

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

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DATES AND AREAS OF PRAYER

FEB 2 Pray for MCMBC as we Reconstruct Our Temple, Rebuild Our Walls, and Restore Worship!"

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 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 5 Pray for strength to crucify the flesh and become more like Our Lord Jesus Christ.

FEB 6 Pray for the leaders of our church.

FEB 7 Pray for Sis-Stars ministry.

FEB 8 Pray for men and that God would give our church favor with them.

FEB 9 Pray for our ministries (music, media, hospitality, and future ministries).

FEB 10 Pray for deliverance for those battling with addictions and sexual sins.

FEB 11 Pray for holy and sanctified singles.

FEB 12 Pray for Godly marriages.

FEB 13 Pray for mended and stronger relationships.

FEB 14 Pray for our seasoned seniors, sick, shut-in, and bereaved.

FEB 15 Pray to hear God's voice clearly.

FEB 16 Pray for boldness to speak God's love and truth.

FEB 17 Pray for souls to be saved. Pray that God will use you to witness to men, women, and children.

FEB 18 Pray for finances and proper money management. Pray for our church's finances to increase through tithes and offerings (100% tithers).

FEB 19 Pray for INCREASE!

FEB 20 Pray for God's direction, destiny for your life and to be a better Christian spiritually, physically, emotionally, and relationally.

FEB 21 Pray for our president and all the leaders of our country, state, and county.

FEB 22 Pray for obedience to God's Word all year.

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