

SEEK FIRST: 72 HOURS WITH GOD

MARCH 25-28, 2026

A Church-Wide Prayer & Fasting Encounter

OFFICIAL THEME STATEMENT

Seek God First. Trust Him Fully. Walk in Victory.

A sacred time for our church family to pause, pray, fast, and realign our hearts with God's will—individually at home and corporately in worship.

“Putting God First Through Alignment Before Assignment”

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matthew 6:33



Fresh Start Community Church
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Introduction to Our Time of Fasting

At Fresh Start Community Church, we are entering a sacred time of consecration and fasting under our church theme:

“Seek First: Putting God First in Every Area”

Alignment Before Assignment

This is more than abstaining from food — this is about realignment. It is a season to quiet distractions, humble ourselves before the Lord, and position our hearts to hear clearly from Him.

As we fast, we are committing to:

- **Seek God First**
- **Trust Him Fully**
- **Walk in Victory**

Our Foundation Scriptures

Matthew 6:33 (KJV)

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

2 Chronicles 7:14 (KJV)

“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.”

Isaiah 40:31 (KJV)

“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.”

During this time, we are believing God for renewal, clarity, breakthrough, healing, and divine direction. We are aligning before assignment. We are seeking before strategy.

We are praying before movement.

This is our moment to draw closer, go deeper, and expect God to move in powerful ways.

FASTING GUIDE

Deciding too fast is the easy part. From what to abstain from is the harder choice. Most Biblical examples of fasting are when someone stops eating food; however, there are examples that set aside non-food items. The choice is between you and God. Some food-related fasts are:

- **Absolute Fast** - No food and no water. *Seek guidance from a physician before starting this fast. The human body cannot go without water for more than three days.*
- **Full Fast** - Drink only liquids and do not eat any kind of food.
- **The Daniel Fast** - Do not eat meat, sweets, and bread. Eat only fruit and vegetables. Drink juice and water.
- **One Meal a Day** - A full fast for one meal every day of the fast.
- **Partial Day Fast** - A full fast on a short time-limit; usually 6-12 hours.
- **One Item of Food** - Stop eating a specific item or type of food instead of not eating at all.
- **Intermittent Fast** - recurring, ongoing fast; for example, one day a week.

When it is time to end the fast a choice of soups & soft foods is suggested along with water/tea.

A popular, modern fast is pausing technology usage (i.e., social media, TV/streaming services, etc.). Those who fast this way realize how much time is wasted on passive technology and want to repurpose that time to deepen their relationship with God.

Remember, the type of fast is not as important as having an attitude and desire to seek God and His response during the campaign. Whatever fast is chosen, dedicate time to seek God. Spend time with Him, praying, worshiping, and reading the Bible. Everything else is of less importance. ***God is the top priority.***



Church Consecration & Fasting Schedule

Daily Prayer Commitment

Each member is encouraged to devote an intentional time of daily prayer before the Lord throughout this fast.

As a church family, we will unite in prayer at the following times each day:

6:00 AM – Seek His Face (Consecration & Surrender)

Begin your day placing God first.

Surrender your plans, align your heart, and invite the Holy Spirit to lead you.

*“Create in me a clean heart, O God; and renew a right spirit within me.” — Psalm 51:10
(KJV)*

12:00 PM – Trust His Direction (Alignment & Intercession)

Pause midday to refocus and realign.

Pray for wisdom, clarity, your family and our church.

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” — Proverbs 3:5–6 (KJV)

6:00 PM – Walk in Victory (Corporate Prayer via Zoom)

We gather in unity each evening to pray, declare victory and give thanks.

“Now thanks be unto God, which always causeth us to triumph in Christ...” — 2 Corinthians 2:14 (KJV)

Saturday Close-Out Worship Gathering

To conclude our time of consecration and fasting, the church will be open on **Saturday at 5:00 PM for prayer**, followed by our **Close-Out Worship Service beginning at 6pm** as we gather in thanksgiving, expectation, and celebration of what God has done.

We will not end this fast quietly — we will end it in worship.

Expect renewal. Expect clarity. Expect victory.

DAY 1 – SEEK HIS HEART

Psalm 51:10

Daily Affirmation

Today, I humble myself before God.
My heart is clean.
My spirit is renewed.
My past does not define me.
I am forgiven, restored, and made new.
God is doing a fresh work in me.

Daily Prayer

Father God,
I come before You with an open heart.
Search me, cleanse me, and renew me.
Remove anything in me that is not pleasing to You.
Heal my wounds, forgive my mistakes, and restore my joy.
Create in me a pure heart and a right spirit.
I surrender fully to You today.
In Jesus' Name, Amen.

My Notes/What God Is Showing Me

DAY 2 – SEEK HIS WILL

Proverbs 3:5–6

Daily Affirmation

Today, I trust God completely.
I lean not on my own understanding.
My steps are ordered.
My decisions are guided.
My life is aligned with God’s will.
I walk in wisdom and peace.

Daily Prayer

Lord,
I surrender my plans, ideas, and expectations to You.
Teach me to trust You with my whole heart.
Give me clarity where I am confused.
Direction where I am uncertain.
Peace where I am anxious.
Align my life with Your purpose.
Lead me in the path You have prepared for me.
In Jesus’ Name, Amen.

My Notes/What God Is Showing Me

DAY 3 – SEEK HIS POWER

Isaiah 40:31

Daily Affirmation

Today, I receive God’s strength.

I am renewed.

I am empowered.

I am equipped.

I rise above fear and fatigue.

I walk boldly in my calling.

God’s power works in me and through me.

Daily Prayer

Heavenly Father,

Thank You for renewing my strength.

When I feel tired, You lift me.

When I feel weak, You empower me.

Fill me with Your Holy Spirit.

Give me boldness, endurance, and faith.

Send me forward with confidence and courage.

I am ready for what You have prepared.

In Jesus’ Name, Amen.

My Notes/What God Is Showing Me

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CLOSING DECLARATION (For Final Night)

I have sought God first.
I am aligned with His will.
I am walking in His power.
My life is transformed.
My faith is strengthened.
My purpose is activated.
I will live for God boldly.
In Jesus' Name, Amen!

My Notes/What God Is Showing Me
