

THE POWER AND PRIVILEGE OF FASTING

WHY ARE WE FASTING?

- Deepen our relationship with God
- Seek His perfect will for our lives

WHAT ARE FASTING FROM?

- Meats • TV
- Sweets • Social Media

HOW LONG ARE WE FASTING?

21 days

WHEN DO THE FAST BEGIN AND END?

Begin - February 2nd | End - February 22nd

Resume eating - February 23rd
(start with small portions)

WHAT DO I DO WITH MY TIME?

- Devote yourself to prayer.
- Devote yourself to reading portions of the books of Daniel and Proverbs (a chapter each day).
- Consider journaling gratitude and what God is showing you through the fast and reading of His Word.
- Read inspiring books and literature.
- Watch and listen to inspirational programs.

WHAT DO I EAT?

FEBRUARY 2 – 8

Fruits, nuts and vegetables

FEBRUARY 9 – 15

Fruits, nuts, vegetables and soup

FEBRUARY 16 - 22

Fruits, nuts, vegetables, soup and salad



2026

FAST

Important Note: before undertaking any fast (from food), everyone should consult with their physician to determine if their respective health condition would permit a fast. If your health condition does not permit a fast of this type, do not attempt this fast!



JOHN D. SAWYER, PASTOR
JOICE SAWYER, FIRST LADY

5000 ST. BARNABAS RD.
TEMPLE HILL, MD 20748
MCMBC-MD.COM

DATES AND AREAS OF PRAYER

FEB 2	Pray for MCMBC as we Reconstruct Our Temple, Rebuild Our Walls, and Restore Worship!"	FEB 13	Pray for mended and stronger relationships.
FEB 3	Pray for God's divine direction for our Pastor and First Lady. Pray for a hedge of protection around Pastor his and family.	FEB 14	Pray for our seasoned seniors, sick, shut-in, and bereaved.
FEB 4	Pray for spiritual discernment and yielding to the Holy Spirit's prompting as we Express God's word by Extending God's hand to heal and Exalting Jesus.	FEB 15	Pray to hear God's voice clearly.
FEB 5	Pray for strength to crucify the flesh and become more like Our Lord Jesus Christ.	FEB 16	Pray for boldness to speak God's love and truth.
FEB 6	Pray for the leaders of our church.	FEB 17	Pray for souls to be saved. Pray that God will use you to witness to men, women, and children.
FEB 7	Pray for Sis-Stars ministry.	FEB 18	Pray for finances and proper money management. Pray for our church's finances to increase through tithes and offerings (100% tithers).
FEB 8	Pray for men and that God would give our church favor with them.	FEB 19	Pray for INCREASE!
FEB 9	Pray for our ministries (music, media, hospitality, and future ministries).	FEB 20	Pray for God's direction, destiny for your life and to be a better Christian spiritually, physically, emotionally, and relationally.
FEB 10	Pray for deliverance for those battling with addictions and sexual sins.	FEB 21	Pray for our president and all the leaders of our country, state, and county.
FEB 11	Pray for holy and sanctified singles.	FEB 22	Pray for obedience to God's Word all year.

FEB 12 Pray for Godly marriages.

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Isaiah 58:3-7 Joel 2:12	2 Daniel 1:1-21 FAST BEGINS	3 Daniel 2:1-25	4 Daniel 2:26-49	5 Daniel 3:1-30	6 Daniel 4:1-37	7 Daniel 4:1-37
8 Daniel 5:1-31	9 Daniel 6:1-28	10 Daniel 9:1-27	11 Proverbs 1	12 Proverbs 2	13 Proverbs 3	14 Proverbs 4
15 Proverbs 5	16 Proverb 6	17 Proverbs 7	18 Proverbs 8	19 Proverbs 9	20 Proverbs 10	21 Proverbs 11
22 Proverbs 12 LAST DAY OF FAST	23 Proverbs 13 RESUME EATING SMALL PORTIONS	24 Proverbs 14	25 Proverbs 15	26 Proverbs 16	27 Proverbs 17	28 Proverbs 18