milk.

## **OTHER**

Vinegar, seasonings, herbs, and spices.



# FOODS TO AVOID

## **ALL MEAT**

Including, but not limited to, beef, lamb, pork, poultry, and fish.

## **ALL DAIRY PRODUCTS**

Including, but not limited to, milk, cheese, cream, butter, yogurt.

## **ALL SWEETENERS/DESSERTS**

Including, but not limited to, sugar, raw sugar, syrups, molasses, chocolate, candy, cookies, cakes, pies.

## **ALL LEAVENED BREAD**

Including Ezekiel Bread (it contains yeast) and baked goods.

## **ALL REFINED AND PROCESSED FOOD PRODUCTS**

Including, but not limited to, white rice, white flour and food that contains artificial preservatives.

## **ALL DEEP-FRIED FOODS AND SOLID FATS**

Including, but not limited to, potato chips, French fries, corn chips. Shortening, margarine, lard, and foods high in fat.

## **BEVERAGES**

Including, but not limited to, coffee, tea, pop, energy drinks, and alcohol.

\*Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.\*

I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

**DANIEL 10:3**



# PREPARATION

There are several types of fasts mentioned in the Bible. However, they all have the same meaning. Fasting is the act of abstaining from food and or drink for spiritual purposes.

## **PREPARE YOUR HEART**

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

## **PREPARE YOUR MOTIVES**

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

## **PREPARE YOUR BODY**

A few days before starting the fast, reduce your food intake, eat smaller meals and avoid high fat and sugary foods. You should reduce strong beverages like coffee, tea or coke as well. Fasting will also result in cleansing of your physical body. You may feel physical discomforts initially like hunger pangs, dizziness, weakness, tiredness or "the blahs". Withdrawal from caffeine and sugar may cause headaches as your body detoxes. Drink plenty of water. Rest as much as your schedule will permit. The first few days of the fast are usually the most challenging. Persevere through this period. Consult your doctor if you are unsure of any headaches or body reactions.

## **PREPARE YOUR SCHEDULE**

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

\*Make it a priority to attend weekly prayer and church services during the 21-day fast. Being with other believers will encourage you to keep on going when fasting gets difficult.

***"Even now—this is the Lord's declaration—turn to me with all your heart, with fasting, weeping, and mourning" Joel 2:12***



# PREPARATION

## How to Make Your Spiritual Experience the Best it Can Be

Experiencing God's best from a fast requires solid commitment. Arranging special time each day with God is crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable.

Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is a powerful Christian discipline, and that God may have something incredibly special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith; he will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your protective shield against such attacks.

Major reasons for fasting are for personal revival, revival for our nation and the world, and for the fulfillment of the Great Commission. But praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord and intercede for your loved ones and your friends. Pray also for the church, our pastor and community. By your prayers, as you fast with humility, you will help the Great Commission be fulfilled (1 John 5:14-15).

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him: your attitudes and actions, your motives, desires, and words. This posture can only happen if God and the Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to mind and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the result of a fast. Do not be disappointed if you do not have a "mountaintop experience" as some do. Many people who have completed extended fasts tell of feeling a nearness to God that they have never known. Your motive in fasting must be to glorify God, not to have an emotional experience and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him.

# WEEK 1: PRAYER FOCUS

## MONDAY: AWAKENING TO HOLINESS

*Focus: Repentance, Cleansing, Forgiveness*

- Confess sin that was done in word, thought and deed.
- Pray that we will repent of all sin that God shows us and do a U-turn back to God.
- Purge us of every form of disobedience and self-centeredness.
- Sanctify and purify us from filthiness of the flesh and of the spirit.
- Wash us thoroughly from our iniquities.
- Ask the Holy Spirit to show you anything you may have in your heart towards another person.
- Seek forgiveness from all whom you may have offended, and forgive all who have hurt you (Make restitution as the Holy Spirit leads you.)

1 Peter 1:15-16 • Psalm 24:3-6 • Psalm 51:1-13 • Zechariah 1:2-6 • Jeremiah 31:34

## WEDNESDAY: AWAKENING TO GOD'S WORD & TRUE WORSHIP

*Focus: Embracing God's Word and Worshipping with Authenticity*

- Pray for a deep hunger for the Word of God to arise in the hearts of believers.
- Pray for clarity and revelation as we study and meditate on the Scriptures.
- Pray for deeper understanding of God's Word and a heart to obey it fully.
- Open our spiritual eyes to see how God's Word is active and living.
- Pray that our worship is not just an outward act but comes from a heart that is fully surrendered to God. Worship in spirit and truth.
- May our worship reflect Your glory and draw us closer to Your presence.
- Fill us with a fresh anointing, so that every song, prayer, and action we take in Your name is guided by Your presence. Help us to worship with passion, sincerity, and reverence.

Psalm 119:11 • Psalm 119:105 • Joshua 1:8 • 2 Timothy 2:15 • John 4:24 • Matthew 5:6

## FRIDAY: AWAKENING TO RENEWED HOPE

*Focus: Center our heart and mind on the hope God offers*

- Pray that hope be restored in abundance where it has been lost or dimmed.
- Grant us the strength to hold on to Your promises in times of despair.
- Increase our faith to believe that with You, nothing is impossible.
- Help us to stand firm in the hope that You will make a way even when it seems like there is none.
- Holy Spirit, transform our mind and renew our thoughts. Help us to focus on what is pure, lovely, and praiseworthy, so that we may walk in the hope of Your grace daily.

Romans 12:2 • Matthew 19:26 • Isaiah 58:11 • Romans 15:13 • Micah 7:7 • Isaiah 41:10

## SOAK SATURDAY - AWAKENING HIS PRESENCE

*"As the deer pants for streams of water, so my soul pants for you, my God." (Psalm 42:1)*

Refresh every thirsty soul ~ Give us new depths of intimacy with You~ Saturate our hearts



# WEEK 2: SOUND THE ALARM

## MONDAY: AWAKENING THE CHURCH

*Focus: Revival and unity in the Body of Christ*

- Pray for the church to return to holiness and purity.
- Unity among churches across denominations.
- Repentance for division and disunity in the Body of Christ.
- Pray for spiritual renewal and revival in the local and global church.
- A call for the Church to boldly declare the gospel.

1 Peter 1:15-17 • John 13:24 • John 13:35 • Romans 12:1-2 • Mark 16:15 • Ephesians 4:3

## WEDNESDAY: AWAKENING NATIONS AND SOCIAL JUSTICE

*Focus: National healing - justice, equity, and peace in society*

- Pray for justice in the legal, social, and political spheres.
- Pray against corruption, oppression, and inequality.
- Raise up leaders who will seek justice for the oppressed.
- Asking for God's intervention in situations of injustice around the world.
- Revival across nations, especially areas experiencing persecution or unrest.
- Pray for unity and peace across social, racial, and economic divides.
- Intercede for national leaders, the government, and its policies.
- Intercede for missionaries, pastors, and spiritual leaders worldwide.
- Healing and reconciliation in the nation

Isaiah 1:17 • Isaiah 42:1-4 • 2 Chronicles 7:14 • Matthew 28:19-20 • John 19:10-11

## FRIDAY: ALL NIGHT SHUT IN

PRIDE  
HEALING  
UNSAVED LOVED ONES  
HOLY GHOST  
ADDICTIONS  
PURPOSE  
WITCHCRAFT  
OUR NATION  
DELIVERANCE  
SOUL TIES  
FAMILY RELATIONSHIPS

# WEEK 3: PRAYER FOCUS

## MONDAY: AWAKENING TO PURPOSE AND CALLING

*Focus: God's plan and purpose for our lives*

- Pray for clarity in recognizing personal and corporate callings.
- Pray for the activation of spiritual gifts.
- Pray to be fruitful in ministry and service to Him.
- Intercede for courage to step into God's assignments boldly.
- Pray for the breaking of complacency and spiritual lethargy.
- Pray for provision, creative ideas, strategies, and solutions for a way forward in all areas of life.

Romans 13:11-12 • Acts 26:19 • Isaiah 30:21 • John 10:27 • John 15:15 • Jeremiah 29:11

## WEDNESDAY: AWAKENING HEALING FOR THE SICK

*Focus: Divine healing for physical ailments and infirmities*

- Prayer for healing for those suffering from chronic illness, disease, or injury.
- Prayers for strength and comfort for those going through physical trials.
- Pray against fear, anxiety, depression, and any other mental health challenges.
- Asking for restoration of health and vitality in the Body of Christ.
- Ask for wisdom and guidance for healthcare professionals and caregivers.

James 5:14-15 • Jeremiah 30:17 • Isaiah 53:4-5 • Mark 7:25-30 • 1 Peter 2:24 • Matthew 15:30

## FRIDAY: DECLARING VICTORY & BREAKTHROUGH

*Focus: Worship and Thanksgiving*

- Declare healing, restoration, and victory over all areas prayed for during the 21 days.
- Praise God for breakthroughs, answered prayers, and testimonies.
- Pray for lasting fruit from this time of prayer and fasting.
- Thank you for your unconditional, undying never-failing, endless love.
- We give you all the glory and praise that is due Your name.
- Thank you for sustaining us and granting us strength to grow through the 21 days of Prayer and Fasting.

Revelation 12:11 • Numbers 23:19 • Isaiah 58:8 • 1 Chronicles 16:34 • Psalm 107:1

## SOAK SATURDAY - AWAKENING HIS PRESENCE

*"As the deer pants for streams of water, so my soul pants for you, my God." (Psalm 42:1)*

Refresh every thirsty soul ~ Give us new depths of intimacy with You~ Saturate our hearts



# IT'S TIME TO "WAKE UP"

**Scripture:** Romans 13:11 (NIV)

*"And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed."*

1. What does it mean to "wake up from your slumber" in your spiritual life? How can you recognize areas where you may be spiritually asleep?
2. In what ways can you prepare yourself spiritually as you acknowledge that "our salvation is nearer now" than when you first believed?
3. How does the urgency of the time affect your relationship with God and your commitment to spiritual growth?
4. What are some practical steps you can take during this season of prayer and fasting to stay alert and spiritually awake?

**Scripture:** Ephesians 5:14 (NIV)

*"This is why it is said: 'Wake up, sleeper, rise from the dead, and Christ will shine on you.'"*

1. What areas of your life need the light of Christ to shine in? How can you invite His light into those areas during this season?
2. What does it mean to "rise from the dead" in a spiritual sense? Are there any parts of your life that need resurrection or healing?
3. How can you be a source of light to others during this time of prayer and fasting?
4. In what ways does the call to "wake up" and "rise from the dead" challenge your current way of living or thinking?

**Scripture:** Joel 2:1 (NIV)

*"Blow the trumpet in Zion; sound the alarm on my holy hill. Let all who live in the land tremble, for the day of the Lord is coming; it is close at hand—"*

1. What areas of your life need the light of Christ to shine in? How can you invite His light into those areas during this season?
2. What does it mean to "rise from the dead" in a spiritual sense? Are there any parts of your life that need resurrection or healing?
3. How can you be a source of light to others during this time of prayer and fasting?
4. In what ways does the call to "wake up" and "rise from the dead" challenge your current way of living or thinking?

# PRAYER TOOLS

## ONE HOUR PRAYER CLOCK

This tool is designed to help you pray one hour. Pray through each section of the clock for five minutes starting at 1 (Praise and Worship) and ending at 12 (Praise).





# PRAYER TOOLS

## **ACTS PRAYER MODEL**

**ACTS** is an acronym meant to help you focus your prayers. ACTS stands for Adoration, Confession, Thanksgiving, and Supplication.

**Adoration** is the act of worshipping, praising and honoring God. So, to begin our ACTS prayer outline we will praise God for who He is.

**Confession** is the act of laying bare your sins before God. As 1 John 1:9 tells us, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." So, step 2 of praying ACTS is bringing your sins before God, and asking for and accepting His forgiveness.

**Thanksgiving** is what we offer to God after receiving God's forgiveness, it is time to express our gratefulness. At the beginning of our ACTS prayer, we praised God for who He is. Now, we thank God for what He has DONE.

**Supplication** is asking for something earnestly and humbly. Jesus told His disciples "Whatever you ask in prayer, you will receive, if you have faith." (Matthew 21:22). So, in supplication, we ask God for our needs and the needs of others.

## **SOAP BIBLE STUDY**

### **S - SCRIPTURE: *Physically write out the Bible verse***

You will be amazed at what God will reveal to you when you slow down to write or meditate on what you are reading!

### **O - OBSERVATION: *What do you see in the verses you are reading?***

Who is the audience? Is there a repetition of words? What words stand out to you? What is the main lesson or theme?

### **A - APPLICATION: *When God's Word becomes personal***

What is God saying to me today? How can I apply what I just read to my life? Are there any changes I need to make?

### **P - PRAYER: *Pray God's Word back to Him***

If He has revealed something to you during this time in His Word, pray about it. Confess, if He has revealed some sin that is in your life. Take time to thank Him for His goodness in your life.





**CORNERSTONE**

PENTECOSTAL CHURCH