



RISEN LIFE
CHURCH

2026 Fasting Guide
January 5th-25th, 2026

1. How to Prepare for the Fast

Prepare Your Spirit

Set your heart before the Lord. Make your hunger spiritual, not emotional. Read Scripture every morning and every night. Ask the Holy Spirit to reveal anything in your life that needs to shift.

Prepare Your Mind

Decide now that you will finish. Fasting is not a feeling. It is a decision. When you settle this in your mind before the fast begins, you remove most of the battle.

Prepare Your Body

If you drink a lot of caffeine, begin reducing it ahead of time so you avoid headaches. Drink plenty of water today and each day leading up to the fast. Eat lighter meals before the fast so your body transitions more smoothly.

Prepare Your Schedule

Remove distractions. Limit social media. Create time for prayer. Plan moments during your day where you intentionally step aside and talk to God.

Prepare Your Environment

Keep your Bible and a journal close. Create worship playlists. Make your atmosphere a place where God can speak clearly and you can focus.

2. Why We Fast

We Fast for Victory

Matthew 17:21 shows that some breakthroughs only come through fasting and prayer. Victory becomes clear when the flesh is quiet and the spirit is awake.

We Fast to Conquer the Flesh

Galatians 5 teaches that the flesh and the Spirit battle one another. Fasting silences the cravings of the flesh so the voice of the Spirit becomes dominant.

We Fast to Press into Faith

Fasting sharpens your spiritual sensitivity. When you deny the body, faith begins to rise. You hear God more clearly and believe Him more boldly.

We Fast for Breakthrough

Isaiah 58:6 reveals that fasting loosens what has been bound. Chains break. Barriers lift. Delays are confronted. Resistance is broken.

We Fast for Acceleration

Fasting positions you for supernatural help. When Daniel fasted, angelic assistance was released. When Esther fasted, deliverance came quickly. God moves with speed when His people fast with sincerity.

3. What This Fast Looks Like

Type of Fast

Daily from 6:00 AM to 6:00 PM.

During those hours, drink water and liquids if needed. After 6 PM, you may eat a meal.

Focus for the 21 Days

- Personal victory
 - Growth in prayer
 - Strength over the flesh
 - Fresh faith for 2026
 - Breakthrough in family, ministry, and assignment
 - Acceleration for Risen Life Church in Salem, Vancouver, San Diego
 - Divine clarity for the new year
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4. Daily Structure Example

Morning

Pray for fresh strength. Read Scripture. Declare God's promises.

Mid-Day

Take ten minutes to pray. Pray in the Spirit. Worship.

Afternoon

Read a devotional, pray over your goals, and speak life over your purpose.

Evening After 6 PM

Eat lightly. Spend time in thanksgiving. Close the day by praying for the next morning.

5. Scriptures for the Fast

Matthew 17:21

Isaiah 58:6

Daniel 10:12–14

Esther 4:16

Galatians 5:16–17

Joel 2:12

Psalms 63:1

James 4:8

Who Should Not Fast — and Why

A clear, expanded guide to protect your church while promoting wisdom in fasting.

1. Children and Teenagers Who Are Still Growing

Kids and teens need steady fuel for brain development, hormones, bone growth, and healthy metabolism.

Long fasting can cause dizziness, irritability, low blood sugar, or fainting.

How they can participate instead:

- Fast sugar, snacks, or junk food
- Fast social media or video games
- Fast one meal (only if safe)
- Add more prayer and Bible reading

This keeps them spiritually included without harming their development.

2. The Elderly or Those Physically Frail

Older adults are more sensitive to dehydration, blood pressure swings, and weakness.

When fasting, they may experience:

- dizziness
- shaking
- dangerous blood pressure drops
- higher fall risk
- dehydration

Safe alternatives:

- Eat light foods (soups, fruits, vegetables)
- Avoid sweets or processed foods
- Fast entertainment/media
- Do a Daniel-style fast

They can fully participate spiritually without risking their health.

3. Individuals Taking Certain Medications

Some medications must be taken with food, or they can cause stomach damage or dangerous drops in blood sugar and blood pressure.

Examples include:

- insulin or diabetes meds

- heart medications
- blood pressure meds
- thyroid medications
- seizure medications
- steroids
- meds that increase stomach acid
- antidepressants or anxiety meds that require food

If someone is on regular medication, they should adjust their fast:

- choose a Daniel fast
- fast sweets or specific foods
- fast media or technology
- shorten fasting windows

Spiritual focus matters more than food restriction.

4. Pregnant or Nursing Mothers

A pregnant or nursing mother is feeding two people.

Fasting can:

- drop milk supply
- affect the baby's nutrients
- lead to dehydration
- cause dizziness or weakness

How they can still join:

- fast sugar or processed foods
- avoid certain cravings

- fast entertainment
- dedicate extra prayer time
- eat clean instead of not eating

God honors their participation without risking the baby's health.

5. Individuals With Serious or Chronic Medical Conditions

Some conditions require stable meals, hydration, and blood sugar levels.

Fasting can be dangerous for those with:

- diabetes
- heart disease
- kidney disease
- severe reflux or ulcers
- anemia
- autoimmune disorders
- a history of eating disorders

Safe participation options:

- Daniel fast
- clean eating fast
- fasting bread, sweets, meats, etc.
- media/entertainment fast
- prayer-focused fast (time with God instead of food sacrifice)

God values obedience, not self-harm.

6. People With Physically Demanding Jobs

Those with heavy labor jobs—construction, warehouse work, movers, mechanics, delivery drivers, nurses on 12-hour shifts, etc.—need consistent fuel to stay safe.

Long fasting can lead to:

- dizziness
- slow reaction time
- muscle weakness
- unsafe conditions
- dehydration

How they can participate safely:

- Adjust when they fast (e.g., fast evenings instead of work hours).
- Shorten fasting windows (e.g., 6am–3pm or 6pm–6am).
- Eat light but nutritious foods during the fast.
- Do a Daniel fast during workdays and full fast on off-days.
- Fast sugar, caffeine, or processed foods instead of skipping meals.

The principle: God does not want someone to lose a job, get injured, or collapse in the name of a fast.

Fasting should bring spiritual clarity, not physical danger.

Spiritual Wisdom

Fasting is not about starving yourself — it's about seeking God with intention.

Whether you do a full fast, Daniel fast, partial fast, media fast, or modified fast, the power comes from the heart, not the hardship.

If a fast interferes with health, safety, or stability, wisdom says adjust it. God honors the sacrifice that is safe, sincere, and obedient.

How to Be Successful During the Fast

Stay Consistent

Set clear times for prayer each day. Guard them like appointments. Your consistency will carry you further than your emotions.

Stay Hydrated

Drink plenty of water throughout the day. Hydration gives strength, clarity, and endurance.

Stay in the Word

Read the Bible morning, mid-day, and night. Keep Scripture visible. The Word becomes your fuel during the fast.

Avoid Unnecessary Conversations

Protect your focus. Avoid drama, arguments, and distractions that pull your heart away from prayer.

Avoid Overeating After 6 PM

Eat enough to sustain yourself but avoid turning the evening meal into a reward. Keep your mind and body disciplined.

Replace Food with Prayer

Each time hunger rises, pray. Let your cravings push you deeper into God.

Write What God Reveals

Keep a journal. What He speaks during fasting shapes the rest of your year.

Practical Steps to Build a Strong Prayer Life

Approach God Boldly

Hebrews 4:16 teaches you to come with confidence. You are not bothering God. You are invited.

Begin with Thanksgiving

Before asking anything, thank God for who He is and what He has done. Thanksgiving unlocks access.

Move into Praise

Praise shifts the atmosphere. It awakens faith. It reminds you that God is bigger than any situation.

Bring Your Supplication

Make your requests known to God. Be specific. Be honest. Speak them with faith and expectation.

Stand in Intercession

Pray for your church. Pray for others. Pray for souls. Pray for leaders. Intercession builds spiritual muscle.

Pray Scripture and Promises

Use the Word as your language in prayer. Quote what God already said. Pray it back to Him. His Word carries power.

End Again with Praise

Close your prayer with praise. Praise seals your faith and pushes worry out of your heart.

5. Sample Daily Prayer Flow

Morning:

Thanksgiving. Praise. Scripture reading. Speak declarations over your life, family, and church.

Mid-Day:

Five to ten minutes of prayer. Pray in the Spirit. Pray Scripture. Intercede for souls.

Afternoon:

Read a devotion or chapter in the Bible. Journal what God is showing you.

Evening After 6 PM:

Eat lightly. Thank God for strength. Pray for tomorrow's focus and victory.

6 Scriptures to Pray During the Fast

Isaiah 58:6

Matthew 6:33

Daniel 10:12

Psalms 63:1

James 4:8

Romans 12:1–2

Ephesians 3:20

Joel 2:12

A FAITH-FILLED 21-DAY DEVOTIONAL

DAY 1 — HUNGER FOR GOD

Scripture Focus: Psalm 42:1

Theme: A fresh desire for His presence.

Daily Reading: Psalm 63

Devotional:

True hunger for God is not emotional excitement; it is a spiritual longing awakened by the Holy Spirit. David compared his desire for God to a deer panting for water—a desperate need, not a casual curiosity. Hunger is the doorway to encounter. God reveals Himself to the hungry, fills the thirsty, and draws near to those who pursue Him. Today ask the Lord to deepen your desire for Him. Hunger is a sign of spiritual health and a catalyst for spiritual growth.

Prayer:

Lord, increase my hunger for You. Give me a deeper longing for Your presence and Your word.

DAY 2 — VICTORY OVER THE FLESH

Scripture Focus: Galatians 5:16

Theme: Strength to walk in the Spirit.

Daily Reading: Romans 7

Devotional:

The flesh fights the Spirit, but the Spirit is stronger. Walking in the Spirit is not about perfection, but direction—choosing the Spirit's leadership daily. When you lean into the Spirit's strength, you gain power to say no to habits, thoughts, and impulses that once controlled you. Freedom isn't accidental; it is intentional dependence on the Holy Spirit.

Prayer:

Holy Spirit, empower me to walk in Your strength and resist the desires of the flesh.

DAY 3 — BREAKING OLD CYCLES

Scripture Focus: Isaiah 58:6

Theme: Freedom from patterns that held you back.

Daily Reading: Isaiah 58

Devotional:

God breaks chains, removes burdens, and releases people from cycles that feel unbreakable. Whether emotional, relational, spiritual, or generational, God's deliverance is real. Fasting exposes hidden patterns and aligns you with God's power to break them. What held you before will not hold you again. This is the season of release.

Prayer:

Lord, break every cycle that has followed me. Let every yoke be destroyed by Your power.

DAY 4 — FAITH FOR A NEW SEASON

Scripture Focus: Hebrews 11:6

Theme: Expectation creates manifestation.

Daily Reading: Hebrews 11

Devotional:

Faith pleases God because it positions you to receive what He desires to give. When a new season begins, you cannot enter it with an old mindset. Expectation is the atmosphere of miracles. When you believe God can, He begins to show you that He will. Step into this season with bold faith.

Prayer:

Father, increase my faith to believe You for the new things You are releasing in my life.

DAY 5 — HEARING GOD CLEARLY

Scripture Focus: John 10:27

Theme: Recognizing His voice.

Daily Reading: John 10

Devotional:

God is always speaking—through His Word, His Spirit, and His peace. The issue is not His voice but our attention. The more you know the Shepherd, the more easily you discern His voice from your own thoughts and the enemy’s lies. Today, tune your ear to the Holy Spirit. He still speaks.

Prayer:

Lord, open my ears to recognize Your voice with clarity and confidence.

DAY 6 — PURITY OF HEART

Scripture Focus: Psalm 51:10

Theme: A clean heart and renewed mind.

Daily Reading: Psalm 51

Devotional:

Purity is not perfection—it is alignment. A pure heart is a surrendered heart, one that allows the Holy Spirit to cleanse motives, thoughts, and desires. God purifies not to shame but to restore. As you fast, ask Him to remove anything that dulls your spiritual sensitivity.

Prayer:

Create in me a clean heart, Lord, and renew a right spirit within me.

DAY 7 — STRENGTH IN WEAKNESS

Scripture Focus: 2 Corinthians 12:9

Theme: Grace to endure and overcome.

Daily Reading: 2 Corinthians 12

Devotional:

God's grace is not just unmerited favor—it is supernatural strength in human weakness. Your weakness is not a liability in the Kingdom; it is an invitation for His power to rest on you. When you feel weak, God becomes strong in you. Don't hide your weakness—offer it to Him.

Prayer:

Lord, let Your strength be made perfect in every area of my weakness.

DAY 8 — DIVINE DIRECTION

Scripture Focus: Proverbs 3:5–6

Theme: Clarity for decisions.

Daily Reading: Proverbs 3

Devotional:

Trust produces clarity. When you stop leaning on your own understanding and start acknowledging God in every decision, He directs your path. Divine direction doesn't come through stress—it comes through surrender. Give Him the wheel; He knows the way.

Prayer:

Guide my steps, Lord. Make my path straight as I trust in You completely.

DAY 9 — SPIRITUAL AUTHORITY

Scripture Focus: Luke 10:19

Theme: Standing in boldness.

Daily Reading: Ephesians 6

Devotional:

You have authority in Christ. Authority over fear, over oppression, over darkness, and over every demonic assignment. Authority does not come from feelings—it comes from identity. God has given you power to stand boldly and walk victoriously.

Prayer:

Father, help me walk confidently in the authority You've given me through Christ.

DAY 10 — SUPERNATURAL PEACE

Scripture Focus: Isaiah 26:3

Theme: Rest for the mind and emotions.

Daily Reading: Philippians 4

Devotional:

Perfect peace is not the absence of trouble but the presence of God. When your mind is fixed on Him, anxiety loses its grip. Peace is a promise, not a possibility. Today, guard your thoughts and anchor your mind in His Word.

Prayer:

Lord, keep me in perfect peace as I trust and rest in You.

DAY 11 — FAITH FOR FAMILY BREAKTHROUGH

Scripture Focus: Acts 16:31

Theme: Salvation and restoration.

Daily Reading: Acts 16

Devotional:

Your faith has the power to impact your entire household. God desires to save, restore, and heal your family. Sometimes the breakthrough begins in one person—and God uses that person as the doorway for the rest. Stand in faith for your family today.

Prayer:

Lord, save, heal, and restore my family. Let Your grace flow into every household connected to mine.

DAY 12 — FRESH ANOINTING

Scripture Focus: Psalm 92:10

Theme: New oil for the new year.

Daily Reading: Psalm 92

Devotional:

God never anoints you for where you were—He anoints you for where you're going. Fresh seasons require fresh oil. The anointing strengthens, protects, empowers, and refreshes you. Ask God for new oil so you can carry what the next season requires.

Prayer:

Lord, pour fresh oil on my life. Renew my strength and empower me for this season.

DAY 13 — OPEN DOORS

Scripture Focus: Revelation 3:8

Theme: Opportunities only God can open.

Daily Reading: Revelation 3

Devotional:

When God opens a door, no one can shut it. You don't need human approval when Heaven has given clearance. Trust God's timing and trust the doors He opens for you. Stop knocking where God has closed the door and start walking through what He has opened.

Prayer:

Lord, lead me into every door You've opened and close every door not meant for me.

DAY 14 — STRENGTH TO FINISH

Scripture Focus: Philippians 1:6

Theme: Endurance in the fast and in life.

Daily Reading: Philippians 1

Devotional:

The God who started a good work in you will finish it. Endurance is evidence of grace. When you feel tired, remember God does not begin something He does not intend to complete. You are coming out stronger, wiser, and more focused.

Prayer:

Strengthen me, Lord, to finish everything You began in me.

DAY 15 — OVERCOMING DELAY

Scripture Focus: Daniel 10:12–13

Theme: Acceleration and divine help.

Daily Reading: Daniel 10

Devotional:

Not all delay is denial. Some delays are spiritual warfare. Daniel's answer was sent immediately, but the enemy resisted it. Your prayers are working even when it seems nothing is happening. God is sending angelic help and breaking through hindrances.

Prayer:

Lord, break every delay and release acceleration in my life.

DAY 16 — LIVING IN THE SPIRIT

Scripture Focus: Romans 8:5–6

Theme: Spirit-led living.

Daily Reading: Romans 8

Devotional:

To live in the Spirit is to live from a higher realm. Your mind becomes governed by peace, not pressure. Your decisions become Spirit-led, not impulse-driven. This life is available to you every day through surrender.

Prayer:

Holy Spirit, lead my thoughts, my decisions, and my desires.

DAY 17 — BREAKTHROUGH IN PURPOSE

Scripture Focus: Ephesians 2:10

Theme: Walking in your God-given assignment.

Daily Reading: Ephesians 2

Devotional:

You were created with intentional purpose. God designed you for impact, influence, and good works. Today, align yourself with the assignment God prepared for you. Purpose becomes clearer when you walk with the One who created you.

Prayer:

Lord, reveal my assignment and empower me to walk boldly in it.

DAY 18 — ENLARGEMENT AND EXPANSION

Scripture Focus: Isaiah 54:2–3

Theme: Growth in every area.

Daily Reading: Isaiah 54

Devotional:

God is enlarging your capacity. Stretch, prepare, and make room—because growth is coming. Expansion requires faith, not comfort. Expand your thinking, your planning, and your expectation.

Prayer:

Father, enlarge my territory and expand my capacity for what You are releasing.

DAY 19 — AUTHORITY IN PRAYER

Scripture Focus: Mark 11:22–24

Theme: Mountain-moving faith.

Daily Reading: Mark 11

Devotional:

Prayer is not begging—it is partnering with God. When you speak with faith, mountains move, obstacles shift, and doors open. Faith-filled prayer is grounded in belief, not emotion. Today, speak with authority and believe without doubting.

Prayer:

Lord, increase my faith and teach me to pray with bold authority.

DAY 20 — VICTORY OVER THE ENEMY

Scripture Focus: James 4:7

Theme: Resist and stand strong.

Daily Reading: James 4

Devotional:

Victory begins with submission to God. When you submit, you stand in divine power. The enemy has no authority over a surrendered believer. Resist him, stand firm, and watch him flee. You are not fighting for victory—you are fighting from victory.

Prayer:

Lord, give me strength to resist the enemy and stand firm in Your power.

DAY 21 — A YEAR OF ACCELERATION

Scripture Focus: Amos 9:13

Theme: God moving with speed in 2026.

Daily Reading: Amos 9

Devotional:

Acceleration means God does in months what normally takes years. It is divine speed, supernatural timing, and unusual favor. Expect things to shift, move, and align quickly. As you end these 21 days, believe God for a year of accelerated answers.

Prayer:

Father, thank You for a year of speed, favor, and accelerated breakthrough.