

Fasting 2026 Grace Temple & Gospel Temple Ministries

Fasting 2026 – The Year of Good News
God shall declare our innocence

Key Scripture: Psalm 26

A year of divine alignment

There is a divine connection between this year and our individual journeys. We recognize that we can do nothing apart from God and that our identity and purpose are rooted in Him.

Scripture:

- Genesis 1:26 – Created in God's image and likeness
- Psalm 26 – A plea for vindication and examination by God

This year, we are seeking God for spiritual breakthrough, a harvest of righteousness, refreshing from His presence, and restored hope, even through dreams and visions.

Scripture:

- Psalm 126:5–6 – Those who sow in tears will reap with shouts of joy

Prophetic significance of 2026

• Prophetic picture from AD 26:

It is widely believed that around AD 26, Jesus began His public ministry during a season connected with Jubilee, proclaiming liberty, restoration, and favor.

• Restoration and release in 2026:

We are believing 2026 will be a year where God returns things we thought were lost and brings release from bondage and debt spiritually, emotionally, and practically.

• A new generation entering the promise:

In Numbers 26, God commands a second census as a new generation stands ready to enter the Promised Land.

We see 2026 as a "Numbers 26 year":

- A new generation stepping into promise
- A fresh start with God's guidance
- An invitation to live as people prepared for the land God has already given

Vision and focus of the fast

Fasting for the New Year 2026

- **Total length:** 21 days, experienced in three main phases, with free days in between
- **Structure:** 18 days of focused fasting in intervals of 6 days, with specific focus each week
- **Primary focus:**
 - **Breaking the bondage of the flesh and human limitations**
 - **Embracing a life in Christ that multiplies the believer**

The fast is not just about going without; it is about going after the things of God. It is a call to intentional pursuit, not mere restriction.

Self-examination during the fast

We must engage in honest self-examination throughout this fast.

Scriptures for examination:

- Psalm 26:2–3 “–Examine me, Lord, and prove me; try my mind and my heart.”

- 2 Corinthians 13:5–7 “–Examine yourselves to see whether you are in the faith.”

Core questions for spiritual testing

1. Faith:

- Are you holding to the faith?
- Are you truly living a life of faith in Christ?

2. Household of faith:

- Do you belong to the household of faith according to Scripture?
- Are you fully committed and actively part of the assembly of believers?

3. Christ in you:

- Is Jesus Christ dwelling in you?
- Is His life, character, and presence evident in you?

Spiritual areas to examine

Find Scripture to examine yourself in these areas:

- **Loyalty:** To God, His Word, and His people
- **Strength:** In trials, temptations, and responsibilities
- **Opinions:** Are they aligned with God’s Word or shaped by the world?
- **Disposition:** Attitude, temperament, and reactions
- **Condition:** The state of your heart and spiritual life
- **Faith:** Trust, dependence, and obedience to God
- **Patience:** Endurance in waiting, suffering, and process
- **Character:** Integrity, holiness, and Christlikeness

This spiritual test reveals the direction of our lives and what we are truly made of, so that God may rightly declare us innocent and set apart.

Detailed fasting schedule and instructions

Phase 1: January 5–10

Focus: Initial cleansing, self-examination, and breaking fleshly patterns

• Fasting pattern:

- Liquids only for 4 hours OR until noon (whichever comes first)
- Remove at least one item from your diet (for example: desserts, bread, sugar)
- Remove some form of entertainment (social media, TV, games, etc.)

• Spiritual focus:

- Address areas of the flesh and lifestyle that are not compatible with “Promised Land living”
- Begin deep self-examination before God

• Sunday, January 11: Free day (no formal fast)

• Corporate prayer:

- Every Wednesday at 6:30 pm
- Led by Elders, Ministers, or Deacons

• Journaling assignments:

- **Spiritual examination journal:** Record what God reveals about your heart, habits, and walk.
- **Personal life journal:** Write what you need God to do in your personal life.
- **Ministry journal:** Note what you desire to see in your area of ministry.

- **Church and next generation:** Document prayers for the church and for the next generation of church builders.

Phase 2: January 12–17

Focus: Deeper sacrifice and preparation for the Daniel fast

- **Fasting pattern:**
 - Liquids until noon OR for 4 hours (whichever comes first)
 - Make a **significant sacrifice** beyond Phase 1
 - Remove meat and sweets in preparation for the modified Daniel fast
- **Spiritual focus:**
 - Consecrate more time and attention to God
 - Prepare your body and spirit for greater discipline
- **Action steps:**
 - **Set aside a daily time** for devotion, meditation, prayer, and reading the Word.
 - As led by the Spirit, **write and leave prayer requests on the altar** when you attend church.
- **Sunday, January 18:** Free day (no formal fast)

Phase 3: January 19–24

Focus: Discipline, transformation, and walking into promise

- **Fasting pattern:**
 - Begin the **modified Daniel fast**
 - Continue to abstain from meats and desserts
- **Spiritual focus:**
 - This is the week of discipline, discipline, and discipline.
 - Intentionally change thoughts, words, behaviors, and any area that still resembles bondage.
 - Align your life with what it means to walk in your God-given promise.
- **Sunday, January 25:** Free day (no formal fast)

Phase 4: January 26–28

Focus: Intercession, assignment, and kingdom building

- **Fasting pattern:**
 - Continue the modified Daniel fast
 - This completes **21 days of fasting** in total
- **Spiritual focus:**
 - Step into the role of **intercessor** for the kingdom of God.
 - Receive and accept the **assignments** God gives you for:
 - ✦ Building the kingdom of God
 - ✦ Restoring kingdom values
 - ✦ Rejecting worldly influence over your life and the church
- **Prayer and reflection:**
 - Ask the Holy Spirit for **clarity** concerning your spiritual examination.
 - Revisit your journal to see:
 - ✦ How God has spoken to you throughout the fast
 - ✦ Where He has brought conviction, comfort, or correction
 - ✦ How He has already begun to work in you, your ministry, the church, and the next generation