



## **FASTING 2026**

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives as we draw near to Him. When you fast, you partner with God. He desires to have a divine partnership with you in the area of fasting and prayer for your family, your life, and His purpose in the earth.

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

### **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Do you desire a deeper, more intimate, and powerful relationship with the Lord? Do you need direction, healing, restoration of marriage or family? Is there a friend or loved one that needs Salvation? Do you need a breakthrough in any area of life? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

**Don't forget to use our daily scripture encouragement and prayer prompts that will be posted daily to the app and social media!**

**We have provided a notebook along with this fasting guide for you to journal and keep track of what God is speaking to you during this fast.**

### **Deciding How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer. Use wisdom and pray for guidance. Beginners are advised to start slow.

We are going to do 2 rounds of fasting throughout the month of January. Choose your fast and time of fasting to begin with the church as a whole.

First round of fasting: **January 11th - 18th**

Second round of fasting: **January 25th - Feb1st**

We will begin together as a church on those dates and break the fast together with a meal on February 1st following the 10 am service as well as a worship service at 6PM that night.

### **Corporate Prayer**

We will also have 2 times of corporate prayer throughout the month of January. Those dates will be: **January 14th at 7PM** and **January 28th at 7PM** for about one hour to come together and pray for our congregation, community, and state.

### **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day.

Read your Bible. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **How to End**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

### **Types of fasts:**

**Complete Fast** - In this type of fast, you drink only liquids, typically water with light juices as an option.

**Selective Fast** - This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**Partial Fast** - This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**Soul Fast** - This fast is an option if you have health issues that prevent you from fasting food. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

We strongly encourage that if health allows you to do a food fast to do some form of a fast involving food. Abstaining from food is essential to a Biblical fast.

## Verses about fasting:

**Ezra 8:23** - So we fasted and sought our God concerning this matter, and He listened to our entreaty.

### **Matthew 6:16-18**

16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

### **Isaiah 58:3-11**

**3** 'Why have we fasted and You do not see?

Why have we humbled ourselves and You do not notice?'

Behold, on the day of your fast you find your desire,

And drive hard all your workers.

**4** "Behold, you fast for contention and strife and to strike with a wicked fist.

You do not fast like you do today to make your voice heard on high.

**5** "Is it a fast like this which I choose, a day for a man to humble himself?

Is it for bowing one's head like a reed

And for spreading out sackcloth and ashes as a bed?

Will you call this a fast, even an acceptable day to the LORD?

**6** "Is this not the fast which I choose,

To loosen the bonds of wickedness,

To undo the bands of the yoke,

And to let the oppressed go free

And break every yoke?

**7** "Is it not to divide your bread with the hungry

And bring the homeless poor into the house;

When you see the naked, to cover him;

And not to hide yourself from your own flesh?

**8** "Then your light will break out like the dawn,

And your recovery will speedily spring forth;

And your righteousness will go before you;  
The glory of the LORD will be your rear guard.  
**9** “Then you will call, and the LORD will answer;  
You will cry, and He will say, ‘Here I am.’  
If you remove the yoke from your midst,  
The pointing of the finger and speaking wickedness,  
**10** And if you give yourself to the hungry  
And satisfy the desire of the afflicted,  
Then your light will rise in darkness  
And your gloom will become like midday.  
**11** “And the LORD will continually guide you,  
And satisfy your desire in scorched places,  
And give strength to your bones;  
And you will be like a watered garden,  
And like a spring of water whose waters do not fail.

**Matthew 9:15** And Jesus said to them, “The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast.”

**Acts 13:2** While they were ministering to the Lord and fasting, the Holy Spirit said, “Set apart for Me Barnabas and Saul for the work to which I have called them.” **3** Then, when they had fasted and prayed and laid their hands on them, they sent them away.

# **CHURCH AND PERSONAL PRAYER GUIDE**

**Remember:** True vision always starts with God and blesses others.

**Ephesians 2:10** *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."*

**VISION:** To see our region set free in Christ

**MISSION:** Helping people know Jesus, be changed by His presence, and equipped to serve others.

## **Our Core Values:**

**We Live by the Word-** the Bible is our foundation. It is the ultimate source of truth and guidance for our faith and practice. From it, we live and serve God and those who He loves. (2 Timothy 3:16-17)

**We Surrender to the Holy Spirit-** We surrender to the person, baptism, and gifts of the Holy Spirit. This comes through an ongoing personal relationship with the Holy Spirit and relying on Him to teach, lead, equip, and mature us. (Acts 1:8, Galatians 5:22-23, 1 Peter 4:10)

**We Walk By Faith-** We believe God is and that He is a rewarder of those who seek Him. Because of that faith, we boldly trust Him and follow Him wherever He leads us to minister to this region. (Hebrews 11:6)

**We Make Room For Others-** God's heart is that none would be lost. His love and desire for fellowship with His people led Him to the cross. We will love, serve and pursue people as He does. (2 Peter 3:9, 2 Corinthians 5:18-20)

**We Build Strong Families** - We believe that strong families make strong churches. Marriage and family were instituted by God and we will submit to Him to see His work in every home. For those without an earthly family, we will welcome them as spiritual family into the Church. (Mark 10:6-9, Ephesians 5:22-33, Ephesians 6:1-4)

Here is a list of some things that God has specifically spoken over our church for you to pray over and help us contend for the word of God for this region:

- **Family Worship Center will be a regional church reaching and influencing not just Carroll but the surrounding KY counties and some counties in southern IN, bringing the freedom of Christ to these places.**
- **Family Worship Center will grow in its impact in this region being home to 1,000 believers gathered on the weekend that go back into their communities with the freedom of Christ.**
- **Family Worship Center will be a healing center, a teaching center, and a worship center. A place where people come to receive healing spirit, soul and body. A place where people come to be taught the word of God and how to walk with Him by the power of the Holy Spirit. A place where cars will be lined up to the interstate for people to get into His presence and be changed.**
- **Family Worship Center will be a place where freedom is received, bondages are broken, and strongholds destroyed. Miracles will pour from this place.**

We are praying that God will prepare us as a church and work in our lives to see this come to pass. We are praying to God for the “how” and maturing ourselves to be able to lead in these things.

Pray for leadership, pray for yourselves, and pray for our community.

**Joshua 21:43-45 - So the LORD gave to Israel all the land of which He had sworn to give to their fathers, and they took possession of it and dwelt in it. The LORD gave them rest all around, according to all that He had sworn to their fathers. And not a man of all their enemies stood against them; the LORD delivered all their enemies into their hand. Not a word failed of any good thing which the LORD had spoken to the house of Israel. All came to pass.**

PERSONAL VISION:

PERSONAL WORDS FROM THE LORD:

SCRIPTURES: