

# 21-Day Fast & Consecration Guide – 2026

CrossNation Church  
550 Genesee Street  
Buffalo, New York 14204  
Pastor Timothy A. Sanders Sr.



**Fasting Dates:** Monday, March 16<sup>th</sup> at 12:00am – Sunday, April 5<sup>th</sup>, 2026 (Easter Sunday at 8am)

**Theme:** “BATTLE TESTED”

**Focus:** God is with you and for you in the battle

**Reminder:** STAY FOCUSED – BE FAITHFUL – BE OBEDIENT

*Let's take this journey together—expecting miracles, favor, and divine direction.*  
**INSTRUCTIONS FOR THE 2026 21-DAY FAST**

---

1. Choose a prayer partner to agree with in faith. Set a spiritual goal for the 21 days and ask God to use you to reach others.
2. Choose a prayer hour and stay faithful to your designated prayer time.
3. Read and meditate on the daily scriptures listed. Read aloud when possible to strengthen your faith.

Follow the fasting guidelines faithfully. Expect God to move—because if you don't expect anything, you won't receive anything! "Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you." Ask God for His favor.

## FASTING SCHEDULE

- **PART I – March 16<sup>th</sup> – March 22<sup>nd</sup>**
  - Fast from midnight until your regular supper time. After supper, fruits and vegetables may be eaten until midnight. (You can eat your regular meal—no caffeine, no alcohol, no carbonated drinks or sugary drinks, no pork or red meats. You may drink water or natural fruit juice.)
- **PART II – March 23<sup>rd</sup> – March 29<sup>th</sup>**

- One meal only at your regular supper time. No snacks or drinks before/after, except water if desired. (You can eat your regular meal—no caffeine, no alcohol, no carbonated drinks or sugary drinks, no pork or red meats. You may drink water.)
- 
- **PART III – March 30th – April 2nd**
  - One meal per day consisting of fruits and vegetables only. You can drink water.
- **PART IV – April 3rd – April 5th**
  - No eating. You may drink liquids freely (milk, juice, broth, soup, and water), no caffeine, no alcohol, no carbonated drinks or sugary drinks. Fast is broken Easter morning, April 5th.

### DAILY OFFERING

Dedicate \$4.00 per day to the Lord (\$2 placed in your Bible at the Old Testament reading and \$2 at the New Testament reading). This offering will be used to support those in need. Submit it during service or before the fast ends.

*NOTE: If you are on medications, please continue to take them as prescribed.*

---

### DAILY SCRIPTURE READINGS

Read and study until God speaks to your heart each day. His Word is a lamp unto your feet and a light unto your path. Take notes and revisit them as God impresses things upon you.

## Daily Scriptures for the 21-Day Fast

2026

#### Old Testament

#### March 16

Exodus 14:1-12  
 17 Exodus 14:13-31  
 18 Exodus 15: 1-21  
 19 Exodus 15: 22-27  
 20 Exodus 16: 1-7  
 21 Exodus 16:8-21  
 22 Exodus 16:22-36  
 23 Exodus 17:1-16  
 24 Joshua 1:1-9

#### New Testament

Matthew 26:1-13  
 Matthew 26:14-25  
 Matthew 26:26-35  
 Matthew 26:36-46  
 Matthew 26:47-56  
 Matthew 26:57-68  
 Matthew 27:11-26  
 Matthew 27:27-56  
 Matthew 27:57-65

|                       |                |                 |
|-----------------------|----------------|-----------------|
| 25                    | Joshua 1:10-18 | Matthew 28:1-20 |
| 26                    | Joshua 2:1-14  | Acts 1:1-8      |
| 27                    | Joshua 2:15-24 | Acts 1:9-12-26  |
| 28                    | Joshua 3:1-17  | Acts 2:1-36     |
| 29                    | Joshua 4:1-24  | Acts 2:37-47    |
| 30                    | Joshua 5:1-15  | Romans 1:1-17   |
| 31                    | Joshua 6:1-27  | Romans 1:18-32  |
| <b><u>April 1</u></b> | Joshua 7:1-26  | Romans 2:1-16   |
| 2                     | Joshua 8:1-17  | Romans 2:17-29  |
| 3                     | Joshua 8:18-35 | Romans 5:1-21   |
| 4                     | Judges 4:1-24  | Romans 6:1-23   |
| 5                     | Judges 7:1-25  | Romans 8:1-39   |

## **Why Should I Fast for 21 Days?**

The 21-day fast is a divine alignment of God's number of perfection (7) and the number of the Godhead (3). Daniel fasted for 21 days and received revelation. When combined with prayer, this period brings powerful results.

Fasting positions you for miracles and helps you draw closer to God.

As someone who has fasted annually for over 30 years, I can attest that each fast produces something unique. Let your faith rise. Be ready to believe God for the miraculous. Stay committed, stay encouraged, and experience the BEST results ever!

## **Joel 2:12; Isa. 58:6; Mark 2:20**

Quite frequently, I'm asked, why fast for 21 days? I think it is very important to understand that God puts special emphasis on the effort and faith that go into trusting Him. In Galatians 6:7, it says, "For whatsoever a man soweth, that shall he also reap." A haphazard fast will not reap the blessings of a longer, more dedicated fast. It is interesting to note that God blesses giving at 10% - the tithe. The blessing doesn't come at 8% or 6.5%, but something significant happens at 10%.

The 21-day fast is a fast that combines God's perfect number seven and the number three, which is the number for the manifestation of the Godhead (Father, Son, and Holy Spirit). It's a complete fast that will bring the blessing that God intended man to have from the Garden. Daniel received a great revelation from God and was in prayer and fasting for 21 days (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).

The number 21 can be viewed as just a number, nothing more or less. Yet, when we are prompted by God, this number takes extraordinary significance. I believe that the number 21 is an expression of God's holiness and perfection. When the number 21 is combined with fasting and prayer - it produces powerful results. Though we may not always understand how or why, numbers are significant.

I have fasted 21 days, ending on resurrection Sunday for the past 30 years or more. The result from each fast was different. During each fast, my faith level has risen, and my vision has been expanded. In every case, I have been able to believe God for things that would have been difficult to accomplish without the power of God, which was expressed through fasting. Now I know when I fast for 21 days, I am positioning myself for the miraculous.

So, let us journey together for 21 days with the miraculous in mind. I want to help you discover the power and presence of God through fasting and prayer. For many of you, a significant alteration in thinking will have to take place. But if you are faithful to the journey, I believe change will be your reward to increase your faith and embrace the miraculous in your situation.

Our purpose is to draw close to Him and receive His guidance. HE WILL HELP YOU as You commit each day unto Him and PRAY.

The results of this Fast are going to be the **Best** you have ever had!