

CORNERSTONE PENTECOSTAL CHURCH

THRESHING FLOOR

CONSECRATION 2026



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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 4, 2026

Ends: We will break the fast with
Communion on Sunday, January 25, 2026.

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 16, 2025

STAY CONNECTED

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

QUESTIONS

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



WELCOME TO THE THRESHING FLOOR

CPC Family,

We are entering a holy and intentional season of prayer and fasting with the theme “**The Threshing Floor.**” This is not a casual journey, nor is it merely a discipline. It is an invitation to come before the Lord in surrender, to be refined by His presence, and to encounter Him in a sacred place of separation, purification, and preparation.

In Scripture, the threshing floor was a place of pressure and process. Grain was beaten and winnowed so that what was valuable could be separated from what was worthless. Spiritually, the threshing floor represents God’s refining work in our lives, where He removes what cannot remain so that what He has purposed can emerge.

In **2 Samuel 24:24–25**, King David stood on the threshing floor of Araunah after a season of judgment had come upon Israel. When offered a sacrifice that would cost him nothing, David responded with these powerful words:

“No, I insist on paying for it. I will not sacrifice to the Lord my God burnt offerings that cost me nothing.” (*2 Samuel 24:24, NIV*)

David purchased the threshing floor, built an altar, and offered costly sacrifices to the Lord. Scripture tells us that “**the Lord responded to the prayer for the land, and the plague on Israel was stopped.**” What was once a place of judgment became a place of mercy. What was once a place of separation became a place of restoration. The threshing floor became holy ground.

As we begin these 21 days, we too are being called to the threshing floor—not as a place of fear, but as a place of encounter. A place where God lovingly examines our hearts. A place where idols are torn down, motives are purified, and lives are laid fully on the altar. A place where sacrifice is required, but glory is promised.

This fast is about more than abstaining from food or habits. It is about positioning ourselves before God and saying, “**Lord, You can have it all.**” It is about allowing Him to separate the wheat from the chaff in our lives by removing attitudes, mindsets, behaviors, and attachments that no longer serve His purpose. It is about being prepared vessels for His glory and ready laborers for His harvest.

The threshing floor is also a place of hope. After the crushing comes the harvest. After surrender comes blessing. After purification comes power. God does not thresh to destroy; He threshes to prepare.

Over the next 21 days, may you approach this fast with humility, expectancy, and courage. Trust the process. Embrace the pressing. Remain on the altar. God is doing a deep work among His people, and what He purifies, He also fills.

May the Lord meet you on the threshing floor, and may His glory be revealed in and through your life.

With prayer and expectation,
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 more than giving things up. It is an invitation to step onto the threshing floor and become more aware of God's presence. It is a time for Him to rekindle your faith, stir your gifts, and prepare you for what He is about to do. Set aside intentional time for prayer, worship, and Scripture. Ask God to work in your heart the way the threshing floor separates what is needed from what is not. Let His presence awaken fresh passion, renewed vision, and deeper love for Him. If you slip, do not quit. Simply return to the process. God's mercies are new every morning (Lamentations 3:22-23), and He will give you the strength to finish.

****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: Preparing the Floor

Monday: Focusing on Holiness & Repentance

Prayer Focus: Asking God to cleanse us so nothing interferes with His work.

Ask God to search our hearts and reveal anything out of alignment	Psalms 139:23-24
Confess personal and corporate sin without excuses	1 John 1:9
Pray for forgiveness where we have compromised or grown cold	Revelation 2:4-5
Ask God to restore sensitivity to His presence and voice	Ezekiel 36:26
Pray for a renewed desire to live set apart	1 Peter 1:15-16

Wednesday: Letting Go of What Cannot Go Forward

Prayer Focus: Releasing habits, mindsets, and attachments that no longer serve God's purpose.

Ask God to identify what He is asking us to release in this season	Hebrews 12:1
Pray for the courage to let go of comfort, familiarity, and fear	Isaiah 43:18-19
Renounce unhealthy cycles, distractions, and dependencies	Galatians 5:1
Ask for grace to trust God with what feels hard to surrender	Proverbs 3:5-6
Pray that nothing unnecessary survives this consecration	Matthew 3:12

Friday: Yielding Our Will to God

Prayer Focus: Submitting fully to God's authority and direction.

Pray for alignment between our desires and God's will	Psalms 37:4
Ask God to break resistance, pride, and self-reliance	James 4:6-7
Surrender plans, timelines, and expectations to Him	Luke 22:42
Pray for hearts that say "yes" before knowing all the details	Proverbs 16:9
Declare obedience even when it costs us comfort	John 14:15

SOAK SATURDAY

"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: The Separation Process

Monday: Allowing God to Refine Us

Prayer Focus: Welcoming God's refining work without fighting it.

Ask God to remove anything impure from our motives	Psalm 51:10
Pray for humility during correction and instruction	Proverbs 12:1
Ask for patience in the refining process	Isaiah 48:10
Pray that we don't despise the pruning season	John 15:2
Declare that refinement is producing something good	Romans 8:28

Wednesday: Sharpening Our Spiritual Discernment

Prayer Focus: Learning to recognize God's voice clearly.

Pray for clarity in hearing God's voice	John 10:27
Ask God to quiet competing voices and distractions	Psalm 46:10
Pray for discernment in decisions, relationships, and opportunities	Philippians 1:9-10
Ask for wisdom to distinguish between flesh, fear, and faith	Galatians 5:16-17
Pray that confusion would lose its grip on our minds	1 Corinthians 14:33

FRIDAY: A DIVINE ENCOUNTER

Healing *Outpour of the Holy Ghost* *Purpose*
Marriages *Deliverance* *Family Relationships*
Unsaved Loved Ones *Witchcraft* *Pride*

WEEK 3: Ready for the Wind

Monday: Walking in Obedience and Faith

Prayer Focus: Trusting God enough to act on what He has spoken.

Pray for bold obedience without delay	James 1:22
Ask God to strengthen our faith where fear has lived	2 Timothy 1:7
Pray for grace to move even when the outcome is unclear	Hebrews 11:8
Declare trust in God's process and timing	Ecclesiastes 3:11
Ask God to help us walk out what we've prayed	Matthew 7:24

Wednesday: Preparing for God's Movement

Prayer Focus: Staying spiritually alert and ready for what God is doing.

Pray against spiritual complacency and fatigue	Romans 13:11
Ask God to keep us attentive and responsive	Matthew 25:13
Pray for unity as a church body in this season	Psalms 133:1
Ask for readiness to move when God moves	Exodus 40:36-37
Declare that we will not miss what God is doing	Luke 19:44

Friday: Stepping Into Purpose and Commission

Prayer Focus: Moving forward purified, positioned, and empowered.

Thank God for the work He has done during consecration	Philippians 1:6
Pray for clarity of calling and next steps	Jeremiah 29:11
Ask God for boldness to live out our purpose publicly	Acts 4:29
Pray that our lives would bear lasting fruit	John 15:16
Declare that we are ready for what comes next	Isaiah 6:8

SOAK SATURDAY

"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

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.



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