

**2026**  
**RISE**  
**AND**  
**GO**

7 Days of  
Consecration  
**PRAY . FAST . GIVE**

Arise... Let your light shine for all to see. For the glory of the LORD rises to shine on you. - Isaiah 60:1 (NLT)



# PRAY

Father, we come humbly before You, the Author and Finisher of our faith. Your Word instructs us to acquaint ourselves with You and in so doing we will be at peace. We walk confidently into Your throne room with full knowledge that You hear the prayers of Your children.

Father, we pray that the bonds of wickedness are loosed, the burdens are lifted, and the oppressed go free! Break every yoke in Jesus' Name!

## **Father, we claim Isaiah 58:12:**

Those from among us shall build the old waste places.  
We shall raise up the foundations of many generations;  
And we shall be called the Repairers of the Breach,  
The Restorer of Streets to dwell in.

## **Father, we position ourselves for breakthrough:**

**ROOT OUT** selfishness, self promotion, personal agenda and anything that distracts us from Your Holy presence. We desire to follow You.

**REMOVE** the cloud away from the minds of all that come through the doors of Metro Tab Church so they can walk in newness of life.

**RADICALLY** we want to serve You. Increase our thirst for Your presence.

**REVEAL** Your will so spiritual perception will increase in this body of believers.

**RESTORE** broken relationships. Put broken lives back together! Crush the divisive plans of the enemy.

**RAISE UP** witnesses in this region so that many will come to know You as Savior.

**REVIVE** us during these turbulent and troubled times.

**RENEW** a steadfast spirit within us. Empower us to carry out the vision You have ordained for Metro Tab Church.

**REBUILD** the towers of testimony in us. You are the great "I AM" and in You we are victorious! You are the Source of our strength.

**REFRESH** my heart in the Spirit. In You I choose to rest!

**REDUCE** and bring to naught the efforts of Satan's attacks. It is You who lifts a standard against the enemy!

**REFINE** us that we may come forth as pure gold. Father, anoint us to pass the test! Give us the wisdom to stay in position!

**REGENERATE** us in these days so that we can fulfill our destiny! We now call upon You and wait on You to show us great and mighty things!

**REGARD** our prayers! Allow our prayers to produce results!

**RELEASE** the power of the Holy Spirit over this region. Pour out Your Spirit on our sons and daughters. Release the prophetic flow of Your Spirit in this place!

**REMEMBER** those who are bound by sin. Father, set the captives free. Loose the prisoners of darkness in Jesus' Name!

**REPRESS** evil spirits. Father, we submit to You. We completely refuse the devil and his evil plans!

**REBUKE** the disobedient. May we be a "set apart" congregation. No division can live here! Disunity, backbiting, grumbling or murmuring will never find a home at Metro Tab Church. The spirit of religion and sabotage are not welcome here.

**RESIDE** in this place! May Metro Tab Church be ablaze with Your glory!

**REVOLUTIONIZE** our worship. May You find true worshipers here!

**RESPOND** to our praise O God!

**PRAISE THE LORD!**

**We praise You in the sanctuary of our hearts!**

**We praise You for Your mighty acts!**

**We praise You according to Your excellent greatness!**

**Let everything that has breath praise the Lord.**

**PRAISE THE LORD!**

# — DELCARE —

**Together, we are stormin' the gates of hell!**

**I EFFECT AND ENFORCE** God's original plans and purposes over and against the plans and purposes of Satan. (Daniel 6:1-28)

**I DECREE AND DECLARE** that no internal or external weapon (be it emotional, financial, social, physical, psychological, interpersonal, spiritual, or organizational) formed against me shall prosper. (1 Samuel 17:47; Isaiah 54:17; Jeremiah 51:20; John 14:30; 2 Corinthians 7:5; Ephesians 4:27)

**I PLACE UPON MYSELF** the armor of God... (Romans 13:12; Ephesians 6:13-17)

Truth covers my loins (Psalm 51:6)

The breastplate of righteousness covers my heart (Psalm 5:12; 2 Corinthians 6:7)

The gospel of peace covers my feet (Isaiah 52:7)

The shield of faith defensively and offensively covers me (Hebrews 10:38, 11:1, 6)

The helmet of salvation covers my head (1 Thessalonians 5:8; Isaiah 59:17)

The sword of the Spirit is in my hand (Ephesians 6:17; Revelation 1:16)

The Lord Jesus Christ is my protection (Romans 13:14)

A robe of righteousness covers me (Isaiah 61:10)

The glory of God is my reward (Isaiah 58:8)

**I PULL DOWN** strongholds and cast down imaginations and every high thing that lifts itself against the knowledge of God. I submit my thoughts to the Lordship of Christ. (2 Corinthians 10:5, Isaiah 14:13-14; Ezekiel 28:2)

**I SPEAK** that God's anointing destroys every yoke in my life, and that my soul, spirit, and body now function in order according to the power of the Holy Spirit.

(1 Corinthians 9:27, 14:40)

**I DECREE AND DECLARE** that I am healed... sickness and disease are far from me. (Isaiah 53:5)

**I NULLIFY** diabolical decisions and rulings concerning my ministry, my life, and the lives of family members, friends, and associates. (Isaiah 38:1-5, 39:6-8; Matthew 16:19)

**I DECLARE** according to Psalm 103:20 angels now “excel strength” to marshal and protect my personage, property, and possessions. (2 Kings 6:17; Daniel 3:15-30; Acts 12:1-10)

**JEHOVAH GIBBOR** contend with those who contend with me; fight against those that fight against me. Take hold of Your shield and buckler, and stand up for my help! Draw out Your spear and javelin and close up the way of those who pursue and persecute me. Clothe Yourself in Your garments of war. Muster Your devices; gather Your weaponry and ammunition from Your divine arsenal. Make bright Your arrows, gather Your shields, and let vengeance be Your ultimate goal... as You overthrow the chariots, horses, and riders. Let terror strike the hearts of my enemies, and cause their plans to fail! **I DECREE AND DECLARE** that by You I run through troops and leap over walls. You are my God: the One who girds me with strength and makes my way perfect. It is You who makes my feet like hinds feet, giving me stability so that I am able to stand firmly and progress on the dangerous heights of testing and trouble. You set me securely upon high places. You teach my hands to war, and my fingers to fight, granting me supernatural strength and abilities. You are my rock, my shield, and my strong tower. You have equipped me with the shield of Your salvation: and Your right hand establishes me as a victor in this battle. Beat down the enemy. Give me his neck. Cause me to pursue and overtake them until they are wounded and consumed, falling at my feet, never to rise again. Establish my name in the heavens. Let them that hear of me submit and obey me. **I ANNOUNCE** that it is You who has blessed me. It is You that empowers me. It is not by my might nor by my power, but by Your Spirit. For when the enemy comes in, like a flood, Your Spirit lifts up a standard against him! (Exodus 15:3; Deut. 32:41-42; Psalm 7:13, 18:29-50, 35:1-8, 144:5-7; Isaiah 42:13-14, 59:16-19; Haggai 2:22)

**I FORBID AND DISALLOW** opposing activities of any satanic personalities with diabolical assignments concerning my life, ministry, family, or finances. I wage war with them. I disapprove and prohibit any demonic interception, interference, or resistance. (Nehemiah 4:14; Daniel 10:1-13)

**I BIND** satanic harassment and rebuke satanic concentrations. I bring to a halt and prohibit all satanic surveillance. **I SUBMIT** myself to God. **I RESIST** the devil and he must flee! (2 Samuel 11:1-2; Mark 11:18; Matthew 26:4; Luke 6:11; Acts 16:16-19; 1 Samuel 18:1-30; James 4:7)

**I LIFT** false burdens, and remove feelings of heaviness, oppression, and depression. I cast them upon the Lord, who sustains me. I shall not be moved! (Isaiah 10:27, 61:3; Psalm 12:5, 54:22, 55:22; John 14:1; Matthew 11:28-30)

**I DECREE AND DECLARE** that by the anointing all covenants, contracts, chains, fetters, bondages, proclivities, and captivities that are contrary to, oppose, or hinder the fulfillment of God's original plan and purpose are broken. I am liberated from generational, satanic, and demonic alliances, allegiances, soul ties, spirits of inheritance, and curses. I sever them by the sword of the Spirit and the blood of the Lamb. I speak to my DNA and declare that I am healed from all influences passed down from one generation to another (biologically, socially, emotionally, physiologically, psychologically, spiritually, or by any other channel unknown to me but known to God). I resist every spirit that acts as a gatekeeper or a doorkeeper to my soul, and renounce any further conscious or unconscious alliance, association, allegiance, or covenant. I open myself to divine deliverance. Father perfect those things concerning me! (Deuteronomy 5:9, 7:8-9; Ecclesiastes 7:26; Isaiah 61:1; Acts 8:9-13; Galatians 5:1; 2 Timothy 2:25; 1 Thessalonians 5:23-24)

**I DECREE AND DECLARE** that a prayer shield, the anointing, fire walls, smoke screens, and a bloodline form hedges of protection around me and all that it is mine... and that they hide me from the scourge of the enemy, familiar spirits, and all demonic personalities, making it impossible for them to effectively track or trace me in the Spirit realm. There shall be no penetrations to these hedges of protection. (Job 1:7-10; Psalm 91:1-16; Exodus 12:13; Zechariah 2:5)

**I FORCEFULLY RESIST** the wiles of the devil and prohibit the hijacking of divine thoughts, inspiration, revelation, insight, wisdom, knowledge and understanding coming from the throne-room of my heavenly Father. (Ephesians 6:11; Matthew 13:19)

**I PUT A HALT** to all distractive, disturbing, and destructive measures. For this reason, was the Son of God made manifest, that He would destroy the works of the enemy. (1 John 3:8; John 2:15-17; Acts 16:16-19)

**I PREVAIL** against satanic inhibitions, prohibitions, and all limitations. **I DECREE AND DECLARE** that all invisible and invincible walls are destroyed. (Colossians 1:16; Joshua 6:1)

**I ESTABLISH** that if laws, statutes, codifications, bills, charters, or constitutions are changed, they are changed in my favor, so that I may prosper in the place of my assignment and the land in which I am living. (Daniel 6:25-28)

**I DECREE AND DECLARE** that the eyes of my spirit function with 20/20 vision for correct understanding and interpretation of divine movements. My ears are in tune with the correct frequency of the Spirit and I have clear transmission. (2 Cor. 4:4; Ps. 119:18; Jeremiah 1:11-16, 7:2; Eph. 4:18; 2 Kings 6:17; Job 42:5; Isaiah 29:18; Rev. 4:1)

**I DECREE** that this day I operate according to God's divine timetable. **I DECREE** that God's agenda is my agenda. I am not my own, I have been bought with a price. I therefore submit myself to Him alone. (Psalm 40:7; Psalm 139:16; 1 Corinthians 7:23; James 4:7)

**FATHER OVERTHROW** the plans of troublemakers, scorners, scoffers, mockers, persecutors, and character assassins. Expose satanic representatives and give me strategies/tactics to identify, resist, and overcome plans established for my demise:

Draw out Your spear and stop them in their way.

Let them be confounded and put to shame.

Let them stumble and fall by their own counsels.

Let them be turned back and brought to confusion.

Let the angel of the Lord persecute them.

Let destruction come to them suddenly.

Let them be wounded / destroyed by the very weapons they've devised for me.

Let them be caught in the same net that they set for me.

Let them fall in the very pit that they dug for me.

Let them be burned by the very fire they have lit for me.

Let them be consumed by the very beasts they have prepared for me.

Strike them down in the very act of their mischief.

Cause fear, terror, and trouble to grip their hearts forever.

(Psalm 5:10, 7:14-16, 34:21, 35:1-8, 52:5, 83:13-17, 141:10; Esther 9:25; Proverbs 26:27, 28:10; Daniel 3:6; Matthew 7:15-23; 2 Corinthians 11:14-15)

**I OVERRULE AND OVERTHROW** according to Isaiah 54:17: Ill-spoken words, Ill wishes, Enchantments, Divinations, Spells, Hexes, Curses, Witchcraft prayers, and every idle word spoken contrary to God's original plans and purposes. **I REVERSE** the curse associated with these utterances and **DECREE & DECLARE:** They shall not stand. They shall not come to pass. They shall not take root. Their violent verbal dealings are returned to them double-fold.

**I DECLARE** that every lying tongue is wrong, and that truth prevails. Put a hook in their nostrils, bridle their lips, and hide me from the scourge of their tongue. (Job 5:21; Psalm 5:6-10; Isaiah 37:29)

**I PROHIBIT** the accuser of the brethren from operating or influencing the soul or mind of anyone who comes in contact with me. **I REVERSE** the effect of any stigmas and **DECLARE** that divine-favor, grace, honor, and well-wishes now replace all negative feelings, perceptions, and thoughts concerning myself, my family, and the work or ministry I am called to accomplish. (Revelation 12:10)

**ARREST** those that operate in the spirit of Jezebel or Belial. Let them not resist the anointing, usurp authority, or gain any ground in the natural or in the Spirit realm. (1 Samuel 10:27; 1 Kings 19:1-5, 21:1-16)

**NOW FATHER,** You have given me a great work to accomplish. I war for the releasing of finances and all resources that belong to me. Everything prepared for me before the foundation of the world, that pertains to my life, comes to me now. I shall not and will not accept substitutes. I call in resources from the north, south, east, and west. **I DECREE AND DECLARE** that every resource necessary for me to fulfill God's original plans and purposes comes to me without delay, now! (2 Peter 1:3)

**I DECREE AND DECLARE** that the wealth of the wicked is no longer laying up for me but is released now. Let those who hold on to my wealth longer than they should, be afflicted and tormented without relief until they release what rightfully belongs to me. I command Satan to "cough it up," spit it out, loose it, release it, and let it go! (Psalm 66:12; Ecclesiastes 2:26; Job 20:15-18)

**JEHOVAH JIREH** go before me and make the crooked places straight. Break in pieces the gates of brass and cut asunder the bars of iron. Grant unto me, according to Your riches in glory, Your tender mercies and immeasurable favor, the treasures of darkness, and hidden riches of secret places. (Isaiah 45:1-3)

**I ANNOUNCE** my awareness that cannot deny me access. I will not and cannot be denied of what rightfully belongs to me! **I AM** daily loaded with benefits. (Psalm 68:19)

**I DECREE AND DECLARE** that my God has brought me into my wealthy place, and I dwell in my prophetic Goshen. I increase in substance and prosper in the land whereto I abide and am sent as an ambassador of God. Grace, truth, goodness, and mercy are my bodyguards. **I DECREE AND DECLARE** that my set time of favor will not be frustrated. (Psalm 102:13)

**I COME AGAINST** the spirit of deprivation. The Lord prospers the work of my hands. By Him and through Him I accomplish great exploits. I shall not be denied! **I DECLARE** success and progress in Jesus' name! (Daniel 11:32; 2 Corinthians 2:14)

**I SEND** these words forth as winds in the Spirit realm to demolish and destroy the enemy's camps. **I DECREE AND DECLARE** that this prayer and all future prayers take on the characteristics of divine projectiles in the Spirit realm and that they hit the bull's eye every time. **I DECREE** that every spirit is released from their diabolical assignment and now becomes a part of Jesus' footstool. (Jeremiah 51:1; Psalm 57:4; Psalm 110:1)

**I SEAL THIS DECLARATION IN JESUS' NAME!**



# FAST

Joel 2:15-29 states, *“Blow the trumpet in Zion, **consecrate a fast**, call a sacred assembly, gather the people, sanctify the congregation, assemble the elders, gather the children and nursing babes... Let the priests, who minister to the Lord, weep between the porch and the altar... Be glad then... and rejoice... For He has given you the former rain faithfully, and He will cause the rain to come down on you-the former rain and the latter rain... And it shall come to pass afterward that I will pour out My Spirit on all flesh...”*

We encourage you to make the biblical practices of fasting and prayer a part of your lifestyle and seriously pursue God by using all the “weapons of our warfare” that have been given to the Church.

Every year, Metro Tab Church takes several key seasons to fast, worship, and pray. These are times when the concerted focus of the entire body is in unity and laser focused on the greater things God has for us. This time of consecration is extremely powerful and necessary to see the kind of spiritual advancement we are believing for.

Fasting, both privately and as a body of believers, is significant because it positions us for the blessing and power of God over our lives, our families, our businesses, our church, and our communities! As you read the following pages we pray the Holy Spirit will draw you in and speak to you about this season of your life.

Our desire is to provide some basic guidelines, scriptural instruction, and testimony of what God can do through fasting, as well as plant some seeds of faith to motivate and equip you to pursue God through fasting and prayer.

The best is yet to come!

**We love you!**

**Dr. Steve & Reita Ball**

**Lead Pastors**



**Scan the QR Code to access the  
“7 Days of Consecration Playlist” on the Metro Tab Church  
Spotify. This playlist has been curated by our Worship Pastors,  
Adam & Olivia Aziz, to lead you in worship each day.**



# WHY FAST?

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. It is a means of humbling one's self before the Lord.

In *Luke 2:37*, a widow worshipped day and night fasting and praying. While fasting, many people read the Bible, pray, and worship. In *Psalms 35:13*, David humbled himself with fasting. It is a means to grow closer to God through meditating and focusing on Him.

In *Matthew 4:1-2*, Jesus went to the wilderness to fast for 40 days. He is our example of the importance of fasting. This fast prepared Him for His ministry. In *Matthew 6:16-18* we learn that we aren't to look somber while fasting so that it's not obvious to others when we are fasting. It's not about showing off how righteous we are. It's about sacrificing self.

## WHAT FASTING DOES FOR OUR SPIRITUAL LIFE...

1. Fasting and prayer can help us hear from God.
2. Fasting and prayer can reveal our hidden sin.
3. Fasting and prayer can strengthen intimacy with God.
4. Fasting and prayer can teach us to pray with right motives.
5. Fasting and prayer can build our faith.

The point of the fast is to combine it with a more intense, focused time of prayer that brings a greater communion with God, a greater empowerment of the Spirit, and a greater earnestness in your soul. A fast without these things is just a strict diet. Fasting is about positioning ourselves for God's plan and purpose.

## TIPS:

- Consult with a doctor before fasting if you have health concerns.
- Listen to your body and rest when needed.
- Focus on prayer and spiritual growth during the fast.
- Don't be discouraged if you slip up. Seek God's forgiveness and recommit to the fast.
- Remember that prayer and fasting are a means to draw closer to God and experience His presence.

# ———— LET THE JOURNEY BEGIN! ————

## **Together, we are praying, fasting, and giving for 7 days!**

- We are committing to fast at least one meal per day. Be Spirit-led in what and how you fast. If He leads you to do more... obey! You are also encouraged to fast things like: social media, tv, or anything else that consumes time that you could be spending with the Lord. This is called a “soul fast.”
- We are committing to spend at least 21 minutes per day in prayer and worship. We chose 21 minutes as a symbol for the 21 days that Daniel committed to fast and pray (Daniel 10:2-3). By all means, spend more time with Him if you can and will!
- We will give our best because He gave His best! We will faithfully tithe, bring offerings and first fruits! We trust God at His Word.

## **Enjoy the journey! Revival is here! Watch God!**

### ———— THE FASTING GOD WANTS ————

*Isaiah 58:6-14 (NLT)... “No, **this is the kind of fasting I want:** Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. Then your salvation will come like the dawn, and your wounds will quickly heal. **Your godliness will lead you forward, and the glory of the Lord will protect you from behind. Then when you call, the Lord will answer.** ‘Yes, I am here,’ He will quickly reply. “Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors! Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. **The Lord will guide you continually, giving you water when you are dry and restoring your strength...** Some of you will rebuild the deserted ruins of your cities. Then you will be known as a builder of walls and a restorer of homes... I, the Lord, have*

**The following pages have been designed to help guide your focus and prayers. When these 7 days are complete, our hearts and spirits will not only be in position to receive from the Father, but they will be in position to fulfill His perfect and glorious plan!**

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# DAY 1 — RISE: WAKE UP YOUR SPIRIT

## WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

## FOUNDATIONAL SCRIPTURES:

- Isaiah 60:1 (NLT)... Arise, Jerusalem! Let your light shine for all to see. For the glory of the LORD rises to shine on you.
- Ephesians 5:14 (NLT)... Awake, O sleeper, rise up from the dead, and Christ will give you light.
- Romans 13:11 (NLT)... The hour has already come for you to wake up from your slumber...

## DEVOTIONAL:

Before God tells you to go, He commands you to rise. Rising is not about movement. It's about awareness. Scripture repeatedly calls God's people to wake up, not because God has gone silent, but because His people have grown dull. Spiritual sleep doesn't mean you've abandoned God. It means you've learned how to function without His fire.

You can attend church, pray familiar prayers, and still live half-awake. You can love God sincerely and still drift into spiritual autopilot. That's why Isaiah doesn't say, “Ask God to shine.” He says, “Arise.” The light is already there. The glory of the Lord is already present. The responsibility to respond belongs to us.

Consecration begins when you recognize where comfort has replaced conviction, where routine has replaced reverence, and where distraction has muted your sensitivity to the Spirit. Rising requires honesty. It requires the humility to admit, “I've settled in places God never called me to stay.”

God is not trying to drag you forward. He's calling you upward. And rising starts with a decision: “I refuse to remain spiritually asleep.” This fast begins with awareness. Not striving. Not performance. Just awakening.

## PRAYER:

*Father, I don't want to live numb, distracted, or passive. Wake my spirit. Restore my sensitivity to Your voice. Shake loose anything that has dulled my hunger for You. I choose to rise into Your light and respond to what You're doing in me. In Jesus' name! Amen!*



## DAY 2 — RISE: REALIGN YOUR HEART

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- Colossians 3:1–2 (NLT)... Since you have been raised to new life with Christ, set your sights on the realities of heaven... Think about the things of heaven, not the things of earth.
- Psalm 86:11 (NLT)... Teach me your ways, O LORD, that I may live according to your truth! Grant me purity of heart, so that I may honor you.
- Proverbs 4:23 (NLT)... Guard your heart above all else, for it determines the course of your life.

### DEVOTIONAL:

Awakening reveals misalignment. Once your spirit begins to wake up, you become aware of what’s out of order. Not everything in your life is sinful, but not everything is submitted. Alignment isn’t about removing every good thing. It’s about restoring first place to the right thing.

Paul doesn’t say, “Try harder to live right.” He says, “Set your sights.” Alignment starts with attention. What you look at consistently shapes what you love. What you love eventually leads what you choose. And what you choose determines where your life goes.

Misalignment often happens slowly. Priorities shift. Passions cool. Pressure increases. Before you realize it, God becomes a part of your life instead of the center of it. The heart becomes divided. Busy, but not focused. Faithful, but not fully surrendered.

This is why consecration matters. Fasting strips away excess and exposes attachments. It helps you see where your heart has drifted and invites you to bring it back under God’s authority. David prayed for a united heart because he understood something we often ignore: a divided heart cannot rise fully into God’s will.

Today is not about shame. It’s about recalibration. God is not angry about misalignment. He is patient and ready to realign anything you place back in His hands. Rising means choosing heaven’s perspective over earthly pressure. It means letting God reorder what you’ve allowed to slip out of place.



## DAY 3 — RISE: RENEW YOUR STRENGTH

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- Isaiah 40:31 (NLT)... But those who trust in the LORD will find new strength. They will soar high on wings like eagles...
- 2 Corinthians 4:16 (NLT)... That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.
- Psalm 73:26 (NLT)... My health may fail, and my spirit may grow weak, but God remains the strength of my heart...

### DEVOTIONAL:

Spiritual awakening and alignment reveal a truth we don't like to admit: we are limited.

Many believers live exhausted, not because God is demanding too much, but because they're trying to carry spiritual weight in natural strength. We push through seasons God intended us to lean through. We substitute adrenaline for anointing and activity for dependence.

Isaiah makes a clear distinction. Strength is not promised to the busy. It's promised to those who wait on the Lord. Waiting is not inactivity. It's surrendered dependence. It's choosing trust over control. It's refusing to run ahead of God or lag behind Him.

Consecration exposes where we've been self-powered. Fasting strips away false strength and reveals where our confidence has been misplaced. That's uncomfortable, but it's holy. God is not trying to weaken you. He's inviting you to exchange limited strength for lasting strength.

Renewal happens daily, not instantly. Paul reminds us that while the outer person may feel tired, the inner person can be strengthened day by day. Rising means learning to draw from God consistently instead of only crying out when you're empty.

Today is about admitting need without shame. God does not despise dependence. He honors it.



## DAY 4 — GO: STEP OUT IN FAITH

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- Joshua 1:2–3 (NLT)... Now then, you and all these people, get ready to cross the Jordan River... I promise you what I promised Moses...
- Hebrews 11:8 (NLT)... It was by faith that Abraham obeyed when God called him to leave home and go...
- James 1:22 (NLT)... Don't just listen to God's word. You must do what it says.

### DEVOTIONAL:

Awakening, alignment, and renewal all lead to one moment: movement. God never strengthens you so you can stay where you are. He strengthens you so you can obey when it's time to move. At some point, preparation must turn into action. Faith that never moves becomes information instead of transformation.

Joshua didn't cross the Jordan when the water parted. The water parted after the priests stepped in. Obedience often comes before clarity. God doesn't wait for you to feel ready. He waits for you to be willing.

We admire Abraham's faith, but Scripture describes it simply as obedience. He went, not knowing where he was going. Faith is rarely loud or dramatic. It's quiet resolve. It's choosing to move at God's word even when the outcome isn't guaranteed.

Consecration sharpens our hearing so we can recognize when God says, “Now.” Delayed obedience often disguises itself as wisdom, caution, or prayer. But when God speaks clearly, hesitation becomes disobedience.

Going doesn't mean reckless action. It means responsive obedience. It means trusting that the God who called you will meet you in the step you take. Today, the question is simple: What step has God already told you to take?

### PRAYER:

*Lord, I choose obedience over comfort. Give me the courage to step forward at Your word. I trust You to meet me as I move. In Jesus' name! Amen!*



## DAY 5 — GO: BREAK OLD PATTERNS

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- Isaiah 43:18–19 (NLT)... But forget all that—it is nothing compared to what I am going to do. For I am about to do something new...
- Judges 2:10–12 (NLT)... They abandoned the LORD... and followed other gods.
- Romans 12:2 (NLT)... Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

### DEVOTIONAL:

Movement exposes patterns. As long as you stay in the same place, cycles feel manageable. But when God tells you to go, what has quietly controlled you becomes obvious. Old habits, familiar mindsets, and inherited behaviors resist change. That resistance is not a sign you're doing something wrong. It's proof you're moving forward.

Scripture is honest about cycles. Judges shows a repeated pattern of obedience, drift, consequence, and rescue. The tragedy is not that Israel failed. It's that they repeated the same pattern without learning from it. What you don't confront, you repeat. What you don't name, you normalize.

God says, “I am doing something new,” but He also says, “Forget the former things.” New seasons require new thinking. You cannot carry yesterday's patterns into tomorrow's promise. Consecration interrupts cycles by forcing you to slow down, reflect, and choose differently.

Breaking patterns isn't about trying harder. It's about thinking differently. Paul connects transformation to renewal of the mind because behavior follows belief. When your thinking changes, your direction changes.

Going forward means refusing to return to what God has already delivered you from. Freedom is not just release. It's responsibility. God will do the new work, but you must let go of the old ways.



## DAY 6 — GO: LIVE OPEN-HANDED

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- 2 Corinthians 9:6–8 (NLT)... Remember this—a farmer who plants only a few seeds will get a small crop... God loves a person who gives cheerfully.
- Luke 12:15 (NLT)... Guard against every kind of greed. Life is not measured by how much you own.
- Proverbs 11:24–25 (NLT)... Give freely and become more wealthy; be stingy and lose everything.

### DEVOTIONAL:

Forward movement requires open hands. You cannot go where God is sending you while gripping what He’s asking you to release. Holding on tightly creates resistance. Surrender creates momentum. God does not ask for generosity because He needs something from you. He asks because He wants something for you: freedom from control and trust anchored in Him.

Money, time, and resources reveal where our trust really lives. Jesus talked about money often, not because it was the most important thing, but because it is the clearest indicator of the heart. What we refuse to release often reveals what we fear losing.

Consecration exposes where we’ve been managing instead of trusting. Giving breaks the illusion of self-sufficiency and repositions God as Provider. Generosity is not about amount. It’s about posture. Cheerful giving flows from confidence that God sees, supplies, and sustains.

Living open-handed doesn’t make you reckless. It makes you responsive. When your hands are open, God can place new assignments, new blessings, and new responsibilities into them. Closed hands may feel safe, but they limit what God can entrust to you.

Going forward means trusting God with what you cannot control. Generosity is faith in action.



## DAY 7 — RISE & GO: WALK IT OUT

### WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

### FOUNDATIONAL SCRIPTURES:

- Matthew 28:19–20 (NLT)... Therefore, go and make disciples of all the nations...
- James 2:17 (NLT)... Faith by itself isn't enough. Unless it produces good deeds, it is dead and useless.
- Philippians 1:6 (NLT)... And I am certain that God, who began the good work within you, will continue His work until it is finally finished...

### DEVOTIONAL:

Consecration does not end with a fast. It begins a way of life.

For seven days you have risen. You have awakened your spirit, realigned your heart, renewed your strength, stepped out in faith, broken old patterns, and loosened your grip. Now comes the real test: walking it out when the fast is over and life resumes its normal pace.

Jesus didn't say, “Go when you feel ready.” He said, “Go because I have all authority.” Obedience is not powered by confidence in yourself. It's fueled by confidence in Christ. Faith that remains internal eventually fades. Faith that moves becomes testimony.

Walking it out requires intention. It means guarding what God has done and refusing to return to old ways of thinking and living. Transformation must be protected or it will be slowly eroded by routine, distraction, and pressure.

God finishes what He starts, but He finishes it through faithful obedience. This is not about perfection. It's about persistence. Rising and going is not a moment. It's a daily decision to live surrendered, available, and responsive to God.

Today is a commissioning. Not into something new, but into a deeper commitment to live out what God has already spoken.



# GIVE

## TITHING

A tithe is defined as the first 10% of a person's income that is to be given back to the church. When we tithe, we are worshiping in a tangible way by putting God first in our lives. God promises to pour out blessings on us when we tithe. Tithing is about training your heart to trust God at His Word. Generosity is a step of obedience. Your next step in generosity is tithing. When we bring our first and best back to God, He promises to bless the rest. Will you accept the challenge? *Malachi 3:10 (NIV)... Bring the whole tithe into the storehouse, that there may be food in My house. Test Me in this, says the Lord Almighty, and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.*

## OFFERINGS

Offerings are what you purpose above and beyond the tithe. We give offerings out of generosity and thankfulness for all that God has given us. *2 Corinthians 9:7 (TPT)... Let giving flow from your heart, not from a sense of religious duty. Let it spring up freely from the joy of giving - all because God loves hilarious generosity!*

## FIRST FRUITS

We begin the New Year by bringing a first fruit offering to God recognizing all good things come from Him and declaring that we are putting Him first in our finances! We also bring first fruit offerings during the year as God increases us. A first fruit offering represents the "whole" of something. Examples of a first fruit offerings: week's salary, day's wages, bonus increase amount, etc. *Proverbs 3:9-10 (TPT)... Glorify God with all your wealth, honoring Him with your very best, with every increase that comes to you. Then every dimension of your life will overflow with blessings from an uncontainable source of inner joy!*

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