



Bishop W. James Thomas, II, D.Min., Senior Pastor

2026 – The Year of Consecration Joshua 3:5 (ESV)

Period: January 2 – January 26, 2026

Focus: This fast is to set the tone for a year of spiritual clarity, repentance, discipline, and alignment with God's will through prayer, fasting, and the Word of God.

Design: The period of fasting runs Monday-Saturday (Sundays are feasting days). Participants should eat fruits, vegetables, whole grains, legumes, nuts, seeds, and drink plenty of water. Please avoid meat, fish, sweets, added sugars, leavened bread, dairy, fried foods, processed foods, alcohol, and caffeine.

Rhythm: Spend 15-30 minutes a day in the Scriptures and prayer, and 20-30 minutes a day on personal reflection.

NOTE: Fasting is NOT a diet but a spiritual discipline. Prayer is primary, and food restrictions support focus and humility. *Please consult with your doctor and make adjustments as health and medical needs require.*

WEEK 1 — CONSECRATION & REPENTANCE

Friday, January 2 - A Call to Consecration - Joshua 3:5; Romans 12:1–2 - Presenting ourselves wholly to God
Saturday, January 3 - Repentance and Cleansing - Psalm 51; 1 John 1:7–9 - Confession and forgiveness
Monday, January 5 - Preparing the Heart - Joel 2:12–13; Psalm 139:23–24 - Sincerity and humility
Tuesday, January 6 - Hunger for God - Matthew 5:6; Psalm 42:1–2 - Spiritual appetite
Wednesday, January 7 - Breaking Old Patterns - Galatians 5:16–25 - Freedom from fleshly habits
Thursday, January 8 - Purity of Heart - Matthew 5:8; Psalm 24:3–6 - Inner holiness
Friday, January 9 - Surrendered Will - Luke 22:42; Proverbs 3:5–6 - Yielding control to God
Saturday, January 10 - God's Word as Sustenance - Matthew 4:4; Jeremiah 15:16 - Living by the Word

WEEK 2 — ALIGNMENT & SPIRITUAL STRENGTH

Monday, January 12 - Strength in Weakness - 2 Corinthians 12:9–10; Isaiah 40:29–31 - God's power at work
Tuesday, January 13 - Renewed Focus - Hebrews 12:1–2; Colossians 3:1–3 - Removing distractions
Wednesday, January 14 - Obedience Brings Favor - Daniel 1:17–20; Deuteronomy 28:1–2 - Faithful obedience
Thursday, January 15 - Faith and Trust - Proverbs 3:5–6; Hebrews 11:6 - Confidence in God
Friday, January 16 - Thanksgiving as Warfare - 1 Thessalonians 5:16–18 - Praise in all circumstances
Saturday, January 17 - Interceding for the Church - Ephesians 1:15–23; Acts 2:42–47 - Unity/ spiritual power

WEEK 3 — INTERCESSION & BREAKTHROUGH

Monday, January 19 - Family and Relationships - Joshua 24:15; Colossians 3:12–14 - Godly homes
Tuesday, January 20 - Community and Nation - 1 Timothy 2:1–2 - Peace and righteousness
Wednesday, January 21 - Leadership and Authority - Hebrews 13:17; Exodus 18:21 - Wisdom and integrity
Thursday, January 22 - Guidance and Direction - James 1:5; Psalm 25:4–5 - Hearing God clearly
Friday, January 23 - Persevering Prayer - Daniel 10:12–13 - Spiritual endurance
Saturday, January 24 - Faith for Answered Prayer - Mark 11:24; John 15:7 - Expectation and belief
Monday, January 26 - Consecrated Living Beyond the Fast - Philippians 1:6; Romans 12:1 - Sustained transformation