
PREPARING FOR THE UPPER ROOM

A Lead-Up to Pentecost Sunday

A 10 Day Personal Devotional and Fasting Guide

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“...they were all together in one place.” — Acts 2:1 (NASB95)

Do All to the Glory of God · 1 Corinthians 10:31

A WORD BEFORE WE BEGIN

What would it have been like to be in that upper room?

Think about what those disciples carried in the days between the Ascension and Pentecost. Jesus was gone. The promise had been given, but not yet fulfilled. They could not manufacture what was coming. They could not strategize it into existence. All they could do was wait, pray, and position themselves for something only God could do.

We are often better at moving than we are at waiting. We are often more comfortable with the doing than with the being still. But there are some gifts that only come to those who have learned to stop long enough to receive them. Pentecost is one of those gifts.

This ten-day journey is not a program. It is a posture. We are not trying to earn the fire. We are clearing the clutter so the fire has somewhere to land. We are not convincing God to show up. We are aligning ourselves with a move He has already promised.

These ten days are structured around Scripture, meditation, fasting, and prayer. Each day has a theme that builds toward the fullness of what Pentecost represents: the promised Spirit poured out without measure, on all flesh, for the sake of a world that still needs to hear the Gospel.

Some of us are hungry. Some of us are tired. Some of us are somewhere in between. Wherever you are, bring it. The One who met disciples in an upper room can meet you exactly where you are.

Let us begin.

HOW TO USE THIS FASTING GUIDE

Fasting is not a hunger strike directed at God. It is not a negotiating tool, and it is not a spiritual performance. Fasting is the voluntary surrender of something legitimate so that we can pursue something necessary. We are not fasting to get God's attention. We already have it. We are fasting to quiet the noise in us that competes with hearing Him clearly.

When we fast and as we seek, there are three questions we must keep in our hearts: What are we giving up (intentional self-denial)? What areas are we giving in to God (intentional submission)? And what are we giving to (intentional sacrifice)?

Each day includes a specific fasting suggestion tied to that day's theme. You are free to adjust based on your health needs and where the Spirit leads. The goal is not performance. The goal is posture.

DAY 1

The Promise That Holds Us*Anchoring in What God Has Already Said***Acts 1:4–5 (NASB95)**

“Gathering them together, He commanded them not to leave Jerusalem, but to wait for what the Father had promised, “Which,” He said, “you heard of from Me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.”

MEDITATION

What do we do with a promise we cannot yet hold? The disciples knew the voice of Jesus. They had walked with Him. They had seen things that no prior generation had seen. And yet, in these days between the Ascension and Pentecost, all they had was a word.

To put this in other terms: the promise preceded the experience. The word came before the fire. This is the architecture of faith. God never asks us to trust what we can already see. He asks us to anchor ourselves in what He has already said, even when what He has said has not yet become what we can touch. That anchor requires that we build our assurance on the word of God and not our feelings or even our circumstances. Let us remember that “we walk by faith and not by sight.”

Begin these ten days by returning to the promises of God that belong to you. Not the ones you hope are true. The ones He has already spoken. Anchor there — make a decision and declaration that the promises of God are “yes and amen.” Everything that follows these ten days will be built on whether or not you believe Him today.

TODAY'S FAST

Begin with a morning consecration fast today. No food until after your devotion and prayer time. This is not about the food. It is about establishing the order: seek first.

SELAH — PAUSE AND CONSIDER

- What promise from God’s Word are you standing on right now?
- What does “waiting” actually look like for you practically over these ten days?

CLOSING PRAYER

Father, we come in honesty. Waiting is not easy for us. We want the fire and we want it now. But You have never been early and You have never been late. Teach us to trust the promise before we see the fulfillment. Give us the grace to wait well. In Jesus’ name. Amen.

DAY 2

The Weight of Witness*Understanding Why the Spirit Must Come***Acts 1:8 (NASB95)**

“But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.”

MEDITATION

Have we ever really sat with the weight of what we are called to be? Witnesses. Not performers. Not religious professionals. Witnesses. People who have seen something and cannot stop talking about it.

The Spirit does not come to make us spiritual celebrities. The Spirit comes because there is a world that has not yet heard, and God in His mercy has decided to use people like us to carry the message. The power that Pentecost releases is always power for a purpose. It is always mission-shaped.

Ask yourself honestly: is your desire for the Spirit primarily about your personal experience, or about the people God is sending you to reach? Both are real. But the Spirit comes for the sake of the witness. He comes to equip the sent, not merely to satisfy the seeker.

TODAY'S FAST

Today, fast from social media for the entire day. What we consume shapes how we see. Spend the time you would have spent scrolling in prayer for the people you are called to reach. Name them by name if you can.

SELAH — PAUSE AND CONSIDER

- Who is in your Jerusalem right now? Who is the closest person to you who does not yet know Christ?
- How has your desire for the Spirit been shaped more by personal benefit than by missional purpose?
- What would it look like for your life to become a witness rather than simply a believer?

CLOSING PRAYER

God of Pentecost, open our eyes to the people around us. Forgive us for wanting the fire without the freight it carries. We are willing to be sent. We are willing to be used. Give us a burden for the lost that outlasts this season of consecration. In Jesus' name. Amen.

DAY 3**The Upper Room Posture***What Corporate Prayer Actually Requires***Acts 1:14 (NASB95)***“These all with one mind were continually devoting themselves to prayer, along with the women, and Mary the mother of Jesus, and with His brothers.”***MEDITATION**

One mind. Think about who was in that room. Former fishermen. A tax collector. Women who had supported Jesus’ ministry from their own resources. Jesus’ own brothers, who had not believed in Him during His earthly ministry. These were not people who naturally saw the world the same way.

And yet. One mind. One accord.

We often want the fire of Pentecost while avoiding the unity that preceded it. We want the result without the relational work. But the Spirit does not bypass the body. He moves through community. The upper room was not a collection of individuals pursuing their private spiritual experiences. It was a gathered people in consecrated agreement.

Where in your community life are you contributing to unity? Where are you carrying an offense that is fracturing the accord? These days of consecration are not only personal. They are communal. What we are preparing for is not a solo experience. It is a corporate outpouring.

TODAY'S FAST

Fast from complaint and criticism today. Every time the impulse rises to criticize someone in your community, turn it into an intercession. Pray for them instead. This is a fast the body desperately needs.

SELAH — PAUSE AND CONSIDER

- What relational fractures in your community need to be addressed before Pentecost Sunday?
- What does “one accord” require of you specifically right now?
- How is your personal prayer life connecting to the corporate prayer life of your congregation?

CLOSING PRAYER

Lord Jesus, You prayed that we would be one. We confess that we have often settled for proximity instead of unity. Draw us together. Heal what is broken in the relational fabric of our community. We cannot move in the power of Pentecost while moving in opposite directions. Make us one. Amen.

DAY 4

The Condition of the Vessel*Sanctification as Preparation***2 Timothy 2:20–21 (NASB95)**

“Now in a large house there are not only gold and silver vessels, but also vessels of wood and of earthenware, and some to honor and some to dishonor. Therefore, if anyone cleanses himself from these things, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work.”

MEDITATION

What does it mean to be a prepared vessel? Not a perfect one. A prepared one.

Paul’s image here is worth sitting with. In any great house, there are vessels of different kinds. What determines whether a vessel is used for an honorable purpose is not the material it is made from but whether it has been cleansed. To put this in other terms: holiness is not a matter of natural giftedness or spiritual pedigree. It is a matter of consecration.

The work of sanctification is God’s work in us, but it does not happen without our cooperation. The Spirit is the One who progressively dismantles sin’s hold on our soul, rendering inoperative what once exerted power over us, and loosening the conduit through which sin operated in our inner life. But that work requires that we yield. That we stop returning to what He has already been freeing us from.

These days before Pentecost are days of cleansing. Not because we earn the Spirit’s presence by being clean, but because we want to be the kind of vessel He can work through without obstruction.

TODAY’S FAST

Today, enter a partial fast (no meat, no sweets; water and plant-based foods only) alongside an honest inventory of what the Spirit has been convicting you about. Write it down. Surrender it specifically.

SELAH — PAUSE AND CONSIDER

- What has the Spirit been convicting you about that you have been slow to address?
- What does cooperation with sanctification look like practically in your daily life right now?
- What are you holding onto that is obstructing the flow of the Spirit through you?

CLOSING PRAYER

Holy Spirit, we open ourselves to Your cleansing work. Not because we are afraid of Your judgment, but because we want to be useful. We want to be vessels that honor You. Search us. Find what does not belong. We yield to Your process. In Jesus’ name. Amen.

DAY 5

Halfway Here*A Day of Silence and Listening***Psalm 46:10 (NASB95)**

“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

MEDITATION

We are halfway through. This is intentionally a quieter day.

There is a word in the original Hebrew underneath “cease striving” that means literally to let go, to release your grip, to allow your hands to go slack. This is not passivity. It is the active decision to stop performing your own security and to trust that God is still God.

What would it mean for you to actually be still today? Not just to slow down, but to truly release? To stop managing outcomes, curating impressions, and holding together what only God can hold?

We have been asking God to move. Today, let Him ask you to be still. Sometimes the deepest preparation for what is coming is not doing more. It is finally learning to stop.

TODAY'S FAST

Today, maintain silence as much as your life context allows. Continue the partial fast from Day 4 if the Spirit leads. No podcasts, no music, no background noise. Just you and God.

SELAH — PAUSE AND CONSIDER

- What are you still striving to control that you need to release before Pentecost Sunday?
- What is God saying to you in the silence that the noise has been covering?
- What does trust look like for you at this exact moment in your life?

CLOSING PRAYER

God, You are still God. We forget that sometimes. We act as if our striving is what keeps the world moving. Forgive us. Today we choose to be still. Speak. We are listening. Amen.

DAY 6

The Wind Before the Fire*Recognizing the Spirit's Preparatory Work***John 3:8 (NASB95)**

"The wind blows where it wishes and you hear the sound of it, but do not know where it comes from and where it is going; so is everyone who is born of the Spirit."

MEDITATION

Before Pentecost there was the upper room. Before the fire there was the wind. Before the tongues there was the sound of a rushing wind that filled the whole house. The Spirit announces Himself before He arrives.

Have you been listening for the advance sound of what God is about to do? Not looking for dramatic signs, but paying attention to the quiet stirrings, the unusual openings, the moments when Scripture suddenly lands differently than it ever has before?

The Spirit moves where He will. Our job is not to predict His movements but to remain sensitive enough to recognize them when they come. This is what consecration builds: a quality of spiritual attentiveness that knows when God has entered the room.

Over these last few days you have been clearing, cleansing, and quieting. Today, begin to look for what is already beginning to move.

TODAY'S FAST

Resume the partial fast today. Add a journaling discipline: write down every time you sense the Spirit moving today, even subtly. Train yourself to notice.

SELAH — PAUSE AND CONSIDER

- Where do you sense the Spirit already at work in your life, your family, or your congregation?
- What would it mean for you to be more spiritually attentive in your daily life going forward?
- Have you been asking the Spirit what He is doing, or only asking Him to do what you have already planned?

CLOSING PRAYER

Spirit of God, we want to be people who hear Your sound. Forgive us for being so loud that we miss Your whisper. Train us to recognize Your movements. Let the sensitivity we develop in these ten days become a permanent posture in our lives. Amen.

DAY 7

The Fire That Remains*What the Baptism of the Spirit Is For***Isaiah 6:5–8 (NASB95)**

“Then I said, ‘Woe is me, for I am ruined! Because I am a man of unclean lips, and I live among a people of unclean lips; for my eyes have seen the King, the LORD of hosts.’ Then one of the seraphim flew to me with a burning coal in his hand... He touched my mouth with it and said, ‘Behold, this has touched your lips; and your iniquity is taken away and your sin is forgiven.’ Then I heard the voice of the Lord, saying, ‘Whom shall I send, and who will go for Us?’ Then I said, ‘Here am I. Send me!’”

MEDITATION

Isaiah saw God. And the first thing that happened was not exaltation. It was undoing. The fire revealed what was already there: lips that were unclean, belonging to a man living among a people in the same condition. The fire did not produce something new. It exposed what needed to be dealt with so that what was new could begin.

The seraph’s coal did two things simultaneously: it purged and it prepared. The same fire that cleansed Isaiah’s lips was the fire that made him capable of saying, “Here am I. Send me.” You cannot separate the purging from the sending. They belong together.

This is what the baptism of the Spirit is for. Not so that we can have an extraordinary experience to testify about. Not so that we can feel better about our spiritual condition. The fire comes to purge so that we can be sent. The tongue that is touched by the coal becomes the tongue that proclaims the Word.

TODAY’S FAST

A full fast today until sundown — if medically appropriate (liquids are permitted). If not, continue the partial fast. Spend extended time in personal repentance and intercession. Let the fire do its cleansing work.

SELAH — PAUSE AND CONSIDER

- What in your life still needs the purging touch of the coal before you can say, “Here am I, send me”?
- How has the baptism of the Spirit been reduced in your understanding to an experience rather than an equipping?
- What is the sending God has been preparing you for? What is the mission that the fire is meant to serve?

CLOSING PRAYER

Lord, touch our lips. Whatever is unclean, whatever compromises our witness, whatever makes us hesitate when You call — deal with it. We do not want to manage our uncleanness. We want to be purged so that we can be sent. Here we are. Send us. Amen.

DAY 8**All Flesh***The Radical Scope of the Pentecostal Promise***Joel 2:28–29 (NASB95)**

“It will come about after this that I will pour out My Spirit on all mankind; and your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on the male and female servants I will pour out My Spirit in those days.”

MEDITATION

All flesh. Let those two words sit with you for a moment.

The Old Testament operated primarily through a concentrated model of the Spirit’s work. The Spirit rested on specific individuals for specific purposes: prophets, priests, kings. The anointing was selective, delegated, and tied to office.

Joel breaks that open. What is coming is not an anointing for the few. It is a pouring out upon all. Sons and daughters. Old men and young men. Male servants and female servants. The categories that human religion used to gatekeep access to the Spirit are explicitly overridden by the promise.

Peter quotes this text on the day of Pentecost for a reason. What happened in that upper room was not an elite spiritual event for a special group. It was the beginning of the democratization of the Spirit, the outpouring that God had been promising through Joel for generations. You are an heir of this promise. So is the person sitting next to you who does not look or sound or worship the way you do.

TODAY’S FAST

Today, fast specifically as an act of intercession for those you have mentally excluded from your heart of genuine prayer. This is a time where I challenge you to truly reflect on those who you have labeled as enemies. Specifically, today, take one meal (I recommend lunch) and spend that meal time interceding for someone (or a group of people) who you have currently overlooked or only been praying about. Expand your expectation.

SELAH — PAUSE AND CONSIDER

- Who do you still find it difficult to believe God would pour His Spirit upon? Be honest.
- How has your community’s vision of Spirit-filled life become too narrow or too culturally specific?
- What would it look like for your congregation to genuinely reflect the “all flesh” scope of the promise?

CLOSING PRAYER

God, expand our vision. Forgive us for the small boxes we have built for You. We declare that Your Spirit is for all people. Break down every wall in us that limits our expectation of whom You can move through. Pour out on all flesh. Starting with us. Amen.

DAY 9**The Cost of the Crown***What Pentecost Demands of Us Going Forward***Romans 8:13–14 (NASB95)***“For if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God.”***MEDITATION**

There is a privilege on the other side of Pentecost that we celebrate. There is also a demand.

Paul does not allow us to receive the Spirit’s fullness without also receiving the Spirit’s agenda. And the Spirit’s agenda is that we live differently. The deeds of the body, those patterns and habits and impulses that belong to our unregenerated way of moving through the world, are to be progressively put to death.

Being led by the Spirit is not a passive experience. It is an active yielding that requires daily, sometimes hourly, decision. Every morning is a choice about which voice we will follow. Every temptation is an opportunity either to cooperate with the Spirit’s work in our soul or to revert to what we were before the fire came.

We are now one day from Pentecost Sunday. What will be different on Monday? Not the emotion of the service. The direction of your life. The Spirit comes not to give us a spiritual high but to give us a new Lord.

TODAY'S FAST

A full or strict partial fast until sundown (liquids are permitted). Spend significant time in personal covenant-making before God. In other words, re-affirm your promises made to God or make new ones. Make a list of “never-again” and “from now on” promises. What specific commitments will you carry out of this season of consecration?

SELAH — PAUSE AND CONSIDER

- What specific deeds of the body has the Spirit been calling you to mortify throughout these ten days?
- What does it mean practically for you to be led by the Spirit in the week after Pentecost Sunday?
- What is one concrete life change you are committing to carry out of this season of consecration?

CLOSING PRAYER*Spirit of God, we accept not only the promise but the cost. We accept not only the fire but the funeral, the daily death of what does not belong to You. Lead us. We choose to follow. Make us sons and daughters who bear the family resemblance. In Jesus’ name. Amen.*

DAY 10**Ready for the Room***The Eve of Pentecost Sunday***Acts 2:1–4 (NASB95)**

“When the day of Pentecost had come, they were all together in one place. And suddenly there came from heaven a noise like a violent rushing wind, and it filled the whole house where they were sitting. And there appeared to them tongues as of fire distributing themselves, and they rested on each one of them. And they were all filled with the Holy Spirit.”

MEDITATION

They were all together. Suddenly.

That word “suddenly” is doing enormous work in Acts 2. It is the Greek word *aphno*, and it means without prior indication, without warning, all at once. The disciples had waited ten days. They had prayed. They had maintained the posture. And then, in a moment that required no further preparation, God moved.

You have walked through ten days of consecration. Some of these days were easier than others. Some of the questions cut closer than you expected. Some of the fasting was more difficult than you anticipated. That is the point. Consecration is not comfortable. It is preparatory.

Tomorrow you will gather with your community for Pentecost Sunday. And whether or not the visible symbols of Acts 2 appear, what you are gathering for is real: the filling of people who have made room. The fire always finds the prepared vessel.

Come expectant. Come humble. Come as people who have done the hard work of these ten days and who know, with settled certainty, that what God has promised He is faithful to perform. The upper room is ready. Are you?

TODAY'S FAST

A full fast until your evening meal if possible (liquids are permitted). Consider your food choices carefully as you prepare to break your fast in anticipation of worship tomorrow. If medically necessary, a strict Daniel fast until the evening. Spend the final hours of tonight in quiet anticipation and praise.

SELAH — PAUSE AND CONSIDER

- What has changed in you over these ten days? Be specific.
- What are you believing God for as you walk into Pentecost Sunday worship?
- Who will you bring with you to the service? Who in your life needs to encounter the Spirit tomorrow?

CLOSING PRAYER

Father, we are ready. We have cleared the clutter. We have done the work of preparation. We come empty of ourselves and full of expectation. Tomorrow, do what only You can do. Fill us. Use us. Send us. We have waited. Now we worship. In Jesus' name, and for His glory alone. Amen.

A FINAL WORD

Pentecost Sunday is not the end of the journey. It is the beginning of the mission.

What you have prepared for in these ten days is not a single service. You have been preparing for a life of Spirit-led ministry. The disciplines you practiced here are not seasonal. They are the rhythms of a holy life: Scripture, prayer, fasting, silence, community, consecration, and expectation.

Carry the fire forward. Carry it into your home, your workplace, your neighborhood, and your community. The world that needed to hear the Gospel when the Spirit fell in Acts 2 still needs to hear it. And God, in His remarkable economy, has decided that we are the ones He will use to bring it.

Do all to the glory of God.

1 Corinthians 10:31

*+Bishop Robert Warren Lyons, Jr. | Serving
Do All to the Glory of God — 1 Corinthians 10:31*