

Return

Prayer & Fasting Guide 2026

02/22/26 THROUGH 04/04/26



Return

Prayer & Fasting

02/22/26- 04/04/26

This Prayer & fasting Guide includes:

*Reflection & Action, *Fasting Guidelines and *Scriptures for Prayer. These three practices are designed to be done together.

NOTE: If your personal healthcare regimen conflicts with the fasting program please follow your physician's instructions.

The fasting weeks are intended to build upon each other. The instructions for each successive week are meant to be added to the previous week's regimen. If you fall off the plan, don't fret, simply resume the program as soon as you can.

Return

Prayer & Fasting
02/22/26- 04/04/26

Prayer is central to this program. Let's ask for God's grace, mercy & peace for ourselves, our families, our communities, our nation and our world at this critical moment in history.

Fasting is to take place 6 days of every week. We keep the Sabbath and do not fast on Sundays because it is the day we celebrate the Resurrection of Jesus Christ.

Return

Reflection & Action
02/22/26- 04/04/26

Week #1: Return your heart to God. Examine the direction of your affections.

Week #2: Open your mind to learn and do a new God thing. Experience child-like creativity by making art, music, poetry.

Week #3: Restore, or implement, rhythms of rest. Make them sacred.

Week #4: Engage in spiritual house-cleaning. Locate & eliminate idols.

Week #5: Dedicate time each morning and evening to seek God's direction. Write down what you hear or sense.

Week #6: Deliberately engage in acts of mercy, charity and sacrifice. Do not take credit. Give God the Glory!

Return

Drink water while you fast!

**Fasting Guidelines
02/22/26- 04/04/26**

Week #1 - Eliminate all processed foods or foods with artificial ingredients. Read the labels on all your food items. What exactly are you eating?

Week #2 - Eliminate all fried foods. Add more green vegetables.

Week#3 - Eliminate anything (in any form) that gets you high or buzzed.

Week#4 -Eliminate foods high in fat, sugar, salt. Add more legumes (Beans, Peas, Lentils, Nuts).

Week #5 - Eliminate sugary snacks and deserts. Enjoy fresh fruit.

Week #6 - Eliminate animal foods. Enjoy vegetables.



Return

Scriptures for Prayer Week #1

RETURN Your Heart to God

Let us test and examine our ways, and return to the Lord! 41 Let us lift up our hearts and hands to God in heaven: Lamentations 3:40-41 ESV

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. James 4:8 ESV

You will seek me and find me, when you seek me with all your heart.

Jeremiah 29:13 ESV

“Seek the Lord while he may be found; call upon him while he is near; 7 let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon. Philippians 4:8 NKJV



Return

Scriptures for Prayer Week #2 REPENT

30 "Therefore I will judge you, O house of Israel, every one according to his ways, declares the Lord God. Repent and turn from all your transgressions, lest iniquity be your ruin. 31 Cast away from you all the transgressions that you have committed, and make yourselves a new heart and a new spirit! Why will you die, O house of Israel? 32 For I have no pleasure in the death of anyone, declares the Lord God; so turn, and live." Ezekiel 18:30-32 ESV

19 Repent therefore, and turn back, that your sins may be blotted out, 20 that times of refreshing may come from the presence of the Lord, and that he may send the Christ appointed for you, Jesus, Acts 3:19-20 ESV

10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Corinthians 7:10 NIV

Return

Scriptures for Prayer Week #3

REST

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” Psalm 46:10 ESV

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28 ESV

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest’” Mark 6:31 NIV

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. Hebrews 4:9-10 ESV



Return

Scriptures for Prayer Week #4 RELEASE

Shake yourself from the dust and arise; be seated, O Jerusalem; loose the bonds from your neck, O captive daughter of Zion. Isaiah 52:2 ESV

But Paul shook the snake off into the fire and suffered no ill effects.

Acts 28:5 ESV

This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you." Ephesians 5:14 NIV

Therefore, if the Son sets you free, you really will be free. John 8:36 HCSB

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 2 Corinthians 3:17

And whoever does not receive you nor listen to your words, as you leave that house or city, shake the dust off your feet. Matthew 10:14 HCSB



Return

Scriptures for Prayer Week #5 REDEDICATE

14 They took an oath to the LORD with a loud voice, with shouting, trumpets, and rams' horns. 15 And all Judah rejoiced over the oath, for they had sworn it with all their heart. They had sought Him earnestly, and He was found by them. So the LORD gave them rest on every side. 2 Chronicles 15:14-15 BSB

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1 ESV

And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD. Joshua 24:15 ESV



Return

Scriptures for Prayer Week #6

RECEIVE YOUR KING

36 And as he rode along, they spread their cloaks on the road. 37 As he was drawing near—already on the way down the Mount of Olives—the whole multitude of his disciples began to rejoice and praise God with a loud voice for all the mighty works that they had seen, 38 saying, “Blessed is the King who comes in the name of the Lord! Peace in heaven and glory in the highest!”

Luke 19:36-38 ESV

Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

Psalms 95:6 ESV

The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. Isaiah 57:15 ESV

