



®

# 2026

# CHURCH

# FAST

FASTING GUIDE

## Why Do We Fast?

The purpose of fasting is not to make God more powerful, nor to make Him more good because God is already sovereign and perfect. **Fasting is a spiritual discipline that brings our bodies, appetites, and desires into submission to the Spirit of God. It is an intentional act of humility that aligns our flesh with the will of God.** Through fasting, **we declare that our flesh does not have authority over us.** Instead, we choose to be led by the Spirit of God. Fasting sharpens our spiritual awareness and strengthens our dependence on Him.

## Prayer and the Word

While fasting is powerful, **it is most effective when paired with prayer and the reading of God's Word.** Prayer positions us to hear from God, receive direction, and gain clarity during our time of consecration. As we pray, God reveals answers, gives wisdom, and draws us closer to His heart. **Reading Scripture during a fast deepens our intimacy with God.** His Word nourishes our spirit, renews our mind, and keeps us grounded in truth as we deny the desires of the flesh.

## TIPS ON FASTING

- Before beginning the fast, everyone should consult with their physician. Those who are under medical care, taking medication, currently ill, or with a history of eating disorders should exercise extra caution.
- When the fast ends, transition out gradually. Avoid rushing back into solid foods, as this can cause sickness and discomfort.
- When cravings arise, recognize them as the flesh resisting the Spirit. Respond with prayer, praise, and time in God's Word.
- **We encourage families to include children in an age-appropriate version of the fast.** Take time to discuss together what they will give up (such as devices) during this season.



## FASTING DATES & TIMES

# JAN. 19 - JAN. 23

- **Mon. Jan. 19** - 6:00am to 12:00pm
- **Tues. Jan. 20** - 6:00am to 3:00pm
- **Wed. Jan. 21** - 6:00am to 4:00pm
- **Thurs. Jan. 22** - 6:00am to 5:00pm
- **Fri. Jan. 23** - 6:00am to 6:00pm



## 6AM PRAYER CALL

**6**  
AM

# DAILY PRAYER CALL

JOIN US DAILY FOR A  
**15 MINUTE PRAYER**  
 CALL TO JUMP START  
 YOUR DAY!

PHONE: 605-313-9654  
 CODE: 6293500

DATE	PRAYER FOCUS	SCRIPTURES
JAN. 19	<b>RENEWAL</b> Restores us from the inside out (mind, heart, and spirit)	Romans 12:2
JAN. 20	<b>REPAIR</b> Heals what has been broken (heart, trust, faith, and identity)	Psalm 147:3
JAN. 21	<b>REALIGNMENT</b> Repositions us for His will (priorities, obedience, and direction)	Proverbs 3:6
JAN. 22	<b>REVIVAL</b> Breathe life and meaning again (calling, purpose, and spiritual gifts)	Psalm 85:6
JAN. 23	<b>RESTORATION</b> Full restoration and walking forward in wholeness, victory, and confidence	Joel 2:25



## FASTING GUIDELINES

- **No food during fasting times.** Only water and 100% juices/smoothies are permitted.
- During fasting hours, **set aside time for prayer and reading the Word of God.**
- Limited Social media (unless it is job/business related).
- Limit music choices to gospel, Christian or worship music.
- **After fasting hours**, please be careful not to overeat as it may cause sickness.
- **IMPORTANT:** If you are on medication, consult your physician.



### FOODS NOT ALLOWED DURING THE FAST

- NO FRIED FOODS (This includes Air Fryer Food)
- NO SWEETS
- NO CARBONATED DRINKS
- NO CAFFINE
- NO ALCOHOL



### FOODS ALLOWED DURING THE FAST

- BAKED, GRILLED, BROILED, or BOILED MEAT (Chicken, Fish etc)
- VEGETABLES
- SALADS
- FRUITS
- NUTS
- 100% FRUIT JUICES
- WATER



## PRAYER TARGETS

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**2026**  
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**FAST**

**\*\*ADD YOUR PERSONAL PRAYER TARGETS DAILY\*\***

### REMNANT FAITH CENTER

- Wealth, Good Health and protection for our First Family.
- Wealth, Good Health and protection The Remnant Faith Center Family
- The Spirit of GOD to continue to rest on Remnant Faith Center.
- Increase in salvations and rededications
- Financial increase
- Increase in membership attendance, engagement and growth
- Resources needed for our own worship facility

### PERSONAL/FAMILY

- Growth in our personal relationships with God
- Protection and provision for our families
- Educational success for our children
- Health, wealth and favor in our homes
- Salvation for unsaved family members
- Restoration of broken relationships

### COMMUNITY/NATION

- Local and Federal Government
- Protection for teachers and schools
- More resources for those in need in our community



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REMNANT FAITH CENTER