

GRACE ONLINE CHURCH

# Pentecost Fast & Spiritual Renewal Guide

May 11 – May 24, 2026

**Renewed and Ready.**

*Fresh Wind. Fresh Fire. Fresh Direction.*

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## Renewed and Ready

Pentecost is not merely a moment to remember — it is a posture to return to. After fifty days of prayer, fasting, and waiting, the disciples were not simply rested. They were renewed in spirit and ready for divine purpose. The Holy Spirit fell, the Church was born, and ordinary people were transformed into extraordinary witnesses (Acts 2:1–4).

This year, Grace Online Church enters a 14-day corporate fast — May 11 through May 24, 2026 — beneath the banner of two words that capture both the inward work and the outward call of Pentecost:

## RENEWED

*Transformed by the renewing of the Holy Spirit (Romans 12:2; Titus 3:5)*

## READY

*Positioned and empowered for what God has next (Acts 1:8; Matthew 25:1–13)*

The first seven days of our fast are devoted to the inward work — allowing God to renew our minds, hearts, and spirits. The final seven days turn outward — positioning us in readiness, empowered by the Holy Spirit for bold witness, divine assignment, and the fullness of Pentecost fire.

Are you thirsty? Jesus said it plainly at the Feast:

**John 7:37–39** — *"If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." This He spoke concerning the Spirit...*

Come thirsty to this fast. Leave overflowing.

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## What Is Fasting?

Fasting is the voluntary act of abstaining from food, drink, or distractions for a spiritual purpose. It creates sacred space to draw closer to God, hear His voice more clearly, and renew our strength. Isaiah captured the promise plainly:

**Isaiah 40:31** — *"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."*

Fasting is not a performance for God. It is a pursuit of God.

### Types of Fasts

- Standard Fast (Water only)
- Absolute Fast (No food or water)
- Partial Fast (Certain food or drink restrictions)
- Intermittent Fast (Limited daily eating window, e.g., 1 PM – 6 PM)
- Daniel Fast (Plant-based, biblically inspired — detailed below)

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## Why We Fast

Fasting is a biblical way to humble yourself before God. King David declared, "I humbled myself with fasting" (Psalm 35:13). Jesus did not say "if you fast" — He said "when you fast" (Matthew 6:16), assuming it as a natural practice of His followers. Before launching His ministry, Jesus Himself fasted forty days — modeling total dependence on the Father (Luke 4:1–2).

The Holy Spirit is not withheld from those who ask. Jesus promised:

**Luke 11:13** — *"If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!"*

Fasting is how we ask with our whole bodies, not just our words.

### Old Testament Examples

- Moses (Exodus 34) — Fasted 40 days on Sinai; his face shone with God's glory.
- Elijah (1 Kings 19:1–8) — Fasted 40 days; found supernatural strength to continue his mission.
- Daniel (Daniel 10:2–3, 12) — Fasted 21 days; an angel was dispatched from day one of his prayer.
- Esther (Esther 4:16) — Called a 3-day fast before approaching the king; received divine favor.
- Nineveh (Jonah 3:5–10) — Corporate fasting brought repentance and spared over 120,000 souls.

### Christ's Example

- "When you fast" (Matthew 6:16) — not "if" — fasting is expected of His followers.
- Jesus fasted 40 days before His ministry (Luke 4:1–2), demonstrating total dependence on the Father.
- He promised the Holy Spirit as Helper, Counselor, and Guide into all truth (John 16:7–13).

### The Early Church

- Acts 1:4–5 — Jesus commanded the disciples to wait in Jerusalem — readiness requires positioning.
- Acts 13:2 — Believers fasted as they ministered to the Lord and sought His guidance.
- Paul (Acts 9:9–17) — Fasted 3 days after his conversion; was filled with the Holy Spirit.
- Acts 14:23 — Paul and Barnabas fasted when appointing church elders.

### Practical Reasons to Fast

- Preparation for ministry and new seasons of calling
- Renewing the mind and aligning with God's will (Romans 12:2)
- Seeking the Holy Spirit's guidance and empowerment (Acts 1:8)
- Expressing grief, repentance, or intercession for others
- Seeking deliverance and divine protection
- Deepening spiritual hunger and dependence on God
- Breaking through barriers — "Not by might, nor by power, but by My Spirit" (Zechariah 4:6)
- Positioning for readiness — keeping your lamp full (Matthew 25:1–13)

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## Renewed: The Inward Work (Days 1–7)

The first half of our fast is devoted to the inward work of renewal. The word "renewed" does not suggest minor adjustment — it means transformation at the root level. Paul wrote:

**Romans 12:2** — *"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

And again, tying renewal directly to the Holy Spirit:

**Titus 3:5** — *He saved us "through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior."*

Renewal is not self-improvement. It is Spirit-work. During these first seven days, we fast and pray specifically for God to:

- Give us a new heart and put His Spirit within us (Ezekiel 36:26–27)
- Pour out His Spirit on all flesh — sons, daughters, young, and old (Joel 2:28)
- Refresh our families and communities with living water (Isaiah 44:3)
- Renew our strength as we wait upon Him (Isaiah 40:31)

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## Ready: The Outward Call (Days 8–14)

Renewal is never the final destination — it is preparation for readiness. The disciples did not receive the Holy Spirit to stay in the Upper Room. They burst out into the streets, Peter preached with a boldness that had been utterly absent weeks before, and three thousand souls were added in a single day (Acts 2:14–41). That is what Renewed and Ready looks like in action.

Jesus was clear about the sequence: wait, receive, go.

**Acts 1:4–5, 8** — *"Wait for the Promise of the Father... you shall be baptized with the Holy Spirit not many days from now... you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."*

Readiness is not anxious striving — it is the posture of a lamp that is full and trimmed. Jesus gave us the most pointed picture of what unreadiness costs:

**Matthew 25:10, 13** — *"And while they went to buy, the bridegroom came, and those who were ready went in with him to the wedding... Watch therefore, for you know neither the day nor the hour."*

During days 8–14, we fast and pray specifically for God to:

- Position us in His timing — help us stay in our Upper Room until we hear His move (Acts 1:4–5)
- Fill us with the Holy Spirit and power for bold witness (Acts 1:8)
- Send His Counselor to guide us into all truth for every decision ahead (John 16:7–13)
- Remind us that our challenges will not yield to human strength — only to His Spirit (Zechariah 4:6)
- Make us thirsty and then fill us — rivers of living water flowing outward (John 7:37–39)

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## The Daniel Fast

If you are seeking a healing breakthrough — body, mind, or spirit — the Daniel Fast is a powerful option for this season. It is drawn from two passages in the Book of Daniel:

**Daniel 1:12** — *"Please test your servants for ten days, and let them give us vegetables to eat and water to drink."*

**Daniel 10:2–3** — *"I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."*

The results after only ten days? Daniel and his companions looked better than all the young men who ate from the king's table. After three years on the same diet, the king found them ten times better than all the magicians and astrologers in his realm.

### Allowed

- All vegetables and fruits
- Whole grains: brown rice, oats, quinoa, barley
- Legumes: lentils, beans, split peas, chickpeas
- Nuts and seeds (raw, unsalted preferred)
- Water (primary beverage)
- Sprouted or sourdough bread from ancient grains (in moderation)

## Avoid

- Meat and poultry
- Dairy products
- Sweets, sugar, and artificial sweeteners
- Processed and refined foods
- Leavened bread and yeast products
- Caffeine and alcohol

*Focus on devotion, not restriction. This is not a diet. It is a declaration of dependence.*

## Practical FAQs

**Note: If you are pregnant, nursing, or on a special diet for health reasons, consult your primary healthcare provider before beginning any fast.**

- Prepared foods: Read all labels — the Daniel Fast is sugar-free and additive-free. Choose organic, fresh, or frozen when possible.
- Pasta: Whole grain or vegetable-based (quinoa, black bean, or brown rice pasta) with no additives or sugar.
- Nuts: Raw, unsalted preferred. Plain roasted unsalted (no preservatives) are acceptable if raw are unavailable.
- Protein: Almonds, sunflower seeds, lentils, quinoa, brown rice, and split peas provide adequate protein.
- Salad dressing: Olive oil with fresh lemon or lime juice.
- Eating out: Order a salad with olive oil or a plain baked potato (no extras).
- How much to eat: Eat until satisfied. There is no caloric restriction on the Daniel Fast — only ingredient restrictions.

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## Fasting Benefits: Spiritual, Physical & Mental

Isaiah 58:6, 8 promises: "Is not this the kind of fasting I have chosen: to set the oppressed free and break every yoke? Then your light will break forth like the dawn, and your healing will quickly appear."

Healing — spiritual, physical, and mental — is available in this season. Fasting is one of the oldest therapeutic practices in medicine. Hippocrates, the Father of Medicine, believed fasting enabled the body to heal itself. The extra energy gained when digestion slows allows the body to restore, detoxify, and renew.

## Spiritual Benefits

- Deeper intimacy with God and heightened sensitivity to His voice
- Clarity for divine assignments and next-season direction
- Breakthroughs in prayer — many report hearing God more clearly during fasts
- Freedom from food, beverage, or entertainment addictions
- Spiritual alignment and readiness for transition

## Physical Benefits

- Improved metabolism and reduced insulin resistance (Harvard Health Publishing, 2020)
- Cellular repair through autophagy — the body removes damaged components (Journal of Cell Biology, 2015)
- Improved heart health: lower cholesterol and blood pressure (American Heart Association, 2021)
- Brain function: increased BDNF, supporting cognition and reducing neurodegeneration risk (NIA, 2020)
- Reduced inflammation, aiding chronic conditions like arthritis (Nature Reviews Immunology, 2019)
- Immune cell regeneration during short-term fasts (Cell Stem Cell, 2014)

## The Importance of Water

The body is approximately 60–70% water. Every organ and system requires it to function. During this fast, staying well-hydrated is not optional — it is essential. The brain, which is approximately 75% water, will redirect water from other areas of the body if it is not adequately supplied. Drink consistently throughout the day.

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## How to Fast Practically

- Start Small — Begin with a single meal or a few hours; build from there.

- **Set a Purpose** — Before you begin, write down specific prayer requests. When hunger hits, pray over that list.
- **Pray and Reflect** — Use time you would spend eating for prayer, scripture reading, and meditation.
- **Journal Daily** — Write down what God is showing you. Many people hear God most clearly during a fast.
- **Stay Hydrated** — Drink water consistently throughout the day.
- **Be Consistent and Grace-Filled** — Missing a meal or slipping on a food choice is not failure. Receive grace and continue.

## 14-Day Prayer & Fasting Reflections

Days 1–7 are anchored in RENEWED — the inward work of the Spirit. Days 8–14 are anchored in READY — the outward call of Pentecost. Rows 15–18 are story reflections for extended meditation, beginning with Acts 2 — the Pentecost story itself.

Day	Scripture	Theme	Prayer Focus / Takeaway
<b>RENEWED — Days 1–7: The Inward Work</b>			
1	Acts 2:1–4	<b>Holy Spirit Outpouring</b>	Unity and openness to receive the Spirit's power — the birth of the Church
2	Joel 2:28	<b>Prophetic Empowerment</b>	Revival across generations; your sons and daughters shall prophesy
3	Romans 12:2	<b>Renewing of the Mind</b>	Surrendering old patterns; allowing God to transform thinking and direction
4	Ezekiel 36:26–27	<b>Heart Renewal &amp; Obedience</b>	Asking God for a new heart — one that desires and follows His ways
5	Isaiah 40:31	<b>Renewed Strength</b>	Waiting on the Lord in fasting — mounting up with wings as eagles
6	Titus 3:5	<b>Renewal by the Holy Spirit</b>	The Spirit is the agent of our renewal — not our works, but His grace
7	Isaiah 44:3	<b>Refreshing &amp; Legacy</b>	Praying for spiritual outpouring across generations — family and community
<b>READY — Days 8–14: The Outward Call</b>			
8	Acts 1:4–5	<b>Positioned &amp; Waiting</b>	The disciples were commanded to wait — readiness begins with positioning
9	Acts 1:8	<b>Bold Witness</b>	You shall receive power — empowerment for sharing the Gospel locally and globally

Day	Scripture	Theme	Prayer Focus / Takeaway
10	Matthew 25:1–13	<b>The Ready Bride</b>	The parable of the ten virgins — are your lamps full and trimmed?
11	John 16:7–13	<b>The Helper Has Come</b>	The Spirit guides into all truth — lean into His counsel during this fast
12	Zechariah 4:6	<b>Not by Might</b>	Whatever you face ahead — it will not be by human power but by His Spirit
13	Luke 11:13	<b>Ask, Seek, Receive</b>	The Father delights to give the Holy Spirit to those who ask — ask boldly
14	John 7:37–39	<b>Rivers of Living Water</b>	Come thirsty to this fast and leave overflowing — the Spirit is your supply
<b>STORY REFLECTIONS — Extended Meditations</b>			
15	Acts 2:1–47	<b>The Pentecost Moment</b>	The fast culminates here — the Spirit fell, 3,000 were saved, and the Church was born. This is what we are believing for.
16	Acts 1:12–14	<b>Spiritual Hunger &amp; Unity</b>	Waiting, praying, and staying together brings the move of God
17	1 Kings 18:36–39	<b>Bold Faith &amp; Revival</b>	When we step out in bold faith, God answers with fire
18	Acts 10:30–48	<b>Spiritual Openness</b>	God honors those who seek Him in prayer and fasting, regardless of background

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## Suggested Books for the Fast

These titles will deepen your journey across all 14 days:

- "Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God" — Jentezen Franklin
  - "Pursuit: Chasing God with Relentless Abandon" — Dave Patterson
  - "The Circle Maker: Praying Circles Around Your Biggest Dreams and Greatest Fears" — Mark Batterson
  - "Draw the Circle: The 40-Day Prayer Challenge" — Mark Batterson
  - "Celebration of Discipline: The Path to Spiritual Growth" — Richard J. Foster
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## Final Word

Fasting is not just about subtracting food — it is about adding intimacy with God. When you fast and pray, you open yourself to divine clarity, healing, and strength for what lies ahead.

The disciples came out of that Upper Room Renewed and Ready. They had been transformed by the Spirit's fire, and they were positioned for the greatest assignment the world had ever seen. That same Spirit — the one Jesus called rivers of living water — is available to you right now.

Come thirsty. Seek Him with your whole heart. Let Him renew you from the inside out and ready you for everything He has prepared.

**Zechariah 4:6** — *"Not by might, nor by power, but by My Spirit, says the Lord of hosts."*

Let us fast together. Let us believe together. Let us go forward together — Renewed and Ready — in the power of Pentecost.

*With faith and great expectation,*

**Bishop Ernest L Jackson & Pastor Howard Lindsay**

Grace Online Church

*"Committed and Resolved"*

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