

RISE CHURCH CORPORATE FAST 2026

How to Begin

Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

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According to the Bible, there are three duties of every Christian: give, pray and fast. **Biblical fasting** takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need God to move in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a someone you know that needs Salvation?
9. Do you desire to know God's will for your life?
10. ARE you ready to push beyond the status quo and "DIAL IN"?
how would you like to fast

BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

MATTHEW 6:33

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

ISAIAH 58:6

"[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up

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our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

TYPES OF FASTS:

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no processed "white" bread. Drink water and juice. Eat fruits and vegetables.

Jewish Fast

Basically sun up to sun down. Then, a small meal. The idea isn't gorge until midnight and start again, it is submitting the flesh man to the spirit.

EIGHT CONSIDERATIONS OF FASTING

1: Be Specific Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

2: Fast as a Spiritual Commitment Fasting involves a spiritual commitment to God. IN the Daniel fast, "Daniel proposed in his heart that he would not defile himself" ([Daniel 1:8](#)).

3: Reflect Inner Desire by Outer Discipline Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.

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2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God for what you want Him to do, and faith is foundational to the ANY fast.

4: Pray to Perceive Sin's Role in Poor Health Notice James 5:13-16

- Sin is sometimes related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- The anointing oil (literally (as in oil) and figuratively (as in Holy Spirit's work)
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."
- FASTING CAN SET our faces toward full recognition, repentance, and restoration.

5: Fast as a Statement of Faith to Others Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

6: TRUST God Daniel said, "as you see fit, deal with your servants" (Dan. 1:13).

7: FASTING raises our sensitivity to the spiritual influences around us.

8. We create an appetite for the Holy things of God

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!