



7-DAY CONSECRATION GUIDE BOOK

The Year of Refuge : Safe House

Where You're Seen, You're Safe, You're Secure

(Psalm 9:9-10)

January 2-8, 2026

**Theme: Vision Clarity -
Receiving God's Blueprint**

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Welcome to 2026—**The Year of Refuge: Safe House: You're Seen, You're Safe, You're Secure** (Psalm 9:9-10)! I'm so glad you've committed to starting this year by seeking God through fasting and prayer. This first fast sets the foundation for everything God wants to build in us individually and as New Hope collectively.

Over the next seven days, we're aligning our hearts with God's blueprint for New Hope—just like Nehemiah did when he heard about the broken walls of Jerusalem. Nehemiah didn't just pray—he fasted, mourned, and positioned himself to hear from God. That's what we're doing. Throughout this fast, we'll be studying the book of Nehemiah—examining how God rebuilds what's broken, how He calls ordinary people to do extraordinary things, and how vision always starts with burden and prayer. This fast isn't just about what we're giving up—it's about what we're making room for: vision, clarity, breakthrough, and divine alignment.

We're doing a 16:8 intermittent fast—16 hours of fasting, 8 hours of eating—because this pattern creates space for spiritual clarity while being sustainable for daily life. From 8 PM to noon (the next day), you'll abstain from food. From noon to 8 PM, you'll eat clean, wholesome meals (no fried foods, snacks, strong beverages, or desserts). Each day, this guide will walk you through Scripture from Nehemiah and other parts of the Bible, meditation, prayer, and reflection tied to our vision. Don't rush through it—sit with it, journal, and let God speak.

At the end of this guide, you'll find a tracking section to help you monitor your progress, record what God is revealing, and hold yourself accountable throughout the seven days. Use it—it will help you see patterns, breakthroughs, and areas where God is moving.

This isn't about restriction—it's about surrender. This isn't about perfection—it's about pressing into God's presence. Let's build together.

We're building!!!

Pastor T

HOW TO USE THIS GUIDE

Each day of this fast includes five key elements designed to help you go deeper with God:

Scripture Reading Plan: A primary passage from Nehemiah plus supporting Scriptures from across the Bible that reinforce the day's theme. Read slowly and ask God to speak.

Meditation & Reflection: A verse to memorize and a journaling prompt to help you process what God is revealing. Don't rush this—let the Word sink in.

Prayer Focus: Specific areas to pray about each day (personal transformation, family, New Hope, Norristown, breakthrough, etc.). Use these as a guide, not a script.

New Hope Element: Each day highlights one of our church vision goals, core values, or HOPEamentals. This connects your personal fast to our collective mission as a church.

Journaling Space: Blank lines are provided for you to write what God is speaking, what you're learning, and what you're committing to. Be honest. Be real. This is between you and God.

FASTING & PRAYING SCHEDULE

Fasting Times:

Eating Window: 12:00 PM (Noon) – 8:00 PM daily

Fasting Window: 8:00 PM – 12:00 PM (Noon) the next day

Start: Friday, January 2, 2026 at 8:00 PM

End: Thursday, January 8, 2026 at 12:00 PM (Noon)

Praying Times:

6:00 AM – Corporate Prayer (Online/Conference Call)

Join us for morning prayer via Zoom/conference call. We will pray for the first two prayer focuses of the day during this time.

12:00 PM (Noon) – Personal Prayer

Before you break your fast with your first meal, spend 10-15 minutes in personal prayer. Thank God for His provision. Intercede for your family, New Hope, and Norristown.

6:00 PM – Corporate Prayer (Online/Conference Call)

Join us for evening prayer via Zoom/conference call. Reflect on what God revealed during the day. We will pray the remaining prayer focuses for the day.

DAY 1 - FRIDAY, JANUARY 2, 2026

Scripture Reading Plan

- Nehemiah 1:1-4 (Nehemiah hears about the broken walls and weeps)
- Jeremiah 29:11-13 (God's plans and seeking Him wholeheartedly)
- James 1:5 (Asking God for wisdom)
- Habakkuk 2:2-3 (Write the vision and make it plain)

How these connect: Nehemiah's burden began with hearing and responding in prayer and fasting. Fasting creates space to hear God's vision for your life and seek His wisdom with your whole heart. God has plans for you—fasting helps you discern them clearly.

Meditation and Reflection

Verse to meditate on: *"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven."* - Nehemiah 1:4

Reflection prompt: Sit in silence for 10 minutes. Ask God: "What burden have You placed on my heart? What do you want to show me this week?" Write down any words, images, or feelings that come to mind. Don't filter or edit—just write.

Journal:

Prayer Focus

- Thank God for the opportunity to seek Him through fasting
- Ask Him to reveal His blueprint for your life in 2026
- Surrender your physical and spiritual appetite to Him
- Pray for clarity, spiritual hunger, and strength to complete this fast

New Hope Element - Church Goal: Advance Our Community by Being a Safe Place to Love, Heal, and Be Made Whole

As you fast, remember that God is transforming you into a refuge for others. Individually, this means letting God heal your brokenness so you can help others heal. Collectively, it means New Hope becomes a place where the hurting find hope. Fasting prepares your heart to be both healed and a healer.

Challenge Question

What area of your life feels "broken" right now—like Jerusalem's walls in Nehemiah 1? Are you willing to let God show you His blueprint for rebuilding it?

Journal:

DAY 2 - SATURDAY, JANUARY 3, 2026

Scripture Reading Plan

- Nehemiah 1:5-11 (Nehemiah's prayer of confession and petition)
- Psalm 51:10-12 (Create in me a clean heart)
- 1 John 1:9 (If we confess our sins, He is faithful to forgive)
- Daniel 9:4-5 (Daniel's prayer of corporate confession)

How these connect: Nehemiah didn't just pray for vision—he confessed sin first. Fasting often brings conviction. God uses this to clear out what's blocking His voice. Confession prepares the way for clarity.

Meditation and Reflection

Verse to meditate on: *"let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned."* - Nehemiah 1:6

Reflection prompt: Spend 10 minutes in silent confession. Ask God: "What do I need to confess? What's blocking my connection with You?" Write down anything the Holy Spirit brings to mind. Then receive His forgiveness (1 John 1:9).

Journal:

Prayer Focus

- Confess any known sin and receive God's forgiveness
- Ask God to search your heart and reveal anything hidden
- Pray for humility to own your part in what's broken
- Thank God for His grace and mercy

New Hope Element - Core Value: Pursue the Bible

Confession requires honesty, and honesty requires truth. God's Word is the mirror that shows us what needs to change (James 1:22-25). Individually, pursuing the Bible means letting it convict and correct you. Collectively, it means we build everything on Scripture, rather than culture or personal preference. Fasting sharpens your ability to hear God's Word clearly.

Challenge Question

Is there a sin you've been minimizing or avoiding that God is asking you to confess today? What would it look like to fully own it and receive His forgiveness?

Journal:

DAY 3 - SUNDAY, JANUARY 4, 2026

Scripture Reading Plan

- Nehemiah 2:1-8 (Nehemiah requests favor from the king)
- Proverbs 21:1 (The king's heart is in the hand of the LORD)
- Esther 4:16 (Esther fasts before approaching the king)
- Exodus 33:15 (If Your presence doesn't go with us, don't send us)

How these connect: After months of fasting and prayer, Nehemiah received favor when he approached the king. Fasting positions you for breakthrough. It doesn't manipulate God—it aligns your heart with His will so you can move with confidence and favor.

Meditation and Reflection

Verse to meditate on: *"And because the gracious hand of my God was on me, the king granted my requests."* - Nehemiah 2:8

Reflection prompt: Spend 10 minutes asking God: "Where do I need favor? What door needs to open?" Write down the specific area where you're asking for breakthrough. Then thank God in advance, trusting His gracious hand is on you.

Journal:

Prayer Focus

- Ask God for favor in the specific areas He's shown you

- Pray for divine appointments and open doors
- Thank God that His timing is perfect
- Pray for patience to wait for His timing, not force your own

New Hope Element - HOPEamental: Close the Time Gap (Commit, Follow Up, Honor Time)

Nehemiah didn't just pray—he prepared. When the king asked what he needed, Nehemiah had a clear, detailed answer (2:5-8). Individually, this means being ready when God opens doors. Collectively, it means we honor commitments and follow through. Fasting teaches discipline, which prepares you for breakthrough.

Challenge Question

What door are you asking God to open? Have you prepared yourself for what's on the other side, or are you just hoping it works out?

Journal:

DAY 4 - MONDAY, JANUARY 5, 2026

Scripture Reading Plan

- Nehemiah 2:11-18 (Nehemiah inspects the walls at night)
- Proverbs 4:25-27 (Let your eyes look straight ahead; make level paths)
- Luke 14:28-30 (Count the cost before building)
- Lamentations 3:40 (Let us examine our ways and test them)

How these connect: Before Nehemiah announced his plan, he inspected the damage. Fasting creates space for honest assessment. You can't fix what you won't face. God is showing you what needs to be rebuilt—but first, you have to look at it honestly.

Meditation and Reflection

Verse to meditate on: "So I went out at night by the Valley Gate in the direction of the Dragon's Well and on to the Refuse Gate, *inspecting the walls of Jerusalem which were broken down and its gates which were consumed by fire.*" - Nehemiah 2:13

Reflection prompt: Spend 10 minutes asking God: "What have I been avoiding? What truth do I need to face?" Write down the area of your life God is asking you to inspect honestly—without excuses, without minimizing.

Journal:

Prayer Focus

- Ask God for courage to face the truth about what's broken
- Pray for wisdom to see clearly, not through denial or fear
- Ask for a plan—what needs to be rebuilt?
- Thank God that He doesn't condemn you for what's broken; He equips you to rebuild

New Hope Element - HOPEamental: Own the Outcome (It may not be your fault, but it's your responsibility)

Nehemiah didn't break Jerusalem's walls, but he owned the responsibility to rebuild them. Individually, this means you stop blaming others and start taking ownership. Collectively, it means we don't make excuses as a church—we act. Fasting breaks the victim mentality and activates responsibility.

Challenge Question

What problem in your life are you blaming someone else for? What would it look like to own the outcome, even if it wasn't your fault?

Journal:

DAY 5 - TUESDAY, JANUARY 6, 2026

Scripture Reading Plan

- Nehemiah 3:1-5 (Everyone builds their section of the wall)
- 1 Corinthians 12:12-27 (The body of Christ—each part essential)
- Ephesians 4:16 (The whole body grows when each part does its work)
- Romans 12:4-8 (We have different gifts, but one body)

How these connect: Rebuilding wasn't one person's job—it was everyone's. Each family built their section. Fasting reminds you that you're not alone. You have a role, and others have theirs. Collectively, we're building something bigger than any one of us.

Meditation and Reflection

Verse to meditate on: *"Then Eliashib the high priest arose with his brothers the priests and built the Sheep Gate; they consecrated it and hung its doors. They consecrated the wall to the Tower of the Hundred and the Tower of Hananel."* - Nehemiah 3:1

Reflection prompt: Spend 10 minutes asking God: "What's my section? Where am I called to build?" Write down the specific area where God is asking you to contribute—in your family, your church, your community.

Journal:

Prayer Focus

- Ask God to show you your specific role in His work
- Pray for unity in the body of Christ—especially at New Hope
- Thank God for the people building alongside you
- Pray for strength and faithfulness to build your section well

New Hope Element - Church Goal: Help Transform the City Through Cultural Engagement

New Hope isn't just for us—it's for Norristown. Individually, this means you're a light in your workplace, neighborhood, and relationships. Collectively, it means we engage the city with love, service, and the gospel. Fasting prepares you to be salt and light, not just a consumer of church services.

Challenge Question

What's your "section of the wall" in Norristown? Where is God asking you to serve, engage, or be present in the city?

Journal:

DAY 6 - WEDNESDAY, JANUARY 7, 2026

Scripture Reading Plan

- Nehemiah 4:6-10 (The workers are exhausted, but the wall is halfway done)
- Galatians 6:9 (Let us not grow weary in doing good)
- Isaiah 40:28-31 (Those who hope in the LORD will renew their strength)
- 2 Corinthians 4:16-18 (Outwardly wasting away, inwardly renewed)

How these connect: Halfway through the work, Nehemiah's workers wanted to quit. Fasting is hard. You're tired. You're hungry. But this is where breakthrough happens—not at the beginning, but in the middle, when you want to quit. Keep going.

Meditation and Reflection

Verse to meditate on: "The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall." - Nehemiah 4:10

Reflection prompt: Spend 10 minutes being honest with God about your exhaustion. Where are you tempted to quit—not just the fast, but in life? Write it down. Then ask God for renewed strength to finish what He started.

Journal:

Prayer Focus

- Confess your weariness and ask God for strength
- Pray for endurance to finish the fast and the work God has called you to
- Ask God to help you see progress, not just rubble
- Thank God that He sustains you when your strength gives out

New Hope Element - HOPEamental: Embrace the Hard (Discomfort shapes us)

Fasting is uncomfortable. Building is exhausting. But discomfort is where growth happens. Individually, this means you stop avoiding hard things and start embracing them as tools for transformation. Collectively, it means New Hope doesn't take the easy road—we do what's right, even when it's hard. Fasting trains you to endure.

Challenge Question

What hard thing is God asking you to embrace right now instead of avoiding? How might discomfort be shaping you into who He's calling you to be?

Journal:

DAY 7 - THURSDAY, JANUARY 8, 2026

Scripture Reading Plan

- Nehemiah 4:14-23 (Don't be afraid; remember the Lord and fight)
- Psalm 27:1-3 (The LORD is my light and salvation—whom shall I fear?)
- Ephesians 6:10-18 (Put on the full armor of God)
- 2 Timothy 1:7 (God has not given us a spirit of fear, but of power, love, and a sound mind)

How these connect: Fear tried to stop the work. Nehemiah's response? "Remember the Lord, who is great and awesome" (4:14). Fasting strengthens your ability to remember who God is when fear tries to paralyze you. The enemy wants you to quit. Don't give him the satisfaction.

Meditation and Reflection

Verse to meditate on: "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes." - Nehemiah 4:14

Reflection prompt: Spend 10 minutes asking God: "What fear is trying to stop me?" Write it down. Then write this truth: "The Lord is great and awesome." Declare it over your fear. You've made it to Day 7. You didn't quit. That's victory.

Journal:

Prayer Focus

- Declare God's greatness over every fear you're facing
- Pray for courage to keep building what God has called you to build
- Thank God for sustaining you through this 7-day fast
- Ask God what He revealed this week and how to move forward

New Hope Element - Church Goal: Build a Culture of Greatness Through Forward-Thinking and Actions

You finished. That's not small. Finishing what you start builds a culture of excellence and faithfulness. Individually, this means you follow through on commitments. Collectively, it means New Hope is known for integrity and excellence. Fasting trains you to finish strong, even when it's hard.

Challenge Question

You've completed 7 days of fasting. What did God reveal to you this week? What's one action step you need to take based on what He showed you?

Journal:

TRACKING ELEMENT

7-Day Fast Completion Log

Check off each day as you complete it. Write one word that summarizes what God revealed to you that day.

Day 1 (Jan 1): _____ What God revealed: _____

Day 2 (Jan 2): _____ What God revealed: _____

Day 3 (Jan 3): _____ What God revealed: _____

Day 4 (Jan 4): _____ What God revealed: _____

Day 5 (Jan 5): _____ What God revealed: _____

Day 6 (Jan 6): _____ What God revealed: _____

Day 7 (Jan 7): _____ What God revealed: _____

Summary Reflection

Looking back at the week, what is the one thing God made clear to you during this fast?

What is one action step you will take this week based on what God revealed?

Next Steps for Continued Growth

1. Review your journal entries from this week. What themes do you see? What is God consistently saying?
2. Share what God revealed with someone you trust. Testimony strengthens faith.
3. Take one action step this week based on what God showed you. Don't let revelation sit idle—obey it.

Final Thought

Nehemiah didn't just fast and pray. He acted. He built. He led. Fasting isn't the end—it's the beginning. You've heard from God. Now it's time to move.

"The joy of the LORD is your strength." - Nehemiah 8:10