

21 DAYS

TO

Restoration

Churchwide Fast

Devotional Guide

January 12, 2026 - February 1, 2026



FIRST BAPTIST CHURCH OF VIENNA
DR. VERNON C. WALTON, SR. PASTOR
WWW.FBCV.ORG

A MESSAGE FROM PASTOR WALTON

Beloved,

As we stand at the threshold of this new year, I am filled with gratitude for what God has already carried us through—and anticipation for what God is preparing to do next. Before we rush ahead into new plans and new assignments, the Spirit is calling us to pause, pray, and realign.

I am inviting you to join me, and our entire church family, on a 21-day journey of fasting and devotion; our Restoration Fast. Rooted in Ephesians 4:1-5, this fast is about more than personal discipline—it is about collective renewal. It is about resetting our hearts, restoring our unity, and recommitting ourselves to walk forward together as one body and one Spirit.

This season calls for intentionality. Life has a way of pulling on us, stretching us, and sometimes leaving us weary. Fasting gives us sacred space to listen again, to heal again, and to remember who we are and whose we are. This is not about perfection—it is about participation. Wherever you are spiritually, emotionally, or physically, there is room for you on this journey.

Over the next 21 days, we will walk together—praying together, reflecting together, and believing together for restoration in our lives, our families, and our church. This devotional guide has been prepared to support you daily with Scripture, reflection, prayer, and encouragement. You are not expected to walk this road alone. Your church is with you. Your pastor is with you. And most importantly, God is with you.

I encourage you to be prayerful as you choose how you will fast and to commit wholeheartedly to the journey. Some days will be easy. Some days will stretch you. But every day will be purposeful. God honors sacrifice offered in faith, and I believe we will emerge from this season clearer, stronger, and more unified than ever before.

Let us enter this fast together—expectant, humble, and hopeful. May God reset what needs resetting and restore what needs restoring. I am praying for you, and I look forward to all that God will reveal as we walk this path in unity.

In His Grace and Love,



Dr. Vernon C. Walton

Senior Pastor

A handwritten signature in black ink, appearing to read "Vernon C. Walton".

A PRAYER FOR RESTORATION

Gracious and Eternal God,

We come before You with grateful hearts, thanking You for being the God who has kept us, carried us, and sustained us. You are Alpha and Omega, the beginning and the end, and we pause now to acknowledge that without You, we can do nothing.

As we enter this season of fasting and prayer, we ask You to **reset us and restore us**. Reset our hearts where life has hardened us. Reset our minds where worry, fear, and distraction have taken root. Reset our spirits where weariness has tried to settle in. Create in us clean hearts, O God, and renew a right spirit within us.

Lord, we confess that we cannot walk into a new season carrying old burdens. We lay down pride, division, resentment, and complacency at Your feet. Teach us how to walk worthy of the calling You have placed on our lives—with humility, with gentleness, with patience, and with love. Shape us again, Holy Potter, until our lives reflect Your glory.

God of unity, bind us together as **one body and one Spirit**. Heal what has been fractured among us. Restore trust where it has been broken. Help us to bear with one another in love and to protect the unity You have given us. Let our church be a living witness of what it looks like when Your people walk together in purpose and peace.

As we fast, quiet every voice that is not Yours. Sharpen our discernment. Open our ears to hear You clearly and our hearts to obey You boldly. Strengthen us when the journey feels hard, and remind us that this sacrifice is producing something eternal.

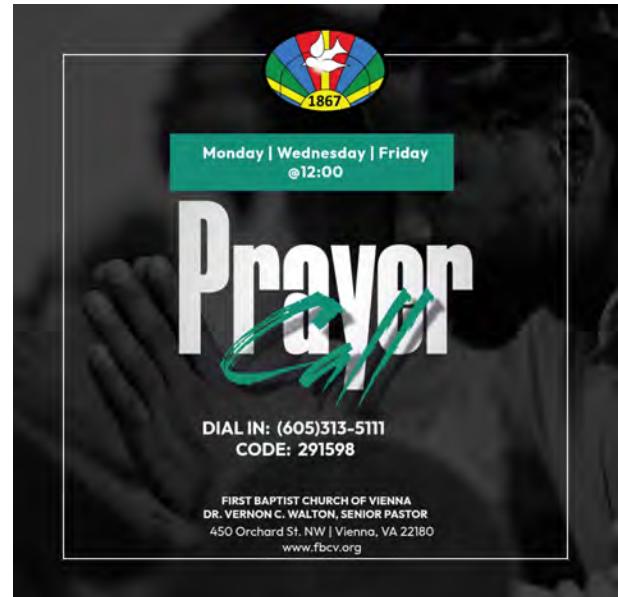
Restore our joy, Lord. Restore our hope. Restore our passion for Your work and compassion for Your people. When this fast is complete, may we not return to old ways, but walk forward renewed, refocused, and ready—committed to Your will and aligned with Your vision.

We declare that this is a season of reset and restoration. We believe You are doing a new thing among us, and we choose to trust You with the process.

We offer this prayer in faith, in unity, and in expectation,

In the mighty, matchless name of Jesus.

Amen.



WHAT IS FASTING



Biblical fasting is a sacred invitation to pause, refocus, and realign our hearts with God. Throughout Scripture, God's people fasted not to impress Him, but to draw closer to Him—to quiet the noise, humble themselves, and seek God's direction with clarity and unity. When we fast, we intentionally set aside what sustains our bodies so we can be more attentive to what strengthens our spirits.

As we fast together, we do so as one body, believing that God meets us in our sacrifice, sharpens our spiritual vision, and renews us individually and collectively. This season of fasting is about dependence, obedience, and expectation—trusting that as we seek God first, He will restore, guide, and empower us for what lies ahead.

Fasting is a spiritual discipline modeled throughout Scripture as a way to seek God's presence, direction, and power. In **Matthew 6:16-18**, Jesus assumes that His followers will fast and teaches them to do so with sincerity and humility. In **Joel 2:12**, God calls His people to return to Him with fasting as an outward expression of inward repentance and devotion.

A 21-day fast is often associated with the example of **Daniel (Daniel 10:2-3)**, who set aside certain foods for three weeks to seek understanding and divine revelation. As a church, engaging in a 21-day fast allows us to intentionally align our hearts, discipline our flesh, and seek God together as one body with one spirit.

Fasting is not about punishment or legalism—it is about posture. We fast to make room for God, to sharpen our spiritual sensitivity, and to declare our dependence on Him rather than on ourselves.

As a church, we enter this 21-day fast with expectation, faith, and unity—trusting that God honors our sacrifice and meets us when we seek Him together. This is a journey of surrender, renewal, and restoration, and we believe God will do more than we can ask or imagine.

During the Fast

- Stay spiritually engaged through daily prayer and Scripture.
- Drink plenty of water and rest when needed.
- Remain focused on God's presence rather than personal discomfort.
- Encourage unity and grace within the church family.

PREPARING TO FAST



Preparing Spiritually for the Fast

- **Pray Before You Begin**

Ask God to reveal the purpose of your fast. Seek clarity on what you should give up and what you should pursue more intentionally during this time (prayer, Scripture, repentance, reconciliation).

- **Set Your Intentions**

Identify what you are fasting *for*—spiritual renewal, unity in the church, healing, direction, or deeper intimacy with God. Write it down and revisit it throughout the fast.

- **Examine Your Heart**

Fasting is most effective when paired with repentance and humility. Take time to forgive others, ask for forgiveness where needed, and invite God to search your heart (Psalm 139:23–24).

- **Commit to Unity**

Prepare to walk this journey with the church family. Encourage one another, avoid comparison, and remember that the fast is a shared spiritual journey, even though individual fasts may look different.

Preparing Practically for the Fast

- **Choose Your Type of Fast**

Each person should prayerfully choose a fast that is safe, sustainable, and spiritually meaningful. Members may participate in different ways, such as:

- Daniel fast (fruits, vegetables, water)
- Partial fast (eliminating specific foods or meals)
- Liquid fast (with medical guidance)
- Media or activity fast (social media, television, distractions)

- **Plan Ahead**

Prepare meals, adjust schedules, and anticipate challenges. Reducing caffeine, sugar, or heavy foods before the fast begins can help ease the transition.

- **Prioritize Health**

Those with medical conditions, pregnant individuals, or those on medication should consult a healthcare professional and consider alternative forms of fasting.

- **Replace, Don't Just Remove**

Fasting is not simply about what you give up—it's about what you add. Replace meals or habits with prayer, Scripture reading, worship, journaling, or quiet reflection.

This 21-day Restoration Fast is a spiritual reset—a sacred pause that allows God to restore what has been disrupted, fractured, or fatigued in us individually and collectively.

Rooted in Ephesians 4:1–5, this journey calls us back to unity, humility, maturity, and wholeness as one body in Christ.

THE COMMITMENT

What Can I Give?

Over the next 21 days, as you take away the items you have committed to omit during the fast, you are asked to prayerfully commit to the following:

A Commitment to Corporate Worship

let's make a commitment to corporate worship. The Bible declares "where two or three are gathered in my name, I am there among them." (Matthew 18:20) Let's commit to being *fully present and engaged* in the worship experience; remember, we were made to worship Him. (Psalm 117)

A Commitment to Corporate Study

God speaks to us through His Word. The Bible declares "all scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." (2 Timothy 3:16-17) Corporate study time allows us to build community, hold one another accountable and grow as disciples of the Lord Jesus Christ.

- Join us for Mid-Week Worship
- Attend CLA

A Commitment to Corporate Prayer

"You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of the many." -2 Corinthians 1:11

Daily time with the Lord is a critical part of our relationship with Him. Think about it, how can you have a relationship with someone you don't spend any time with? Take advantage of our opportunities for corporate prayer, these are times set aside for the First Baptist family to seek God in unity. This 21-day fast is also a perfect time to recommit to daily prayer and meditation. If you already have time set aside for this purpose, commit to extending this time during the fast.

- 7:00 AM Prayer Call (Monday | Wednesday | Friday)

A Commitment to the First Baptist Church of Vienna Ministry

Isaiah 6:8 "And I heard the voice of the Lord saying, 'whom shall I send, and who will go for us?' Then I said, ""Here I am! Send me!"" -Isaiah 6:8

- **Attend the Forward Conference** - (January 24th at 9:00 am) This conference is for ALL of us! Whether you are an Emerging Leader, Servant Leader, Officer, or Member, plan to join us as we prepare collectively for the 2026 season of ministry. We need each of you to share your gifts.
- **Join or Re-engage** with at least one ministry
- **Commit or Re-commit** to the tithe. if you already tithe, commit to a "Reach" goal and give a gift over and beyond your tithe.



WEEK ONE:

Reset the Heart

Thought for the Week

This new year calls us to pause before we press forward. Before new goals, new plans, and new assignments, God invites us into a holy reset of the heart. Transformation begins within, and Scripture affirms that lasting change is never cosmetic—it is internal. God is not merely interested in turning the page on the calendar; God desires to turn the condition of our hearts.

Ephesians 4:1–2 challenges us to walk worthy of the calling on our lives with humility, gentleness, patience, and love. These are not just Christian ideals; they are spiritual disciplines that must be cultivated, especially as we step into a new season. A reset of the heart requires courage—the courage to name where we've grown weary, hardened, distracted, or disconnected.

Like the psalmist, we begin this year praying, “Create in me a clean heart, O God.” We are not ashamed to admit that life has happened, that last year left marks, and that some weight needs to be laid down. This is sacred work. This is the inner healing that prepares us to walk into what God has already prepared.

As we fast this week, we are declaring that we will not carry old mindsets into a new year. We are consecrating our hearts so God can restore our joy, sharpen our discernment, and re-center our love. This is not about rushing ahead—it is about starting right.

Focus for the Week

This Week as you begin your fast, incorporate the following in your daily routines:

Confession: Acknowledge personal sin and ask God for forgiveness.

Humility: Pray for a heart fully surrendered to God.

Gratitude: Thank God for His mercy and provision.

Seeking God's Presence: Dedicate time for prayer and listening.

Scripture Immersion: Meditate on God's Word and His promises.

Journaling Commitment: Reflect on personal spiritual areas that need restoration and write a letter of commitment to God.



Week 1: Daily Reflections

01

A Call Worthy of the Calling

Scripture: Ephesians 4:1; Psalm 51:10–12

Paul opens with a call to live *worthy* of our calling. A reset begins with honesty—acknowledging where we've drifted and inviting God to recalibrate our hearts. Restoration starts when we surrender our posture and priorities.

Prayer: Lord, reset my heart. Align my life with Your calling. Remove pride, distraction, and complacency. Create in me a clean heart and renew a right spirit within me. Amen.

Fasting Focus: We fast today to humble ourselves and recommit our lives fully to God.

Resetting Through Humility

Scripture: Ephesians 4:2a; Psalm 25:8–9

Humility is the gateway to restoration. God restores those who are teachable. A reset requires laying down ego and allowing God to lead.

Prayer: God, teach me Your ways. Strip away arrogance and self-reliance. I submit myself fully to You.

Fasting Focus: We fast to decrease self and increase dependence on God.

Gentleness in a Harsh World

Scripture: Ephesians 4:2b; Psalm 18:35

Gentleness reflects spiritual maturity. Restoration often comes not through force but through tenderness.

Prayer: Lord, soften my responses and reset my spirit to reflect Your gentleness.

Fasting Focus: We fast to break harshness and restore Christlike character.

04

Patience in the Process

Scripture: Ephesians 4:2c; Psalm 40:1–3

Restoration is often gradual. Waiting refines us. God is working even when progress feels slow.

Prayer: God, help me wait without complaining and trust without wavering.

Fasting Focus: We fast to strengthen spiritual endurance.

05

Bearing One Another in Love

Scripture: Ephesians 4:2d; Psalm 133

Love binds what life fractures. Restoration in community requires grace-filled relationships.

Prayer: Lord, heal broken relationships and teach me to love beyond offense.

Fasting Focus: We fast for restored relationships and unity.

06

Repentance that Restores

Scripture: Psalm 32:1–7; Ephesians 4:22–24

True repentance resets our spiritual posture and restores intimacy with God.

Prayer: God, forgive me where I have fallen short. Restore my joy and obedience.

Fasting Focus: We fast to cleanse the heart and renew the spirit.

07

Restoring Joy

Scripture: Psalm 30:4–5; Nehemiah 8:10

God's restoration brings joy. The reset leads us from heaviness to hope.

Prayer: Lord, restore my joy and renew my strength.

Fasting Focus: We fast to reclaim joy and spiritual vitality.



WEEK TWO:

Reset the Body

Thought for the Week

As we move deeper into this new year, God calls us to remember that we do not walk alone. We are part of a people, a movement, a body knit together by purpose and promise. Ephesians 4:4–6 reminds us that there is one body and one Spirit—yet too often we allow division, fatigue, and unresolved hurt to fracture what God has joined together.

Dr. King taught that we are caught in an inescapable network of mutuality. Scripture echoes that truth. When one part of the body suffers, the whole body feels it. Resetting the body means realigning how we see one another—not as obstacles or inconveniences, but as gifts entrusted to us by God.

This week calls us to do the courageous work of unity. Unity does not mean we ignore differences; it means we choose love over ego, grace over offense, and reconciliation over resentment. Psalm 133 declares that God commands blessing where there is unity—and this new year demands a church that is spiritually aligned, relationally healthy, and mission-ready.

As we fast together, we remember that our spiritual health is connected. When one part suffers, all are affected; when one part is restored, all benefit. This week is about realigning our hearts toward one another so that the body can function as God designed—whole, healthy, and Spirit-led..

Focus for the Week

As we move into week 2 of our fast let's continue building on last week by incorporating these additional areas of focus:

Unity: Pray for reconciliation within church relationships.

Fellowship: Reach out to someone in the church to encourage them. Invite a member you haven't seen in a while to join you for worship.

Service: Commit to at least one ministry at FBCV.

Discipleship: Pray for growth in mentoring and being mentored. Attend Mid-Week Bible Study, Mid-Day Bible Study, CLA, and/or register for a Connection Group.

Generosity: Examine your giving patterns; commit to tithing or special offering.

Worship: Dedicate a time for corporate worship or personal praise and commit to regular in-person worship.

Celebrate Your Progress: Reflect on your growth and share your testimony with family and friends.



Week 2: Daily Reflections

08

One Body

Scripture: Ephesians 4:4a; Psalm 68:6

We are restored together, not in isolation. God places us in community for healing.

Prayer: Lord, reconnect us as one body with one purpose.

Fasting Focus: We fast for unity within the church.

09

One Spirit

Scripture: Ephesians 4:4b; Psalm 143:10

The Spirit resets our direction and restores our sensitivity to God.

Prayer: Holy Spirit, guide us and renew our collective vision.

Fasting Focus: We fast to hear and follow the Spirit.

10

One Hope

Scripture: Ephesians 4:4c; Psalm 42:5

Hope anchors restoration. God resets despair with divine promise.

Prayer: God, restore hope where discouragement has taken root.

Fasting Focus: We fast to strengthen hope.

11

One Lord

Scripture: Ephesians 4:5a; Psalm 24:1–6

Restoration requires rightful authority. Christ must reign fully.

Prayer: Jesus, reign over every area of my life.

Fasting Focus: We fast to realign under Christ's lordship.

12

One Faith

Scripture: Ephesians 4:5b; Psalm 37:3–5

Faith grows when we reset our trust in God's promises.

Prayer: Lord, strengthen our faith and remove doubt.

Fasting Focus: We fast to deepen faith.

13

One Baptism

Scripture: Ephesians 4:5c; Psalm 51:7

We are reminded of who we are and whose we are.

Prayer: God, restore my identity in You.

Fasting Focus: We fast to remember covenant and commitment.

14

One God and Father

Scripture: Ephesians 4:6; Psalm 103:13–18

God's restoration flows from His fatherly love.

Prayer: Father, restore our trust in Your care.

Fasting Focus: We fast to deepen intimacy with God.

restore

WEEK THREE:

Restored to Walk Forward

Thought for the Week

Restoration is never the end—it is the beginning of a renewed walk. God resets us not so we can return to old patterns, but so we can move forward with greater clarity, maturity, and purpose. In Ephesians 4:13–15, Paul describes a people growing into spiritual adulthood, rooted in truth, love, and Christlikeness; a people growing into maturity, no longer tossed by every wind, but rooted, grounded, and ready. This new year requires believers who are spiritually focused, emotionally healthy, and committed to the work God has placed before them. Restoration positions us to serve, to lead, and to live with clarity. God restores us so we can rise, build, and walk boldly into purpose.

This final week shifts our focus from inward renewal to outward living. God restores us so that we may serve, witness, and build others up. The Psalms remind us that restored lives bear fruit, remain planted, and flourish even in challenging seasons (Psalm 92). Restoration equips us to endure, to love consistently, and to walk faithfully beyond the fast.

Sustaining the reset requires daily dependence on God. Spiritual disciplines—prayer, Scripture, worship, and community—become the guardrails that protect what God has restored. Jesus reminds us to remain connected to Him, for apart from Him we can do nothing (John 15:5).

As we complete this fast, we do so with gratitude and expectation. God has restored strength, vision, and unity—but He also calls us to steward what we have received. We move forward renewed, recommitted, and ready to walk worthy of our calling, together as one body, one Spirit, restored for God's glory.

Focus for the Week

We will break our fast at the conclusion of worship on Consecration Sunday (February 1, 2025). During this final week of our fast let's focus on how we can apply the things we've heard from God throughout the coming year:

Vision: Pray for God's guidance for our pastor, our church and our personal life. Pray for alignment and unity around our 2026 churchwide vision.

Discipline: Commit to continue observing spiritual habits: prayer, Bible reading, individual and corporate Bible study, worship.

Stewardship: Plan giving, tithing, and financial faithfulness.

Boldness in Faith: Pray for courage to live out and share faith and to invite others to worship.

Outreach: Plan to commit to outreach and mission opportunities throughout the year.



Week 3: Daily Reflections

15

Walking in Maturity

Scripture: Ephesians 4:13–15; Psalm 92:12–15

Restoration matures us. God resets us to grow.

Prayer: Lord, help me grow in spiritual maturity.

Fasting Focus: We fast for continued growth.

16

Renewed Minds

Scripture: Romans 12:1–2; Psalm 119:37

A renewed mind sustains restoration.

Prayer: God, transform my thinking.

Fasting Focus: We fast to reset mental patterns.

17

Strength for the Journey

Scripture: Isaiah 40:31; Psalm 46:1

Restoration equips us for endurance.

Prayer: Lord, renew my strength.

Fasting Focus: We fast for spiritual stamina.

restore

18

Restored for Service

Scripture: Ephesians 4:11–12; Psalm 90:17

We are restored to serve God's purpose.

Prayer: God, use me for Your glory.

Fasting Focus: We fast to recommit to service.

19

Healing and Wholeness

Scripture: Psalm 147:3; Jeremiah 30:17

God restores broken places.

Prayer: Lord, heal what is broken.

Fasting Focus: We fast for complete healing.

20

Sustaining the Reset

Scripture: Psalm 1; John 15:4–5

Restoration must be maintained.

Prayer: God, help me remain rooted in You.

Fasting Focus: We fast for spiritual discipline.

21

Celebration of Restoration

Scripture: Psalm 126; Ephesians 3:20–21

God has done great things. The reset leads to restored praise.

Prayer: Lord, we thank You for restoring us.

Fasting Focus: We end the fast with gratitude and renewed commitment.

ADDITIONAL RESOURCES

Connect with the Ministry

(M-W-F) Prayer Call

Call in: (605) 313 5111 Code: 291598

Mid-Day Bible Study (In-Person)

Topic: The Prophet's Call: Amos & the Call to Justice

Beginning Tuesday, January 13, 2026

Every Tuesday at 11:00 am

Mid-Week Worship (Virtual)

Topic: Emotionally Healthy Discipleship

Beginning Wednesday, January 14th, 2026

Every Wednesday at 7:00 pm

Christian Learning Academy (CLA)

Adult & Youth Classes

Every Sunday at 9:00 am

Sunday Worship:

Every Sunday at 10am

In Person: First Baptist Church of Vienna

Streaming on the Church Website, YouTube, and Facebook

Register for
the fast here:



2026

THEME



Guiding Scripture

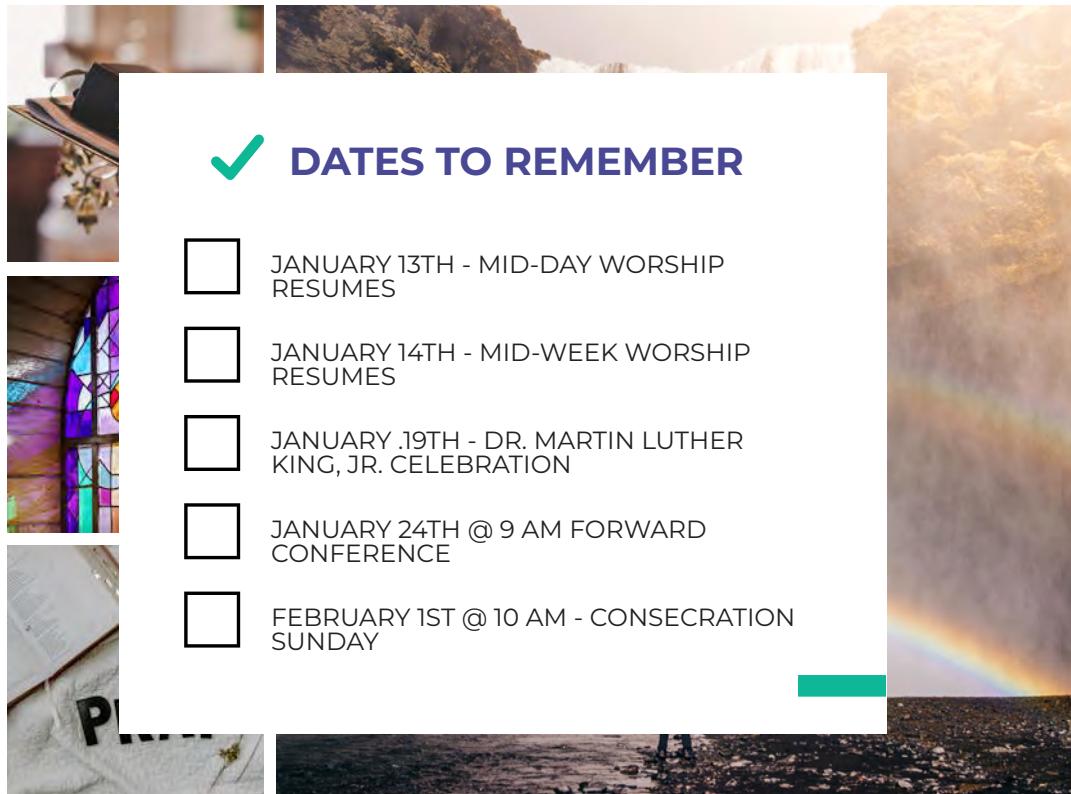
I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

THERE IS ONE BODY AND ONE SPIRIT,

Just as you were called in one hope of your calling; one Lord, one faith, one baptism;

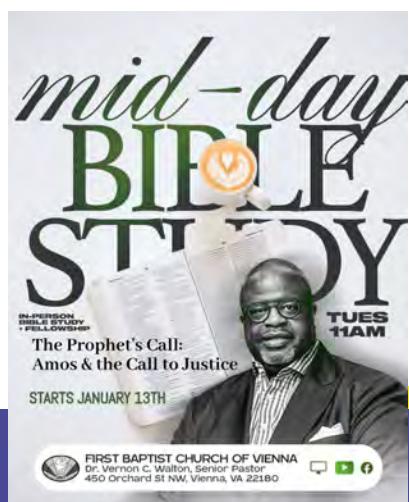
Ephesians 4: 1-5





DATES TO REMEMBER

- JANUARY 13TH - MID-DAY WORSHIP RESUMES
- JANUARY 14TH - MID-WEEK WORSHIP RESUMES
- JANUARY 19TH - DR. MARTIN LUTHER KING, JR. CELEBRATION
- JANUARY 24TH @ 9 AM FORWARD CONFERENCE
- FEBRUARY 1ST @ 10 AM - CONSECRATION SUNDAY



mid-day
BIBLE
STUDY

IN PERSON BIBLE STUDY + FELLOWSHIP

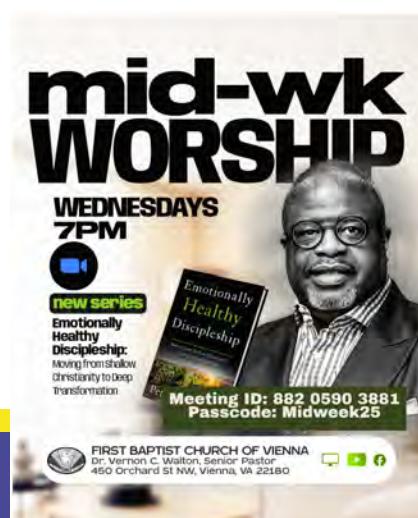
TUES 11AM

The Prophet's Call:
Amos & the Call to Justice

STARTS JANUARY 13TH

FIRST BAPTIST CHURCH OF VIENNA
Dr. Vernon C. Walton, Senior Pastor
450 Orchard St NW, Vienna, VA 22180

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mid-wk WORSHIP

WEDNESDAYS 7PM

 **New series**

Emotionally Healthy Discipleship:
Moving from shallow Christianity to deep Transformation



Meeting ID: 882 0590 3881
Passcode: Midweek25

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JAN24
SAM 2024

FORWARD CONFERENCE

UNITING SEASONED + EMERGING LEADERS IN MISSION.



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