



THE MOUNT BOSTON

SURRENDER

7 Day Prayer & Fasting Guide

CALVARYBOSTON.COM/FAST



Frequently Asked Questions

1. Why are we fasting?

We are fasting to... **create space for surrender.**

Fasting is not about earning God's favor or forcing His hand—it's about **quieting our appetites so we can hear His voice.** As we fast, we are intentionally surrendering our **hearts, hands, and plans** to God, trusting Him more deeply in every area of our lives.

“Draw near to God, and He will draw near to you.” (James 4:8)

2. What does “surrender” mean in this fast?

Surrender means... **yielding control to God.**

Throughout these seven days, we are practicing surrender in three ways:

- **Our Hearts:** our desires, emotions, and inner motivations
- **Our Hands:** our work, efforts, and need to control outcomes
- **Our Plans:** our expectations, timelines, and future hopes

This fast is an invitation to trust God with what we usually try to manage ourselves.

3. Do I have to fast from food?

Food fasting is biblical and powerful, but it's not the only way to fast.

If fasting from food is not wise for you due to health, age, or medical reasons, you are encouraged to fast from **something that regularly occupies your attention or brings comfort.** If you have medical concerns, please consult a healthcare professional before changing your diet.

4. What should I do when I feel hungry or uncomfortable?

Hunger is not a distraction—it's a **reminder.**

When hunger or discomfort arises:

- Pause and pray
- Reflect on what God might be revealing
- Read Scripture
- Journal or worship

Let physical hunger point you toward **spiritual dependence.**

THINGS YOU SHOULD KNOW

What are the dates for the fast?

Consecration 2026 begins: Sun., Feb. 1st @ 12 noon and ends: Sun., Feb. 8th @ 12 noon.

What can we eat & drink?

- **MEATS:** Chicken, Turkey & Fish (baked or grilled ONLY)
- **SIDES:** Salads, Vegetables & Starches
- **SNACKS:** Yogurt, Granola, Rice Cakes, Fruits, Nuts
- **DRINKS:** Water, 100% Fruit Juice, Tea

What can't we eat & drink?

- No Beef or Pork / No Fried Foods or Fast Food
- No Candy, Sweets, Chips, Cookies, Desserts
- No Breads & Baked Goods / No Soda, Coffee, Sweet Tea, Lemonade

What about Social Media & TV?

Please limit your social media usage & television intake during the fast. (this includes posting + scrolling) If you must indulge in social media & tv, replace what you normally watch with things to minister to you and feed your faith.

What should I do instead?

Use this time to pray, read/study scripture, journal, read books, and meditate on what The Spirit wants to speak and reveal to you during the fast.

What should I pray for?

Each day, be prayerful as The Spirit leads you but also pray specifically for the prayer focus of that particular day in your fast devotional guide.

Will there be times of corporate prayer?

Yes! Please join us for corporate prayer daily @ 6 am & 6 pm EST on the conference call line. The info is below...

(717) 908-1741 ♦ Access Code: 187504#

Sat., Feb. 7th @ 12 noon
Join us for in-person corporate prayer at The Mount
297 Talbot Avenue, Dorchester, MA 02124

THINGS YOU SHOULD KNOW

Will there be any time of teaching & impartation?

Yes! Join us for Tuesday Night Bible Talk (Bible Study) on Tues., Feb. 3rd @ 7 pm EST on Facebook Live via: The Mount Boston

Also, join Pastor J. on Facebook LIVE @ 12 noon EST for MIDDAY MANNA on Monday, Wednesday, and Friday ONLY as he shares a word & prayer on the ministry Facebook page: The Mount Boston.

THE MOUNT BOSTON

SURRENDER PRAYER CALL

9:41 (717) 908-1741
Access Code: 187504#

MONDAY - FRIDAY
FEB. 2ND - 6TH
6 AM & 6 PM EST

CALVARYBOSTON.COM/FAST

From the Heart of your Pastor...

Dear Calvary,

As we stand at the beginning of a new year, I want you to know how grateful I am for each of you. It is a gift to walk this journey of faith together—to pray together, grow together, and seek God together. As we prepare to enter **“Surrender”, 7-Days of Prayer & Fasting**, I believe God is inviting us into a meaningful and sacred moment as a church family.

Surrender is not a word our culture celebrates. We are taught to hold tighter, move faster, and depend on ourselves. Yet Scripture reminds us that true strength is found not in control, but in trust. Surrender is not giving up—it is giving over. It is placing our lives, our plans, our fears, and our hopes into the faithful hands of God.

This week of prayer and fasting is not about striving or proving anything to God. We do not fast to earn His love; we fast because we already have it. We fast to quiet the noise, to realign our hearts, and to make space to hear God more clearly. Above all, this is a season of prayer—of drawing near to the One who promises to draw near to us.

As you walk through this fast and devotional guide, I encourage you to move at a pace of grace. Some days will feel powerful and focused; others may feel ordinary or even difficult. Both are part of the journey. God meets us not in perfection, but in honesty. Simply show up with an open heart.

I am praying that during these seven days, God will renew our minds, soften our hearts, and strengthen our faith. I am praying that burdens will be lifted, clarity will be given, and fresh courage will rise within you. Most of all, I am praying that we will learn anew what it means to live fully surrendered—trusting God not only with this week, but with the year ahead.

Thank you for choosing to seek God together. There is something powerful about a church moving in unity, lifting one voice, and saying, “Lord, we trust You.” I believe God will honor this time, and I look forward to all He will do in and through us.

With faith and expectation,

Pastor J.

**Pastor John Marshall
Lead Pastor**



DAY 1 – A CALL TO THE ALTAR

Theme: Consecration

Focus: Setting the tone for the fast

Scripture:

*“I beseech you therefore, brethren, by the mercies of God,
that ye present your bodies a living sacrifice...”*

Romans 12:1 (KJV)

Devotional Thought...

Every move of God begins with consecration. Before power comes purity. Before breakthrough comes surrender. God is not asking for perfection—He’s asking for availability. The altar represents a place of decision. It is where we stop negotiating and start yielding. As this fast begins, God is not primarily interested in what you are giving up—He is interested in **who you are giving yourself to**.

- This is not a fast for show.
- This is not a fast for routine.
- This is a fast to realign your life with God’s will.

Daily Prayer Focus...

- 1.) Repentance and heart examination
- 2.) A fresh “yes” to God
- 3.) Grace to fully commit to the fast



Prayer:

“Lord, I come to the altar again. I lay down my will, my pride, my comfort, and my control. Search me, cleanse me, and set me apart. I choose surrender over convenience. In Jesus’ Name, Amen.”

Practical Application...

- Remove distractions today (social media, unnecessary noise).
- Create a dedicated prayer space and time.
- Write a prayer of surrender and read it aloud.



DAY 1 WORSHIP PLAYLIST: “A CALL TO THE ALTAR”

Welcome to your starting point—Day 1 sets the spiritual tone for the entire fast. This 3-song worship playlist draws the congregation to the altar, calling for consecration, surrender, and full availability before God. These songs are not about emotional buildup or routine devotion—they invite honest repentance, heart examination, and a decisive laying down of self. They create space to stop negotiating with God and start yielding to Him fully. This playlist establishes the posture of the fast: no performance, no pretending—just hearts placed on the altar and lives realigned with God’s will.

1. “I Give Myself Away” – William McDowell

Why this song: This is a modern altar call in song form. It captures the heart cry of Romans 12:1—offering ourselves fully to God. It invites repentance, heart examination, and a fresh “yes” without performance or pressure.

“My life is not my own...” — a perfect declaration to begin the fast.

2. “The Altar” – Elevation Worship

Why this song: This song bridges personal surrender with corporate worship. It reminds us that we don’t clean ourselves up before coming to God—we come *as we are* and lay it all down. Ideal for reflection on what needs to be placed on the altar during this fast.

“The Father’s arms are open wide.”

3. “Take My Life (Holiness)” – Micah Stampley

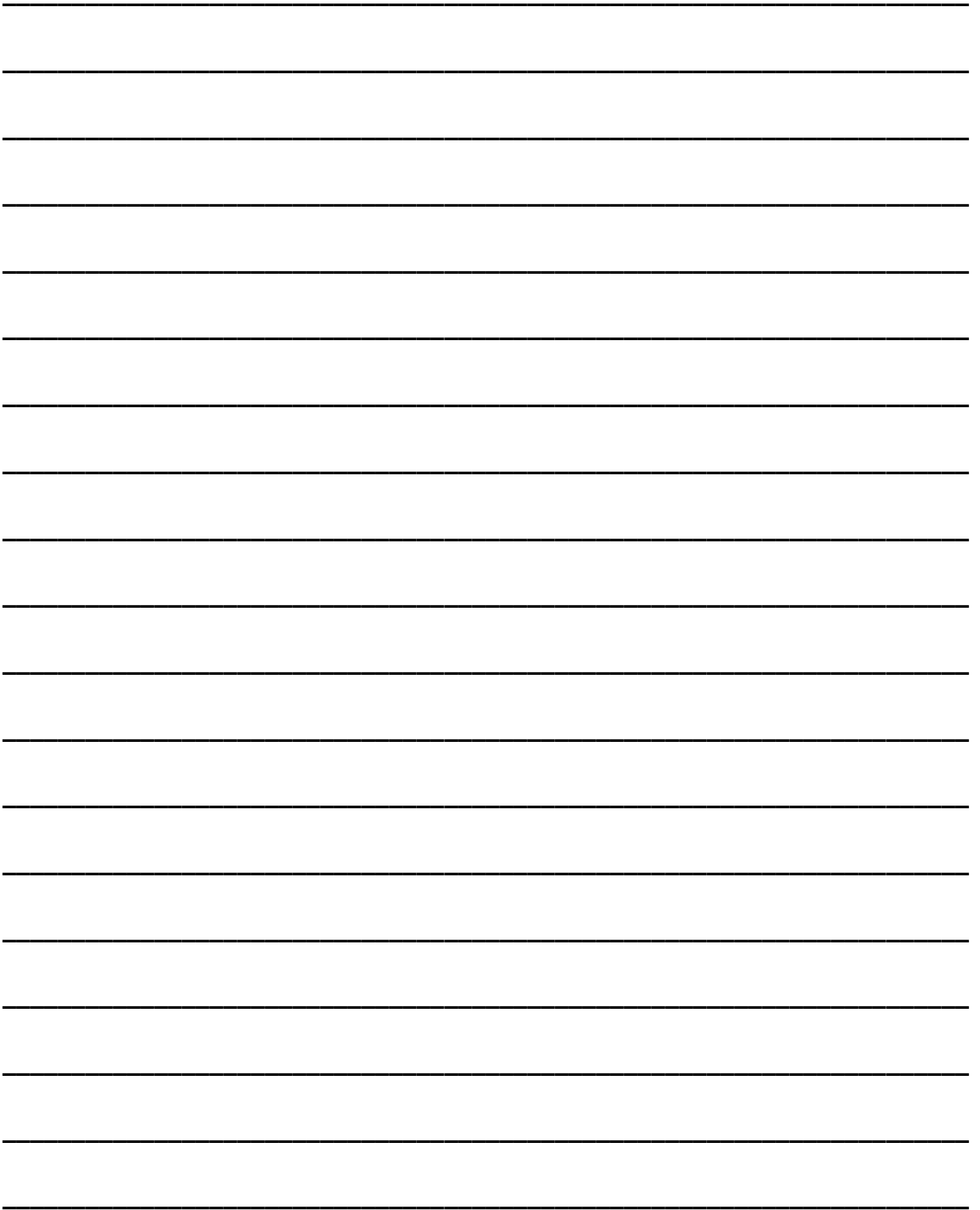
Why this song: A powerful consecration anthem that moves from repentance into sanctification. It reinforces the devotional truth: **before power comes purity**. This song helps seal the prayer of surrender and commitment to live set apart.

“Purify my heart... take my life and let it be holy.”

How to Use This Playlist During the Fast

- Listen during your **dedicated prayer time** on Day 1
- Journal immediately after each song—write what the Holy Spirit highlights
- Pray the lyrics back to God as personal declarations
- Revisit this playlist whenever you feel tempted to negotiate instead of surrender

**This playlist isn’t background music—it’s an invitation to the altar.
No hype. No routine. Just hearts yielded and lives realigned.**



DAY 2 – OFF THE FENCE

Theme: Decision

Focus: Eliminating double-mindedness

Scripture:

“How long halt ye between two opinions? if the LORD be God, follow him.”

1 Kings 18:21

Devotional Thought...

God does not bless indecision. Fence-sitting delays destiny. Many believers want the benefits of obedience without the cost of obedience. Elijah challenged the people because neutrality is still a choice - and it's never a neutral one. This fast is God's way of pulling you out of the middle and calling you to clarity. You cannot pursue God fully while holding on to what He's asked you to release. Every moment of delay strengthens compromise, but every step of obedience strengthens faith. Clarity comes when you stop negotiating with God and start responding to Him.

Daily Prayer Focus...

- 1.) Boldness to choose obedience
- 2.) Freedom from fear and compromise
- 3.) Strength to let go of divided loyalties



Prayer:

“Lord, we step off the fence today and choose You without hesitation or conditions. Break every fear, compromise, and divided loyalty in our hearts, and give us the courage to obey fully. Strengthen us to release what You've asked us to lay down and follow You wholeheartedly. In Your Name, Amen”

Practical Application...

- Identify one area of compromise and take a decisive step today.
- Speak out loud: “I choose God over comfort.”
- Avoid environments that weaken your resolve.



DAY 2 WORSHIP PLAYLIST: “OFF THE FENCE”

Day 2 is confrontational in the best way. Here’s a **3-song worship playlist** that presses the issue of decision, loyalty, and choosing God *without conditions*. These songs don’t let you stay comfortable on the fence—they call for a clear “yes.”

1. “Choose Ye This Day” – Patrick Dopson

Why this song: This is a direct musical response to **1 Kings 18:21**. It forces the listener to confront the reality that delay *is* a decision. The song is prophetic and pastoral at the same time—calling for courage to stand with God when compromise feels easier.

“As for me and my house, we will serve the Lord.”

2. “I Have Decided to Follow Jesus” – Maranda Curtis

Why this song: This declaration confronts fear, pressure, and divided loyalties head-on. It’s not emotional hype—it’s resolute commitment. Perfect for breaking the grip of people-pleasing and fear of loss. “No turning back.” Period.

3. “Yes” – Shekinah Glory Ministry

Why this song: This song seals the decision. It acknowledges the cost of obedience while choosing God anyway. It’s honest, weighty, and deeply worshipful—ideal for praying through what must be released during the fast.

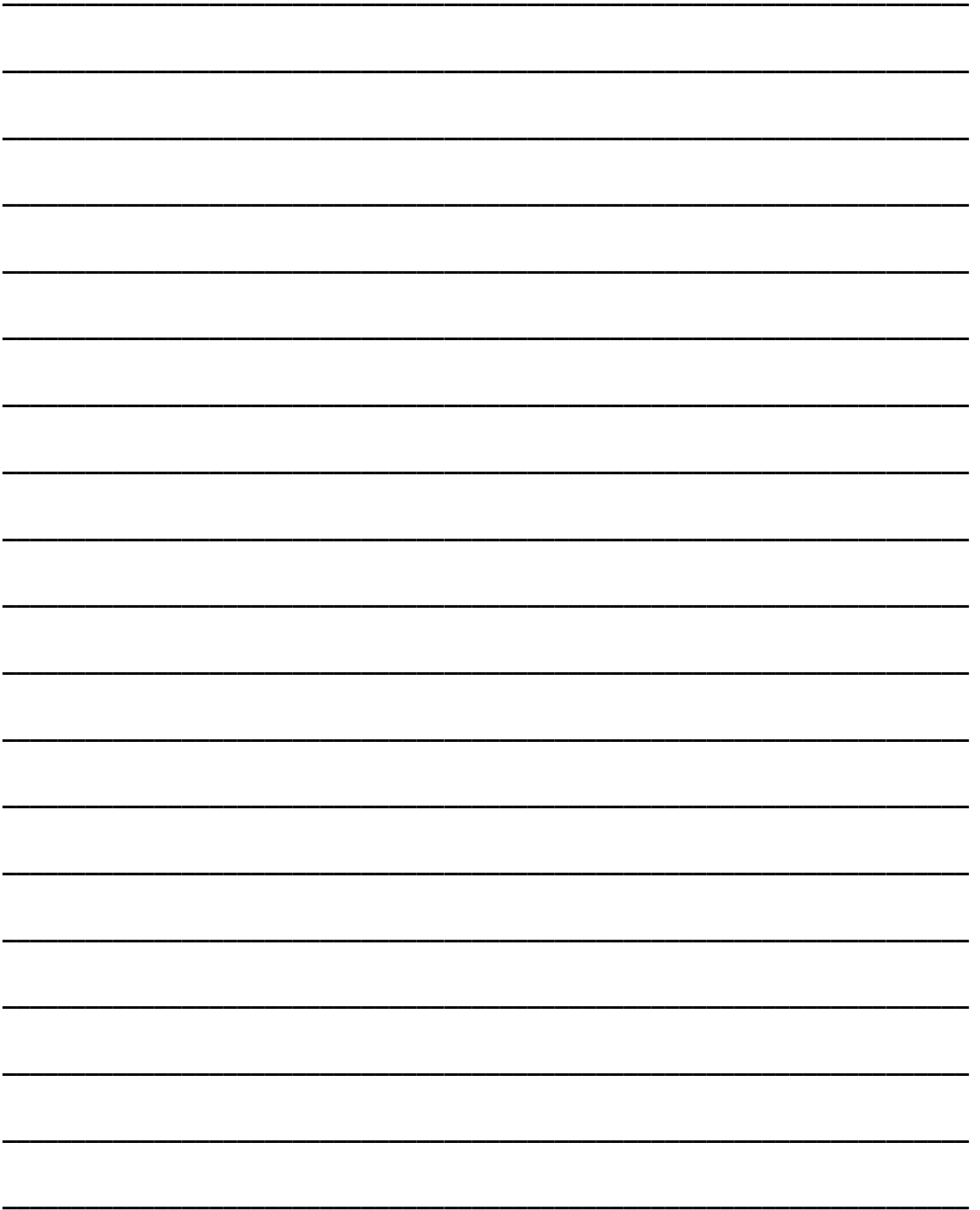
“My soul says yes.”

How to Engage This Playlist

- Listen in order during prayer or while journaling
- After each song, ask: *What is God asking me to choose today?*
- Speak the declaration aloud after the final song: **“I choose God without conditions.”**
- Let this playlist be your go-to when temptation or compromise shows up

This is not about intensity—it’s about **clarity**.

No fence. No middle ground. Just a firm decision to follow God fully.



DAY 3 – WHAT’S ON THE THRONE

Theme: Lordship

Focus: Identifying idols of the heart

Scripture:

“Take now thy son... whom thou lovest... and offer him.”

Genesis 22:2

Devotional Thought...

God tested Abraham not to hurt him, but to reveal what truly ruled his heart. God always goes after the throne. An idol is not just a bad thing - it can be a good thing placed in the wrong position. Anything you fear losing more than God, trust more than God, or obey more than God has become an idol. This fast exposes misplaced priorities so God can restore rightful order. What God reveals, He intends to redeem - not shame. When the throne is rightly occupied, peace replaces pressure. Surrender is the doorway to freedom, not loss. God removes rivals so He can reign fully in us.

Daily Prayer Focus...

- 1.) Revelation of hidden idols
- 2.) Grace to dethrone anything competing with God
- 3.) Restoration of proper priorities



Prayer:

“Lord, search our hearts and reveal anything that has taken Your place on the throne. Give us grace and courage to dethrone every rival and surrender fully to Your lordship. Restore proper order in our lives as we choose You above all else, in Jesus Name, Amen.”

Practical Application...

- Fast something that has had too much influence over you.
- Reorder your schedule to prioritize prayer.
- Declare: “God alone is Lord over my life.”



DAY 3 WORSHIP PLAYLIST: “WHAT’S ON THE THRONE?”

Day 3 goes straight for the throne. This playlist is built to help people see what’s been ruling their hearts, then lovingly but firmly put God back where He belongs. These songs create space for conviction **without condemnation** and lead into surrendered lordship.

1. “Refiner” – Maverick City Music (feat. Steffany Gretzinger)

Why this song: This song welcomes God’s searching fire. It gives language to the prayer, “*Show me what doesn’t belong.*” Perfect for uncovering hidden idols and allowing God to purify motives, priorities, and affections.
“*If You take what’s wrong, I’ll be refined.*”

2. “All I Need” – Tasha Cobbs Leonard

Why this song: This is a dethroning song. It re-centers the heart around the truth that **nothing compares to God**—not success, relationships, security, or comfort.
Ideal for moments of quiet reflection and heart examination.
“*You’re all I need.*”

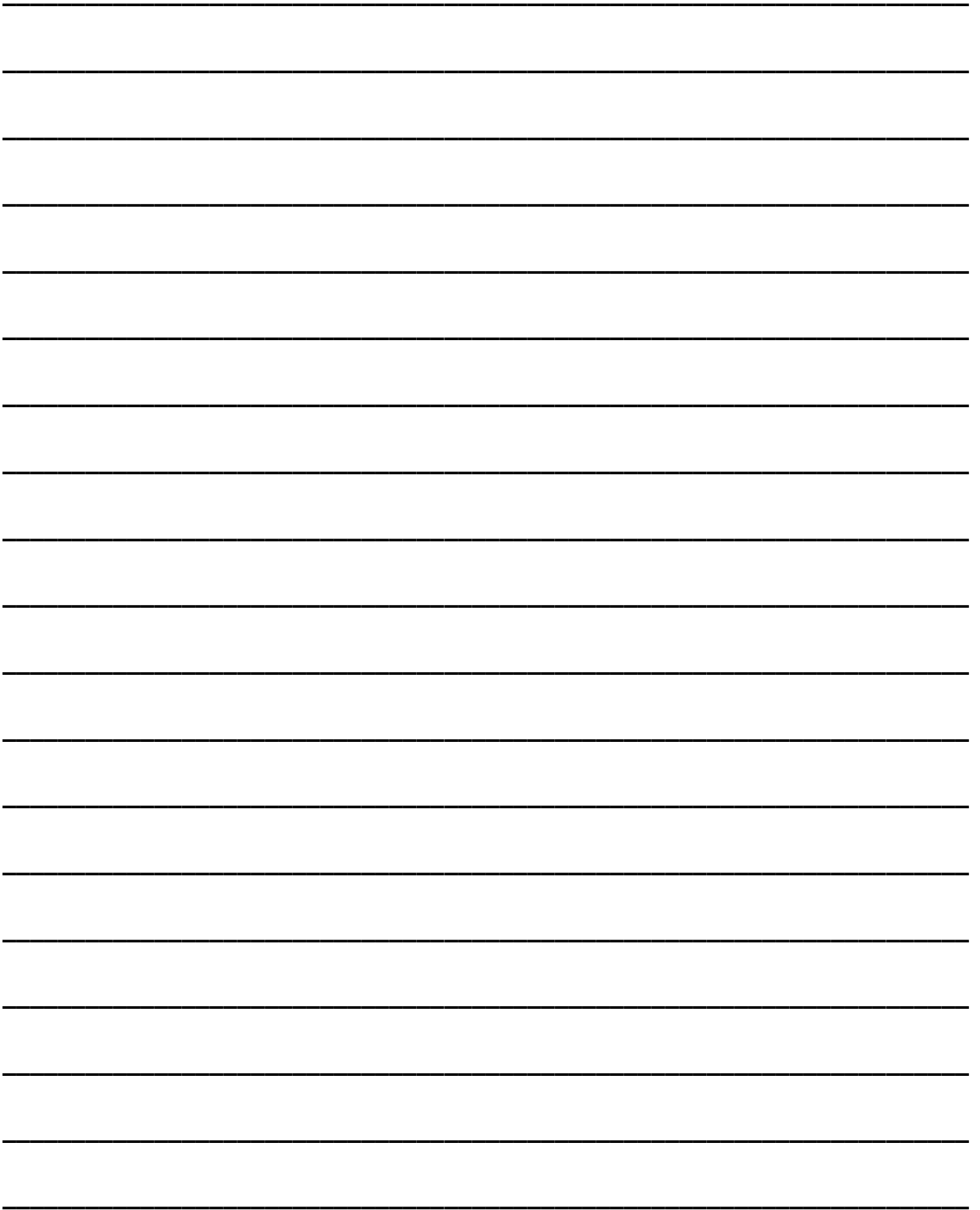
3. “King of My Heart” – Bethel Music

Why this song: This song is a clear declaration of lordship. After idols are exposed and surrendered, this seals the moment by proclaiming who truly reigns. It restores proper order and trust in God as King, Father, and source.
“*You are good, good.*”

How to Use This Playlist During the Fast

Listen slowly and prayerfully—don’t rush
Pause after each song and ask: *What is trying to sit on God’s throne?*
Write down what God reveals and pray it through
End by declaring aloud: “**God alone is Lord over my life.**”

This day isn’t about loss—it’s about **alignment**.
When God sits on the throne, everything else finds its proper place.



DAY 4 – THE POWER OF EMPTYING

Theme: Humility

Focus: Making room for God

Scripture:

*“But he giveth more grace... God resisteth the proud,
but giveth grace unto the humble.”*

James 4:6

Devotional Thought...

You cannot be filled by God while full of yourself. Fasting empties us so God can fill us. Pride resists God’s hand, but humility invites His grace. Emptying is uncomfortable, but it is necessary. God fills vessels that are yielded, not crowded. Today, allow God to strip away self-reliance and replace it with dependence on Him. Let every false sense of control be laid down at His feet. Make room for His strength where your weakness has been exposed. What you release in humility, God restores with power. A surrendered life becomes a vessel of divine overflow.

Daily Prayer Focus...

- 1.) Humility and brokenness
- 2.) Release from self-sufficiency
- 3.) Hunger for God’s presence



Prayer:

“Lord, we humble ourselves before You and release every trace of pride and self-reliance. Empty us of anything that crowds Your presence, and fill us afresh with Your grace and power. We yield fully to You and depend on You alone. It is so in Jesus’ Name, Amen.”

Practical Application...

- Serve someone quietly today.
- Apologize where necessary.
- Spend time listening more than speaking in prayer.



DAY 4 WORSHIP PLAYLIST: “THE POWER OF EMPTYING”

Day 4 is holy ground. This playlist is gentle but weighty, designed to help people *empty themselves* so God can fill them with grace, presence, and power. These songs lean into humility, brokenness, and dependence without striving.

1. “Empty Me” – Chris Sligh

Why this song: This song directly mirrors the heart of the devotional. It’s a prayer of surrender that asks God to remove pride, self-reliance, and anything taking up space meant for Him.

“Empty me of myself, so I can be filled with You.”

2. “Hungry (Falling on My Knees)” – CeCe Winans

Why this song: This song expresses spiritual hunger born out of humility. It positions the listener low before God—acknowledging need and dependence while creating space for His presence to fill the room.

“This hunger in my soul... only You can satisfy.”

3. “Nothing Else” – Cody Carnes

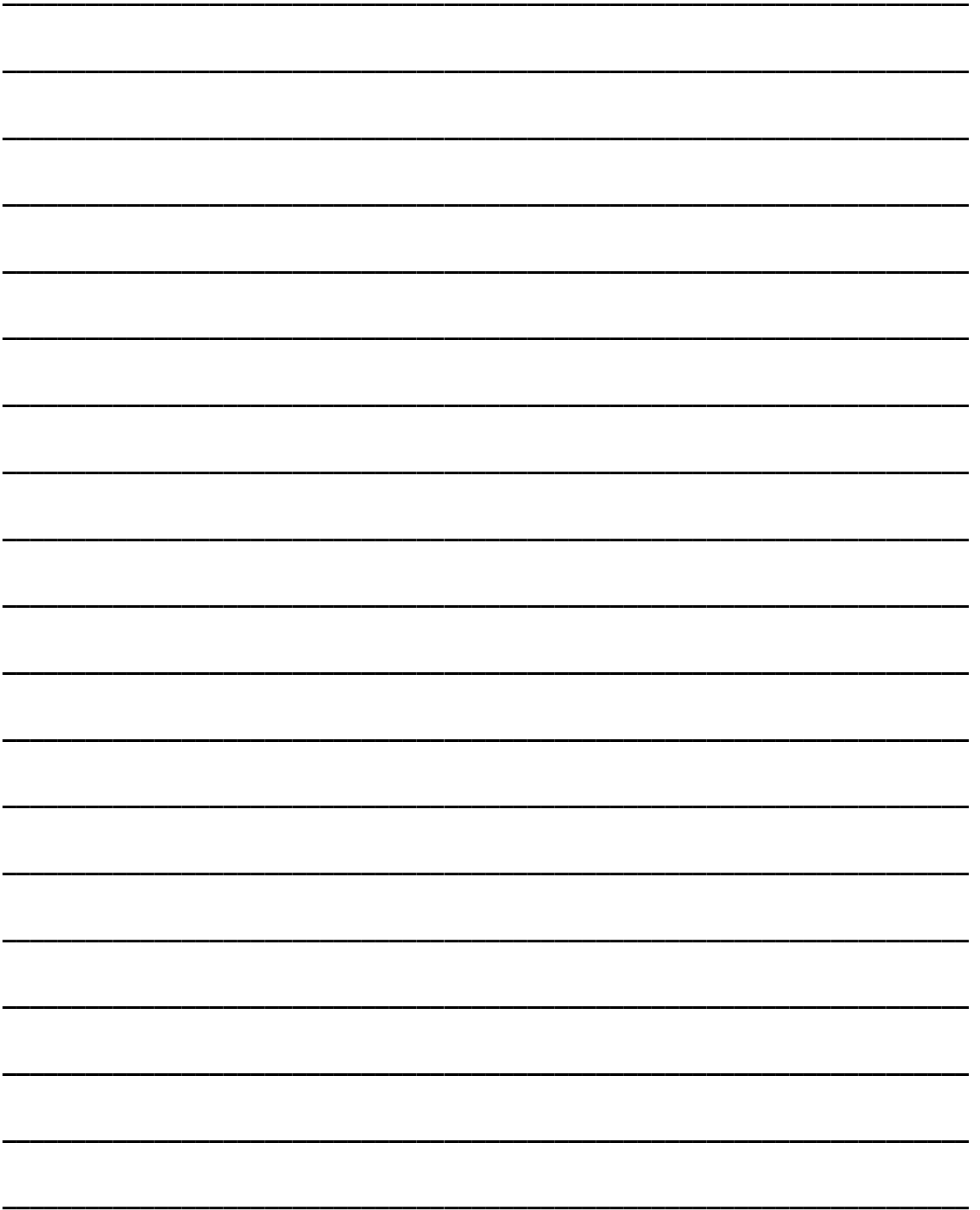
Why this song: A modern declaration of holy dependence. It strips worship down to its core—no performance, no pride, just desire for God alone. It reinforces that **fullness comes after emptying.**

“I’m sorry when I’ve just gone through the motions.”

How to Engage This Playlist

- Listen in a quiet space with minimal distractions
- Sit or kneel during the first song as a physical act of humility
- After each song, ask: *What is God asking me to empty today?*
- End your time by praying: **“Lord, I decrease so You may increase.”**

This day isn’t about weakness—it’s about **making room.**
And where there is room, God pours out grace.



DAY 5 – FIRE ON THE ALTAR

Theme: Revival

Focus: Fresh fire and spiritual renewal

Scripture:

*“The fire shall ever be burning upon the altar;
it shall never go out.”*

Leviticus 6:13

Devotional Thought...

God responds to sacrifice with fire. Fire represents God’s presence, power, and purification, and when the altar is prepared, heaven responds. This fast is not just about discipline - it’s about ignition, a holy spark that awakens what has grown cold. God desires to set your prayer life, worship, and passion ablaze again, burning away distraction and restoring devotion. Fire falls where sacrifice remains, where obedience is steady and surrender is sincere. When you stay on the altar, God releases a sustaining fire that transforms your life and testifies of His glory.

Daily Prayer Focus...

- 1.) Fresh fire in prayer and worship
- 2.) Revival in the church and homes
- 3.) Renewed spiritual passion



Prayer:

“Lord, we present ourselves again on the altar and ask for fresh fire from heaven. Ignite our prayer, worship, and passion until our lives burn continually for You. Let Your holy fire bring renewal and revival in us and through us, in Jesus’ Name, Amen.”

Practical Application...

- Spend extended time in worship today.
- Pray out loud and expectantly.
- Ask God to rekindle your spiritual fire.



DAY 5 WORSHIP PLAYLIST: “FIRE ON THE ALTAR”

Day 5 is ignition day. This playlist is built to move people from **prepared altar** → **fresh fire** → **sustained flame**. These songs are bold, expectancy-filled, and revival-minded—perfect for extended worship during the fast.

1. “Set a Fire” – Will Reagan & United Pursuit

Why this song: This is a prayer for holy dissatisfaction. It awakens hunger and asks God to burn away complacency. Ideal for opening extended worship and stirring expectancy for fresh fire.

“Set a fire down in my soul that I can’t contain.”

2. “Consuming Fire” – Tim Hughes

Why this song: This song connects sacrifice with fire—echoing the truth of Leviticus 6:13. It invites God’s purifying presence to fall on the altar of our lives and renew passion for His holiness.

“Your fire burns within.”

3. “Fill Me Up / Overflow” – Tasha Cobbs Leonard

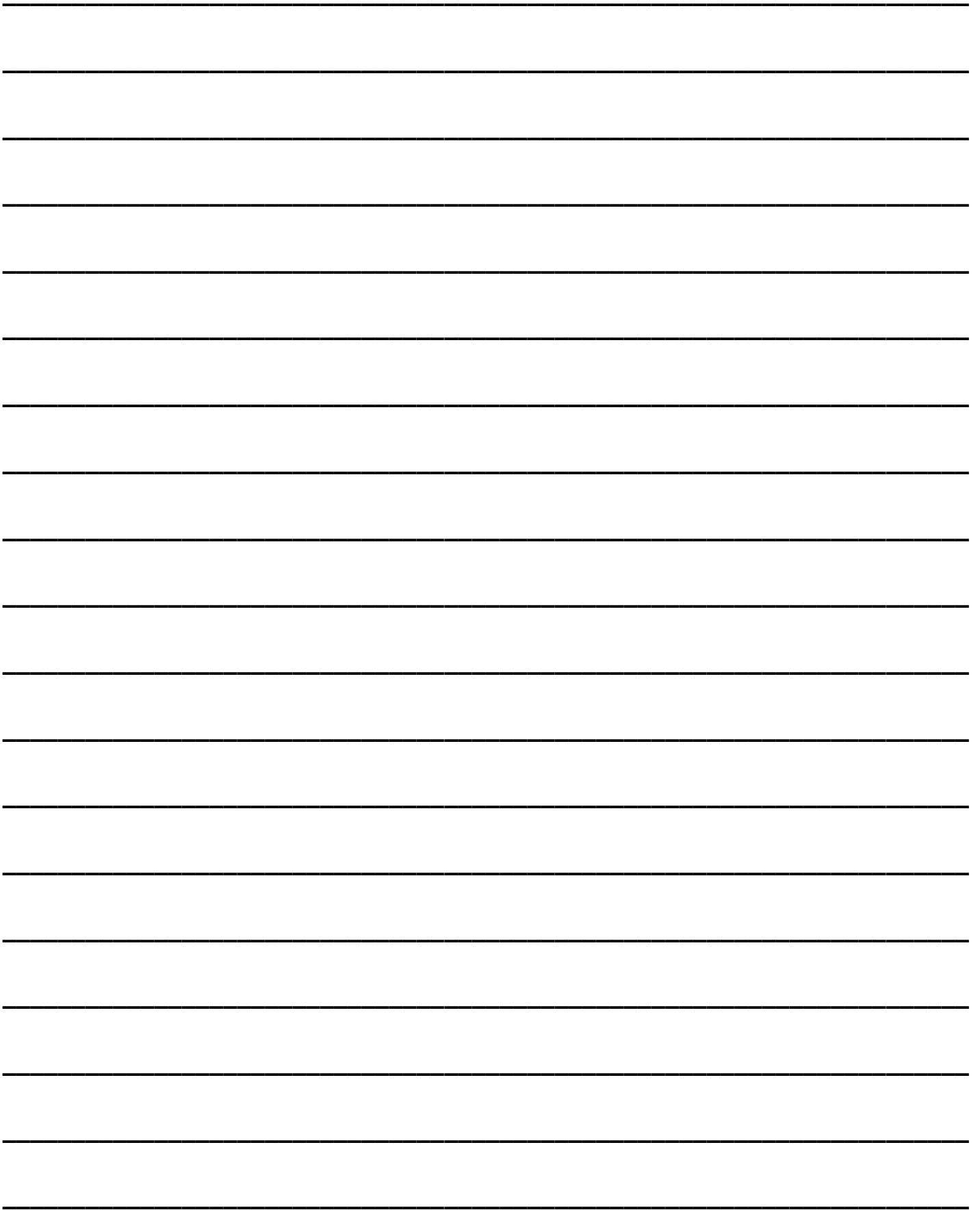
Why this song: This song moves from fire to **overflow**. It declares that revival doesn’t stop with us—it spills into homes, churches, and communities. Perfect for sealing the prayer for sustained spiritual renewal.

“Till I overflow.”

How to Engage This Playlist

- Create uninterrupted worship time—no multitasking
- Sing or pray the lyrics aloud as personal petitions
- After the final song, sit quietly and wait on God
- Declare with faith: **“Lord, let the fire on my altar never go out.”**

This day is not about emotional hype—it’s about **holy ignition**.
When the altar stays ready, the fire always comes.



DAY 6 – ALIGNMENT & OBEDIENCE

Theme: Submission

Focus: Saying yes to God's will

Scripture:

*“If any man will come after me,
let him deny himself, and take up his cross daily.”*

Luke 9:23

Devotional Thought...

Surrender is not a one-time act - it's a daily decision that shapes who we become and where we are going. Obedience aligns us with God's purpose and positions us for His power to flow freely in our lives. The cross represents death to self, but it also leads to resurrection life filled with hope, freedom, and authority. Alignment may be painful, but disobedience is far more costly, quietly draining purpose and peace. Each act of obedience strengthens our trust and deepens our intimacy with God. Today, choose obedience over preference, knowing that every surrendered “yes” prepares the way for God's greater work in you.

Daily Prayer Focus...

- 1.) Strength to obey fully
- 2.) Alignment with God's will
- 3.) Discipline to walk in truth



Prayer:

“Lord, we deny ourselves today and choose Your will above our own. Give us strength to obey fully, align our hearts with Your purpose, and discipline our steps in truth. We say yes to You again, trusting that Your way is always better than our own. It Is So In Your Name, Amen.”

Practical Application...

- Act on something God has already instructed you to do.
- Replace excuses with obedience.
- Declare: “Not my will, but Yours be done.”



DAY 6 WORSHIP PLAYLIST: “ALIGNMENT & OBEDIENCE”

Day 6 is where surrender turns into action. The playlist below is built to help people move from conviction to **clear, obedient alignment** with God’s will. No hype, just resolute “yes.”

1. “Yes Lord Yes” – James Moore

Why this song: This is obedience in its simplest, purest form. It removes excuses and conditions and replaces them with a wholehearted response to God. Perfect for declaring alignment at the start of the day.

“I will trust You and obey.”

2. “I Will Follow” – Chris Tomlin

Why this song: This song reinforces daily submission—following Jesus even when the path is costly or unclear. It echoes Luke 9:23 by choosing the cross over comfort and faith over fear.

“Where You go, I’ll go.”

3. “Not My Will” – Cody Carnes

Why this song: A weighty, honest prayer of surrender. It names the tension between preference and obedience, then chooses God’s will anyway.

This song seals the moment of alignment and consecration.

“Not my will, but Yours be done.”

How to Engage This Playlist

Listen prayerfully before making decisions today

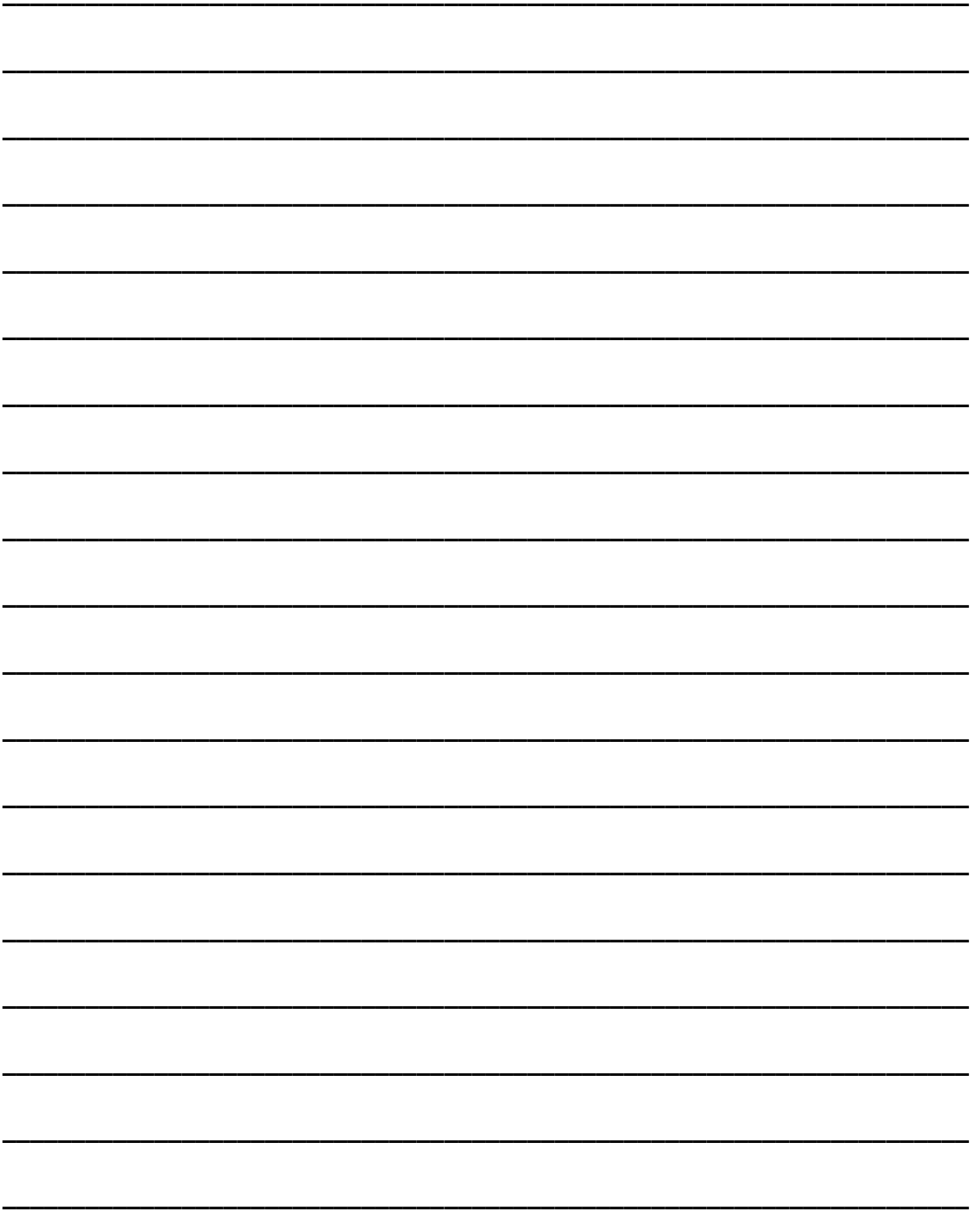
After each song, ask: *What is my next obedient step?*

Write down one action God is prompting you to take

Speak aloud with intention: **“I choose obedience over preference.”**

Alignment isn’t passive—it’s practiced.

And every obedient “yes” positions you for resurrection life.



DAY 7 – THE RAM IN THE THICKET

Theme: Trust & Provision
Focus: Expectation and Breakthrough

Scripture:

*“And Abraham lifted up his eyes,
and looked, and behold... a ram caught in a thicket.”*

Genesis 22:13

Devotional Thought...

Provision often appears after surrender. The ram was already there - obedience opened Abraham's eyes to see it, revealing that God had already made a way. What we often call delay is actually preparation, positioning us to recognize His provision at the right moment. This fast ends with expectation, not emptiness, because God always responds to obedient faith. God honors obedience, and He is never indebted to surrender. What you placed on the altar, God knows how to replace - with greater purpose, deeper trust, and lasting fruit. Lift your eyes beyond the sacrifice. Trust God with what's next. Expect Him to move in ways only He can.

Daily Prayer Focus...

- 1.) Thanksgiving for what God has done
- 2.) Faith for what God will do
- 3.) Trust in God's provision and timing



Prayer:

“Lord, we thank You for every way You have already provided and sustained us. Lift our eyes to see what You have prepared, and strengthen our faith to trust Your timing and provision. We surrender our expectations to You and believe for breakthrough ahead, In Jesus' Name, Amen.”

Practical Application...

- Write down testimonies and lessons from the fast.
- Share what God has done with someone.
- Commit to maintaining disciplines developed during the fast.



DAY 7 WORSHIP PLAYLIST: “THE RAM IN THE THICKET”

What a strong finish... **Day 7 shifts us from surrender to sight—from altar to provision.** This playlist is full of *expectation, trust, and grateful confidence* that God truly is **Jehovah Jireh**.

1. “Jireh” – Maverick City Music & Elevation Worship

Why this song: This song perfectly captures the revelation of Genesis 22:13—*God already provided before we even knew we needed it.* It anchors trust in who God is, not what we see.

“I’ll never be more loved than I am right now.”

2. “Trust in You” – Anthony Brown & group therAPy

Why this song: This song gives voice to faith that has been tested—and proven. It reflects the journey of the fast: obedience, waiting, and now confident expectation.

“I don’t know how You’ll do it, but I trust in You.”

3. “Made a Way” – Travis Greene

Why this song: A testimony song to end the fast. It celebrates breakthrough, gratitude, and praise for the God who steps in right on time. Perfect for reflecting on what God has already done and believing for what’s next.

“You made a way.”

How to Engage This Playlist

- Listen with a posture of thanksgiving and expectation
- Write down *where you’ve seen the “ram” already*
- Praise God in advance for unanswered prayers
- Declare with faith: **“God has already made a way.”**

This day isn’t just the end of a fast—it’s the beginning of a testimony.

Lift your eyes. The ram is already there.

