



Friendship Baptist Church of Christ Jesus  
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## A Call to Prayer and Fasting

We have stepped into the New Year of 2026, with Rock Solid Faith believing that our love for the Word of God will overflow with a determination to live lives that bring glory to God, cultivating the character of God in our hearts. As we go forward into the Greater glory of God with a greater determination to WIN Lost SOULS for Christ, we must move from the Pews and Pound the Pavement, determined to Each One Reach One Every Day! To accomplish this task, we must be empowered by the Holy Spirit that comes through our obedience to prayer, fasting, and living out the Word of God. Let us press toward the mark for the prize of the high calling of God in Christ Jesus and hold fast to our theme for 2026... "**The Latter shall be Greater than the former, and the Best is yet to Come!**"

### WHAT IS FASTING?

Fasting is voluntarily laying aside something good (most often food), for a set period of time in order to seek God in a focused way. Biblically, fasting is:

- An expression of hunger for God (Psalm 63:1).
- A way of humbling ourselves before God (Ezra 8:21; Psalm 69:10).
- A way of seeking guidance, repentance, or breakthrough (Joel 2:12-13; Acts 13:2-3).

### DANIEL FAST

The fast God has chosen for us is the partial fast patterned after the lifestyle of the prophet Daniel whose name means "God is my Judge". Daniel first entered into a fast to abstain from eating the King's meat or drinking the King's wine. (Daniel 1:1-21). The fast will be conducted as follows:

**January 26, 2026 (midnight) - February 24, 2025 (midnight)**

#### Allowable food items

**Whole Grains:** Rice, Oats, etc. - **Legumes:** Beans, Peas, Lentils, etc. - **Dairy/Protein:** Eggs, cheese, etc. - **Fruits, Vegetables, Nuts & Seeds:** all types - **Oils for sauteing:** Olive, Canola, Peanut oil - **Liquids:** Water, Fruit & Vegetable Juices

**NO meat, sweets or fried foods**

### SPIRITUAL PREPARATION

- Commit to confess, repent, and forsake all sin before and during the fast.
- Maintain a spiritual focus by removing distractions (social media, TV, literature, etc.)
- Set aside time daily for prayer, bible study, praise and worship- **See Prayer and Bible Reading Calendar**

### 2026 Church Theme- Haggai 2:9

The glory of this latter house shall be greater than of the former, saith the Lord of hosts; and in this place will I give peace, saith the LORD of hosts. (KJV)