

# UBCC ANNUAL FAST

Sunday January 4th 12am - Sunday January 25 12am

## What is fasting?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

## Why fast?

Fasting gives you more time for prayer. You can use the time you'd normally spend eating as time in prayer for what God wants to do among us. In the Bible, fasting is always connected with prayer. **Acts 13:2-3 (NIV)**

Fasting demonstrates the depth of your desire when praying for something. God honors deep desire and praying in faith

**Joel 2:12**

Fasting releases God's supernatural power. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!

**Ezra 8:23 - Isaiah 58:6**

Union family, we step into 2026 with high expectation and a prayerful hope for revival in our church and our community. Each year, we begin together with a corporate fast—an intentional time to unite our spirits, strengthen our faith, and realign our hearts with God.



As we closed 2025, the message *“End with the Spirit”* (**Galatians 3:3-4**) reminded us that every new year places us at a fork in the road—between uncertainty and expectation. **Fasting helps us choose faith.** For the next **21 days**, we will seek less of the world and more of God, trusting Him to deepen our walk and renew our strength. Thank you to Deacon Keith Spears for leading the organization and focus of this year's fast. **Our Focus for the Fast**

- **Corporately:** Pray and fast for redevelopment, church expansion, and spiritual growth.
- **Personally:** Pray for a closer, Christlike walk—hearts shaped to reflect Jesus.

May God grant us the faith to trust Him and the grace to die to self as we seek His face together. In a world hungry for leadership, character, and hope, this is our time to lean in. As David declared, *“I would have fainted, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and He shall strengthen thine heart. Wait, I say, on the Lord! (Psalm 27:13-14).*

We love you, Union. May God bless us richly as we walk into 2026—together.

**Pastor A**



## Precautions

Remember that fasting is not “**earning**” an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God’s answer.

Fast in accordance to your health and faith. Consider a partial fast - do it in faith and God will honor your intentions.

## In preparation

- Moses fasted before receiving Ten Commandments. **Exodus 34:28**
- Daniel fasted in order to receive guidance from God. **Daniel 9:3; Daniel 9:21-22**
- Nehemiah fasted before beginning a major building project. **Nehemiah 1:4**
- Ester fasted for the courage to trust God. **Esther 4:15-16**
- The first Christians fasted during decision making times. **Acts 13:2-3**

## 21 Day Meditation and Prayer Chart

### Week 1 - Personal Revival

- Day 1: Thirst for God - Psalm 63:1-3; John 4:13-14
- Day 2 – Longing for His word - Psalm 119:36-40
- Day 3 – Self-examination – Ps. 51:10-12; Phil. 1:9-11
- Day 4 – Examine relationships - Eph. 4:25-27
- Day 5 – Concern for the lost – Is. 55:10-11; Luke 10:2
- Day 6 – Repentance - John 1:9; Mark 1:15
- Day 7 – Action - Matthew 5:13-16; 1 Tim. 2:1-4

### Week 2 - Church Revival

- Day 8 – For your church - 2 Cor. 13:9; Eph. 3:17-19
- Day 9 – Churches in your city - Phil. 1:9-11
- Day 10 – Churches in your state – Gal. 5:13,22-23
- Day 11 – Churches in your nation - Jer. 42:2-3
- Day 12 – Church friends who need God - 3 John 1:2
- Day 13 – Revival rooted in God - John 1:1,3; Is. 53:5-6
- Day 14 – Pastors - 2 Tim. 4:1-5; Eph. 6:19-20

### Week 3 - Revival among the Church leadership

- Day 15 – Elders - Eph. 3:14-21; 1 Thess. 5:23-24
- Day 16 – Church staff - Phil 2:5-8; 1 Tim. 3:8-13
- Day 17 – Ministry leaders - Matt 6:9-15; Jer. 1:6-8
- Day 18 – Ministry teams - 1 Cor. 12:4-7; Josh. 24:14-15
- Day 19 – Exemplary lives - Prov. 14:34; 31:3-7
- Day 20 – Good decisions - 1 Pet. 2:13-17; Ja. 1:5
- Day 21 – Protect from spiritual attack – Ps. 14:1-5

