

# Grace Online Church

## New Year Fast 2026

Renewed and Ready

Fast Dates

Thursday, January 22 – Saturday, January 31

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### Our Anchor Scripture

Isaiah 43:1–2, 7, 18–19 (NLT)

“Do not be afraid, for I have ransomed you.  
I have called you by name; you are mine.  
When you go through deep waters, I will be with you...  
Everyone who is called by my name, whom I created for my glory...  
But forget all that—it is nothing compared to what I am going to do.  
For I am about to do something new. See, I have already begun!”

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### Why We're Fasting

We are entering 2026 **Renewed and Ready**.

This fast is about release, clarity, and alignment.

We are releasing habits, mindsets, and patterns that no longer serve the life God is calling us into.

We are sharpening discernment so we can recognize where God is already moving.

We are stepping forward with expectation, trusting that no matter what comes our way, God is with us, providing, protecting, and leading.

This is not about religious performance.

It is about spiritual posture

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# Choose Your Fast

Everyone is invited to participate in **one of the following options**:

## Option 1: Daniel Fast

A partial fast based on Daniel 1 and Daniel 10.

### What you eat

- Fruits and vegetables
- Whole grains
- Legumes
- Nuts and seeds
- Water

### What you avoid

- Meat and animal products
- Sugar and sweets
- Bread made with yeast
- Fried or processed foods
- Alcohol and caffeine

The Daniel Fast is about simplicity, discipline, and clarity. It removes excess so your spirit can stay alert and receptive.

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## Option 2: One Meal Per Day

- One full meal **after sundown**
- Water throughout the day
- Use mealtime energy for prayer, scripture, and reflection

This option emphasizes self-control and intentional focus without full food restriction.

Choose the option that allows you to be **consistent, prayerful, and present**.

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## Stretch Week (Jan 26 - 30) Prayer Schedule

Prayer schedule will be finalized later this week, but plan for:

- **Monday–Friday**
- **6:00 AM PT / 9:00 AM ET**
- **6:00 PM PT / 9:00 PM ET**

These prayer moments are designed to center us, build unity, and keep us spiritually grounded throughout the fast.

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## Fasting as a Spiritual Discipline

Fasting is one of the oldest and most powerful spiritual practices in Scripture. While it is never commanded, it is consistently modeled.

King David said, *“I humbled myself with fasting”* (Psalm 35:13).

Fasting creates space for humility, clarity, and dependence on God.

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## Biblical Examples of Fasting

### Old Testament

- **Moses (Exodus 34)** fasted forty days in God’s presence and came down transformed.
- **Elijah (1 Kings 19)** fasted in the wilderness and found renewed strength for his assignment.
- **Daniel (Daniel 10)** fasted for understanding and received divine revelation.
- **Esther and the Jews (Esther 4)** fasted for courage and deliverance.
- **Nineveh (Jonah 3)** fasted in repentance and experienced God’s mercy.

### Jesus

- Jesus said, *“When you fast”* (Matthew 6), not *if*.
- Before beginning His public ministry, Jesus fasted forty days, overcoming temptation and emerging in power (Luke 4).

### The Early Church

- Believers fasted while worshiping and seeking direction (Acts 13).
- Paul fasted following his conversion and throughout his ministry (Acts 9; 2 Corinthians 11).
- Leaders fasted before making major decisions (Acts 14).

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## Why We Fast Practically

Fasting helps us:

- Prepare for ministry and new seasons
- Seek wisdom and discernment
- Express grief and repentance
- Intercede for others
- Break spiritual stagnation
- Gain clarity during transition
- Deepen our hunger for God

Fasting does not change God.  
It changes **us**.

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## Health Benefits of Fasting

Fasting also supports the body God has given us:

- Improved metabolic health
- Cellular repair through autophagy
- Heart health support
- Improved brain function
- Reduced inflammation
- Strengthened immune response

We care for the soul **and** the body.

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## How to Fast Wisely

- Start where you are. Consistency matters more than intensity.
- Set a clear spiritual intention.
- Replace mealtime with prayer and Scripture.
- Stay hydrated.
- Listen to your body. Adjust as needed.

If you have medical conditions, consult a healthcare professional before fasting.

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## Suggested Reading During the Fast

If you want to go deeper, consider reading one of the following:

- **Pursuit: Chasing God with Relentless Abandon**
- **Fasting**
- **The Circle Maker**
- **Draw the Circle**
- **Celebration of Discipline**

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## Closing Encouragement

This fast is not about deprivation.  
It is about alignment.

God is doing a new thing.  
He is already ahead of us.

And as we fast, pray, and listen, we position ourselves to walk into 2026 **renewed, ready, and responsive** to His voice.

Grace Online Church, let's step forward together.