40 DAYS | OF PRAYER & FASTING

January 1 – February 10, 2026

Prayer: *Connecting with God*

Commit to communicating with God daily by scheduling time in prayer (speaking and listening to God). You can also join us in corporate prayer on Wednesdays @ 6 a.m. as we offer God *The Sacrifice of Prayer*. Dial (774) 300-8669.

Fasting: *Disconnecting from the world*

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Please complete this Fasting Covenant to seal your commitment.

MY FASTING COVENANT

A Spiritual Commitment: Between Me & God

Biblical fasting is denying oneself something for the sake of seeking and honoring God.

1) Before you begin your fast, **make a verbal commitment to the LORD** in prayer.
2) After you have committed to fasting in prayer, **write down your plan**.

When you approach your fast with determination and a clear goal, you will be less likely to waiver in weak moments.

My **personal purpose** for fasting is: _____

I AM BELIEVING GOD FOR:

1. _____

2. _____

3. _____

WHO, IF ANYONE, WILL I ASK TO FAST WITH ME? _____

By the STRENGTH and GRACE OF GOD, I commit to this 40 Day Period of Corporate Prayer and Fasting,

_____ _____

Signature Date

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Corporate Prayer & Fasting Guidelines

How you choose to fast is between you and the Lord.

Here are some helpful things to keep in mind as you choose your fast:

- **Primary option**: Don't eat any food from the time you wake up until dinner. Devote the time that you would have normally spent eating breakfast or lunch to God in prayer: first thing in the morning in lieu of breakfast, during our **noon prayer call in lieu of lunch**, and before you eat dinner in the evening. To join the **Midday Prayer Call** on **weekdays** from Thursday, January 1 – Tuesday, February10, **dial (774)300-8669.**
- **Another option**: Skip just one meal each day and eliminate any snacking before or after that meal. Devote your meal and snacking times to God in prayer.
- **Alternatives if you are physically unable to fast from food:**
    - Fast from some of your sleep time by going to bed a little later or getting up a little earlier to spend that time with God in prayer.
    - Fast from some form of entertainment by giving up watching television, gaming or social media.

There are no strict rules to follow. Simply, make a sacrificial commitment to join us as we seek God's guidance concerning our lives, our families, our church, and our broader community:

- Individually, pray that the Lord will reveal what it is that He desires from you.
- Collectively, let's pray that we – as a congregation – would grow up in Christ (Ephesians 4:13) and go out with God into our community serving as the hands and feet of God with the heart of God (Matthew 28:19).
- For the world, let's pray that God will heal our land, bringing justice, healing and restoration.

Note: If you happen to fail at any moment, don't be discouraged. Get back on track and keep going. God's mercies are new every morning. God will give you the grace and strength to continue. So, don't quit!