



Our church embarks on a season of extended prayer and fasting every January. The whole purpose of this season is to make sure that we put God first in all things and build a foundation of what God wants from us in 2026. This year's January Fasting is abbreviated due to the 15th Anniversary celebrations.

This year, we are going to focus on the vision and values God has given to this church since our humble beginnings in 2011:

To introduce people to the power and fullness of Jesus Christ, to equip them to be His mouthpiece and His hands and feet on this earth, and then reproduce the process in others.

Values - Authentic Community, Spiritually Healthy, Excellence

While we will have a year-long theme we will share at our first service on January 4th, we want to ensure we do all we can to reach those people in and around The Woodlands area with the Gospel of Jesus Christ. That is our first and foremost call and commission from Christ.

Nothing is more powerful in the Kingdom of God than multiplication through influential Christians like you who walk in their ministry and win others. That is the Kingdom mindset we should all embrace.

2026 FASTING GUIDELINES

January 2nd - January 7th - Media and Negativity Fast

January 2nd-January 15th - Pick-A-Fast

(Daniel's Fast, Sugar Fast, or Daily fasting from 6 am to 4 pm)

January 24th, 6 am, through January 25th, 11 am - water only

January 25th, Communion and Footwashing Service

FEBRUARY THROUGH DECEMBER 2026

Weekly - Fasting at least one day a week from 6 am to 4 pm.

Quarterly - at least one 3-day fast per quarter

Why prayer with fasting?

Fasting without prayer is just going hungry! When the flesh is weak, the enemy seizes the opportunity to attack, overpower, and eventually overcome.

However, the combination of prayer with fasting creates a supernatural spiritual warrior who becomes an OFFENSIVE powerhouse for The Lord, overtaking previously lost territories by prayer and supplications. People who fast and pray together are some of the most influential people on the planet.

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What about my medical condition?

We understand that situations require you to take medicine with food. Please follow what your doctor has ordered concerning your medication(s). If your doctor has advised you that you cannot fast, please know that we understand and want you to adhere to your doctors' orders.

If a doctor has not told you that you cannot fast, many of the above fasts work with diabetes and other medical conditions. Please consult your physician if you wonder what kind of fasts are advisable with your current situation. We want you to be wise concerning your health and never want you in any physical jeopardy through fasting.

What is a Daniel's fast?

This fast comprises eating no bread, meats, desserts, or juices. This fast requires you to eat only fruits and vegetables along with grains and lentils. It's best if you eat no leavened bread on this fast. You should drink water only, and you should consume no soft drinks, caffeine, sweeteners, sugars, etc., on this fast.

What is a Sugar fast?

This fast comprises eating a regular diet; however, NO SUGAR can be a part of the foods you eat or drink. A sugar fast eliminates processed, unprocessed, or synthetic sugar(s) found in food(s), condiments, sauce(s), and drinks, including sodas, juices, coffees, or teas.

What is a Media fast?

A media fast is an abstention from all forms of media. Media fasting would include social media such as Facebook, Instagram, Twitter, Snapchat, etc., and all forms of electronic media, including TV, radio, internet, video, video games, etc. Media fasts remove the distractions and noise of media and focus us on listening for and to the voice of The Lord. Any other use of social media and electronic media of any kind is highly discouraged.

What if I can't give these things up or don't want to do it?

If it is too hard to give these things up or put it aside for a season of time, or you feel that you don't have to or want to do this, we ask you to consider this: Have these things or your ideas and opinions, become an idol, a god (with a little g), in your life? If it has, it needs attention now before we meet God (with a BIG G)! There are plenty of Biblical examples of dire consequences that happen when selfishness and idolatry overcome a life, and we do not wish that on anyone, especially you!

God loves us, and He wants to know that we would do whatever for HIM, which means sacrificing these little things to receive the BIG things He has for us! God promises so much for our "reasonable service." So, a short season of sacrifice to keep unity in the faith and church, stay close to God, and enhance our own spiritual life and well-being is worth it all.

Let's make a personal commitment.

We are asking everyone to embrace our vision and values for 2026. The more we unite around authentic community, spiritual health, and excellence, and on making disciples of Jesus Christ, the more effective our churches will be in reaching their potential!