



Fasting & Prayer Guide 2026

Holy Week Fast: March 30 - April 1, 2026

Prayer Line: (848) 888-9025 daily at 6:00 AM & 6:00 PM CST

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The Place Where God Is Transforming Lives

What Is Fasting? Fasting is an intentional, sacred practice of self-denial undertaken to draw closer to God. It represents a physical sacrifice made in pursuit of spiritual growth, deeper intimacy with God, and transformation in our personal lives.

Through fasting, we position ourselves to break spiritual strongholds, overcome bondages, and experience freedom from oppressive influences that hinder our walk with God. When we fast together as a church community, unified in prayer and purpose, we create a powerful spiritual atmosphere where God moves both corporately and individually, touching each person who participates.

At its heart, fasting is a commitment to deny fleshly appetites in order to heighten spiritual sensitivity and awareness. It requires dedication, discipline, and consistent prayer. Most importantly, fasting is a private covenant between you and God alone.

Jesus taught that our fasting should be done in secret, not for public recognition. Therefore:

- Don't advertise your fast verbally or on social media
- Avoid complaining or making comments that draw attention to your sacrifice
- Keep the details private - what you're abstaining from and your reasons why

Broadcasting your fast is like publicly announcing the amount of your financial offering to God. The reward comes not from human acknowledgment, but from the Father who sees what is done in secret.

Scripture References: Mark 9:29, Matthew 6:16-18, Isaiah 58:6

What is prayer? Prayer is your intentional invitation for God's direct and specific involvement in your life. It is intimate communication with the LORD, expressing gratitude, presenting requests, and sharing the desires of your heart. Through prayer, we position ourselves to receive God's response, which comes through His Word, prophetic insight, strategic situations, and the people He places in our path. Prayer is both our lifeline to Heaven and is God's chosen method of releasing His power and purpose into our circumstances and world.

Scripture Reference: James 5:16 – "The prayer of a righteous person is powerful and effective"

Daily Intercession will be at 6 AM & 6 PM CST via the prayer line (848) 888-9025

What Is Meditation?

Meditation is an act of giving your time, focus and attention to God and His Word. To meditate means to consider. Each day during the fast we have provided you with Scriptures; spend quiet time *meditating* on the Word and write down your reflections that come to you during your time of meditation. (Read: Psalm 1, Joshua 1:8)

Fasting details are as follows:

Prohibited: bread, sweets, fried foods, carbonated drinks, beef, pork, turkey, chicken, lamb, fish

Allowed: 100% fruit juices, potatoes, fruits, vegetables, nuts, seeds, whole grains, beans, eggs and dairy

Holy Week Fast – Prayer Targets and Schedule

Fasting begins at 6am on Monday, March 30th and concludes Wednesday, April 1 after 6pm prayer. All prayer times will be at Central Standard Time.

HOLY *week* FAST

PRAYER TARGETS

MONDAY, MARCH 30TH: be **HOLY**.

1 Peter 1:13-16

Ephesians 4:20-24

TUESDAY, MARCH 31ST : be **SAVED**.

Hebrews 2:14-18

2 Timothy 1:8-10

WEDNESDAY, APRIL 1ST : be **TRANSFORMED**.

Philippians 3:17-21

1 Corinthians 15:49-52

DIAL: 848-888-9025 6a & 6p CST daily