

## **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