

CORNERSTONE PEACEFUL BIBLE BAPTIST CHURCH

2026 CORPORATE FAST GUIDELINES

FRIDAY, JANUARY 2ND (6:00AM) THROUGH THURSDAY, JANUARY 22ND (11:59PM)

Participation in this fast is solely voluntary.

Please consult your physician and participate in accordance with any guidance provided.

Friday, January 2nd – Thursday, January 22nd

- **No Sweets, No meats** (including seafood), **No Sodas**
- **Eat** fruit, vegetables, whole grains, lentils, nuts and **drink** water
- Allowable starches include sweet potatoes or beans
- **No food** after 7:30pm

Other Suggestions:

- Fast one (1) day a week from non-food related distractions that draw your attention away from the Word (e.g., TV, social media, etc.).
- Write down revelations and prayers.
- Create scripture cards for daily reflection and keep them visible around you.

P.O.W.E.R. MINISTRY, ASSOCIATE PASTOR ANITA PROCTOR

➤ **2026 FOCUS POINTS:**

1. Humble ourselves and purify our hearts

- 2 Chronicles 7:14; 1 Peter 5:6
- James 4:6; Proverbs 11:2
- Philippians 2:3; Luke 14:11
- Colossians 3:12
- Psalm 51; James 4:8' 2 Corinthians 7:1
- 1 John 1:9

2. Strengthen our feeble knees

- Isaiah 35:3-4; Hebrews 12:12; 1 Peter 5:7
- Hebrews 11:1; Hebrews 11:6; Isaiah 26:3
- Deuteronomy 31:8
- Ephesians 6:10; Isaiah 41:10
- Psalm 20:7; Psalm 56:3-4
- Proverbs 3:5-6

Fast & Prayer Theme: “Living for God on Purpose”

3. Increase in sensitivity to His voice and His presence

- John 10:27; Isaiah 30:21; Jeremiah 33:3
- James 6:63; Romans 10:17; Luke 11:28
- Hebrews 4:12; 2 Timothy 3:16-17
- 1 Kings 19:11-12; Psalm 139:7-10
- Psalm 140:13; Jeremiah 29:13; Psalm 27:4
- Psalm 73:28

4. Grow in greater capacity to love

- John 3:16; John 15:13
- 1 Peter 1:2; Matthew 22:39
- Matthew 5:44; Luke 6:27
- 1 Corinthians 13:1-13
- 1 Timothy 1:5; 1 John 4:7

➤ 2026 PRAYER POINTS:

- May our lives represent the purpose and plans of God. (Jeremiah 29:11; Ephesians 1:11-12; Colossians 1:16; Ephesians 2:10; Proverbs 19:21)
- May we glorify and honor God in all things. (1 Corinthians 10:31; 1 Corinthians 6:20; Colossians 3:17; Colossians 3:23-24; 1 Peter 4:11)
- May we reflect the character of Jesus Christ who dwells within us. (Matthew 5:16; Jeremiah 9:23-24; 2 Corinthians 3:18; 2 Corinthians 5:17; Ephesians 4:24; 1 Corinthians 11:1)
- May we maintain a daily posture of agreement with God living in daily obedience. (1 Samuel 15:22; Luke 6:36; Colossians 3:13; 1 Peter 1:16; Romans 15:7; 1 John 1:7; 1 Peter 3:15; Isaiah 1:19; John 14:15; 2 Corinthians 10:5)
- May we walk in all power and authority given by God. (Psalm 62:11; Matthew 28:18; Ephesians 6:10-13; Psalm 147:5; Ephesians 5:8-14; Colossians 2:10)
- May our hearts be centered and aligned to the heart of the Father. Matthew 6:33; Psalm 27:8; Jeremiah 24:7; Proverbs 21:2; Jeremiah 17:9-10)
- May we be a people remain abiding, living, dwelling in Christ always. (John 15:4-5; John 8:31; Galatians 2:20; Colossians 3:1-3)
- May we be people who stand, are steadfast, and immovable in our faith during trials and tribulations. (1 Corinthians 15:58; James 1:12; John 16:33; James 1:1-2)
- May we stay in a place of repentance with clean hands and pure hearts. (Psalm 24:3-6; Psalm 51; 1 John 1:9)
- That we guard our hearts with all diligence and alert to the issues of life that can defile the heart. (Proverbs 4:23; Song of Solomon 2:15; Mark 7:21-23)
- May God's kingdom come, and His will be done on earth as it is in heaven in and through our submitted lives. (Matthew 6:10; Romans 12:1-2)

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