

2026 is here! As we move into a new year, I am challenging you to participate in a church fast to begin the new year. I believe that there is no better way to ignite our commitment to God than to begin with an extended period of fasting. Fasting allows us to draw closer to God as we pull ourselves away from things we desire. Fasting, combined with the Word of God and prayer, are spiritual disciplines that all believers must develop in their walk with God. We will begin a 21 day fast starting January 12th and the fast will conclude at midnight of February 2nd. The fast will last for the entire day and we will incorporate selected scriptures for daily devotional reading. The focus of this fast will be personal transformation through the changing or breaking of habits. Now let's get a bit more specific about the purpose of fasting and the specific details of our fast.

Fasting is the giving up of foods and/or other things for a period to draw closer to God and to focus on Him. Fasting helps us to hear from God, to reveal sin, to strengthen us, to build our faith, etc. Fasting is a tool that God gives us to use if we are to receive what God has for us. And this tool Jesus speaks on and did Himself. He tells the disciples that some things come only by fasting and by prayer. (Matthew 17:21)

Now to the specifics about our fast. As previously stated, this is a 21 day fast starting January 12th and ending midnight February 2nd, and the fast will be for the entire day. We will eliminate the following food and drinks for the fast: red meat; pork; fried foods (air fryer is permitted); fast food and sodas. Please consult your physician to ensure proper health and food requirements prior to the fast. We will also eliminate one form of technology of your choosing (aside from school and work). Examples of this may be social media, television, gaming, etc. I am asking that you devote 10 minutes of uninterrupted prayer per day for 21 days. I have prepared Bible chapters for us to read each day. The Word will strengthen us spiritually as we walk with the Lord.

I am excited for us to begin the year of 2026 with fasting, prayer, and consecration! I am praying for each participant everyday as you make this spiritual connection with God, as you break bad habits and create new ones, and as you grow in the power and strength of the Lord.

DAILY SCRIPTURE READING FOR THE FAST

- | | |
|-----------------------------|---------------|
| 1. January 12 th | Mark 1 |
| 2. January 13 | Mark 2 |
| 3. January 14 | Mark 3 |
| 4. January 15 | Mark 4 |
| 5. January 16 | Mark 5 |
| 6. January 17 | Mark 6 |
| 7. January 18 | Mark 7 |
| 8. January 19 | Mark 8 |
| 9. January 20 | Mark 9 |
| 10. January 21 | Mark 10 |
| 11. January 22 | Mark 11 |
| 12. January 23 | Mark 12 |
| 13. January 24 | Mark 13 |
| 14. January 25 | Mark 14 |
| 15. January 26 | Mark 15 |
| 16. January 27 | Mark 16 |
| 17. January 28 | Philippians 1 |
| 18. January 29 | Philippians 2 |
| 19. January 30 | Philippians 3 |
| 20. January 31 | Philippians 4 |
| 21. February 1 | Revelation 22 |