



Fasting & Prayer Guide 2026

The Year to “Get In Position”: Season of Fasting & Prayer: January 4 – 10, 2026
Prayer Line: (848) 888-9025 daily at 6:00 AM & 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 & 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:

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

Allowed: [pescatarian diet which includes fish], 100% fruit juices, potatoes, fruits, vegetables, nuts, seeds, whole grains, beans, eggs and dairy

Fasting begins at 6pm on Sunday, January 4th and concludes Saturday, January 10th after 6pm prayer. All prayer times will be at Central Standard Time.

GET IN POSITION

CORPORATE PRAYER & FASTING

Daily Prayer Targets

Position - 1 Chronicles 16:11, John 17:4

Being in position means keeping our approach of being consistent and fully dependent on God in this season.

Plan - Jeremiah 29:11, Ephesians 2:10, Luke 14:28

Because God is a planner, we can expect the best plans in place for our lives. In the same way, we ought to take care to be good/smart planners this year.

Purpose - Proverbs 3:5-6, 1 Peter 4:10, Jeremiah 1:5

Our purpose is to be led by God as well as knowing that any way He leads us, He has also equipped us with the tools we need to excel.

Prayer - 1 Thessalonians 5:17, Ephesians 6:18, Matthew 17:21

Prayer is not just sacred communication but a necessary mandate that we should recognize is the only way in which some things in our lives can change.

Possible - Mark 11:24, Jeremiah 32:27, Matthew 19:26

This is the year of God-possibilities, where nothing is off limits.

Posture - 2 Chronicles 7:14, Psalm 4:4, Psalm 121:1

The posture of our hearts, minds and spirits is one fully submitted to God as our Source.

GET IN POSITION

CORPORATE PRAYER & FASTING

Daily Prayer Targets

Power - Psalm 81:10, Luke 1:37, Ephesians 3:20

The power of God exceeds not only our human strength but defies what our minds can even comprehend.

Purging - Isaiah 6:6-7, Psalm 51, Hebrews 12:1

In this year, whatever is not like God must be released so that we remain a dwelling place for the things of God.

Prosperity - Ephesians 1:18, Deuteronomy 8:18, Psalm 23

As adopted members of the Kingdom, we are heirs to the utmost benefits of God including wealth and provision.

Perspective - Romans 12:2, Isaiah 55:8, Ephesians 5:15

A mindset change is necessary so that we have the wise mind of Christ.

People - John 13:34, Colossians 3:13, Ecclesiastes 4:9-10

May this year bring about better relationships and collaborations with one another.

Perfection - Psalm 138:8, Matthew 6:25-27, 2 Corinthians 12:9

God will ensure that every area of our lives is kept by His promise.

Praise - Psalm 9:1, Psalm 150:6, Psalm 145:1-3

No position this year is complete without praise of thanksgiving and remembrance of all He is and has done.