

FASTING Q & A

Here are some of the most asked questions about fasting from friends and partners:

CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, WHOLE GRAINS, SOY PRODUCTS, EGGS, PROTEIN DRINKS, VITAMINS OR BUTTER?

The general guidelines for each fast can be found in the "Types of Fasts" section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and do your best.

CAN CHILDREN FAST?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

WHAT IF I START AND CAN'T FINISH OUT THE FAST...HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will

make an even better effort next time. Or try finishing up with a partial fast.

I FORGOT AND ATE SOMETHING THAT WASN'T ON MY FAST...DO I NEED TO START AGAIN?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

DO I CONTINUE TO EXERCISE WHILE FASTING?

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

CAN MY HUSBAND AND I BE INTIMATE DURING OUR FAST?

Read 1 Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time...that you may give yourselves to fasting and prayer. So, the answer is yes. Scripture allows this for fasting and prayer, BUT only with mutual consent.

GREATER LOVE CHURCH

2026 DAILY PRAYER & DEVOTIONAL GUIDE

Day 1: Identity In Christ

*“Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will”
(Ephesians 1:4-5)*

Devotional: This scripture reminds us that we were chosen before the foundation of the world to be holy and blameless, adopted as God’s children. In a world that constantly tells us who we should be, fasting helps quiet the noise so we can hear God’s truth about our identity. You are not defined by your mistakes, your accomplishments, or others’ opinions. You are His beloved child, precious and honored in His sight. Let this truth anchor you today as you seek His face. Ask God to silence the thoughts that tell you anything contrary to His Word.

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Day 2: Surrender & New Beginnings

“Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.” (Isaiah 43:19)

God doesn’t wait for perfect conditions to move – He creates newness in the middle of what feels lost or confusing. When we can’t see God working, it’s not a sign of abandonment but the very place where God can spring up newness. What you may call a dead and dry land of your life can be the very canvas God uses for His masterpiece. Pay attention to what God is doing! Your wilderness experience is not the end of the story but the exact place where God is already at work.

Prayer: Open the eyes of my heart so I can perceive the fresh things You are growing in me. I trust that what you are doing is making a way for me. God, I want to walk in expectation. Renew my hope, my strength and my faith. As I spend more time with you, allow Your joy to flow through me. I lift this prayer in the name of Jesus, Amen.

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Day 3 – Renewing Your Mind

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Romans 12:2)

Devotional: As you look at Romans 12:2, you must first realize that your mind is the battleground. You must be honest with

yourself that you have certain thoughts in your mind (name them). They need to be replaced by the Word of God. Reading, studying and meditating on the Word of God, will help you to replace negative thoughts that cause you to struggle within your mind. This is an ongoing, daily process.

Next, you must realize and understand that it does not happen overnight. You must continue to meditate on the Word of God. Ask the Holy Spirit to help you pray for the truth that God would reveal through His Word. Ask for clarity about what you must change in your way of thinking. It is God's desire for you to see His love and to walk in it. - *Shared by Rev. Kenneth Howard*

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Day 4 – Breaking Free from Anxiety

Philippians 4:6-7

The scripture reads, "Be careful for nothing, but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

In order to break free from anxiety, you must first realize that you have become anxious. You have to notice how much you are depending *on yourself* to make the seemingly impossible happen according to your past self-empowered victories. This whole scripture, when fully embraced, offers the most powerful weapon for breaking away from anxiety.

Meditation: Take in each word in this scripture; say it and feel it. Allow it to fill your mind and heart. As you recall EVERY word, thought, and feeling that has compounded in your spirit and strengthened the effect of anxiety, speak this scripture to replace EVERY thought or feeling. - *Shared by Minister Sherilyn Crow*

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Day 5 - Trusting God's Provision

"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. - Matthew 6:31-33

Devotional: The invitation is simple but transformative: Shift your focus from your needs to the One who meets them.

When we seek God's kingdom first — His presence, His ways, His priorities — something beautiful happens. Our hearts settle. Our perspective widens. And the things we need stop feeling like mountains we must climb alone.

God isn't asking you to pretend you don't have needs. He's asking you to trust that He is already working in them.

Today, let this verse re-center you. Instead of chasing after what you lack, lean into the God who provides. Instead of letting

worry lead, let worship lead. When you seek Him first, everything else finds its place.

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Day 6 - Financial Breakthrough

“The Lord will open to you His good ^[a]treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow.” - Deuteronomy 28:12

Prayer: Father in the name of Jesus, I praise You and thank You that You are a good God. Thank You that You love me, and You want to help me grow more and more like Jesus every day. I thank You that You are my healer, my deliverer, my strong tower and my provider. Lord, You have said in Your Word that you have given me the power to get wealth. I acknowledge today that You are my sole source of supply. I declare right now that I do not rely on my job, my paycheck, my family, credit cards, or the government to provide my needs. I honor You as my sole provider today, and I praise You and thank You for it.

Your word says I will be like a tree planted by the rivers of water, a continual source of the Holy Spirit and everything You provide, a continual source of financial blessing. I declare that I will bring forth fruit in season and my leaf will not wither, I will not lack anything I need. I pray, according to Psalm 1, that everything I set my hands to will prosper. Help me to honor your system of work and be diligent

to do all things as unto you, with excellence and a good and pure heart.

Lord, I believe You want me prosperous, so I'm praying for that prosperity. I ask that You bless the work of my hands, that You will bring me favor in every way that I engage with the business community. As You place favor upon the work of my hands, I expect the results of my work to be multiplied supernaturally. In Jesus's name, Amen. - Shared by Rev. Brentley Gentry

Notes: _____

Day 7 - Health

“And thus you shall say to him who lives *in prosperity*: ‘Peace be to you, peace to your house, and peace to all that you have!’” - 1 Samuel 25-6

Prayer: Lord, I thank you for my health. It is a blessing. I pray for your power to sustain me as I take steps to continue becoming a better, healthier me. Help me to make wise choices by building healthy habits. Give me the power of self-control and motivation to make wise choices to support the health of my mind, my spirit and my body. Please keep me from injury and illness and keep me safe. Lord, I claim that by your stripes I am healed! It's in the name of Jesus, I lift this sincere prayer.

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Day 8 - Marriage

“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh” - Genesis 2:24 (KJV)

Prayer: Father God, we thank you for the covenant of marriage period. You designed it with purpose, unity, and love. As we fast and pray, help us to release selfishness, pride, and past wounds that hinder oneness. Teach us to cleave to one another fully - spiritually, emotionally, and physically - just as you intended. Cover our marriages with grace, patience, forgiveness, and understanding. Where there is distance, restore intimacy. Where there is conflict, bring peace. Help us to love sacrificially, communicate honestly and honor You in our union. May our marriages reflect Christ’s love and be a testimony of your faithfulness. In Jesus’s name, Amen. – Shared by Deacon Cedric & Sis. Sarah Barlow

Notes: _____

Day 9 - Wisdom in Parenting

“All your children *shall be* taught by the Lord, And great *shall be* the peace of your children.” - Isaiah 54:13

Prayer: Father, I know that only homes with Christ positioned in the middle of everyday living will succeed in the wicked time. I need You, Lord in order for me to be the man/ the woman that You call me to be in my home. Give me the wisdom to create a place of physical rest and of spiritual rest where my family can bring a

crisis and lay it on a “bed” of faith. Help me to communicate with my spouse and my children. Your Word is a lamp unto my feet and light not my pathway, God, we really need You in our home. We need a little church in our home, God, I give You everything; take my home; take my family; take my future; in Jesus’ Mighty Name.

Notes: _____

Day 10 - Cultivating Patience

“Therefore be patient, brethren, until the coming of the Lord. See *how* the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand.” - James 5:7-8

Waiting is hard for children and it surely doesn’t change as we get older. We see that James encourages us to be like the farmer who patiently waits and can’t rush the seasons. If you are in a season of waiting, let this scripture breathe hope into you. I offer this meditation before prayer to build your patience.

Meditation:

Find a quiet place and get comfortable. Read the scripture, a few words at a time, as you take deep breaths. Bring the verse to mind: “*Be patient...strengthen your hearts...the Lord’s coming is near.*” Let each phrase rest in your spirit as you reflect.

“Be Patient” – Where in life do you feel impatient and frustrated. Speak them to God without judgement.

“...strengthen your hearts” – Imagine God placing his hand over your heart, steadying it, strengthening it, lovingly molding it. Feel God’s presence bringing stability where you feel shaken.

“...the Lord’s coming is near.” - Let this truth remind you that God is not far away. He is close, He is active. He is faithful.

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Day 11 – The Freedom Found in Forgiveness

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” - Ephesians 4:32

Devotional: Forgiveness is one of the most powerful yet difficult commands Jesus gives us. When we are hurt, our natural response is to hold on — to the pain, the offense, or the desire for justice. But unforgiveness becomes a weight on our own hearts, not the offender’s. God never asks us to forgive to minimize the wrong; He asks us to forgive so we can be free.

Forgiveness is an act of obedience and trust. It means placing the offense into God’s hands and believing that He is just, even when we cannot see immediate resolution. Through forgiveness, we release control and invite God’s healing into the broken places of our hearts. As

we forgive, we reflect the grace that God has so freely given to us.

Forgiveness does not always happen instantly—it is often a process. But each step toward forgiveness loosens the grip of bitterness and opens the door to peace. When we choose forgiveness, we choose freedom, healing, and Christlikeness.

Prayer: Lord, You know the hurt I carry. Give me the strength to forgive as You have forgiven me. Heal my heart where pain still lingers, and help me release every offense into Your hands. I choose forgiveness today, trusting You to bring peace and restoration. Amen. - Shared by Sis. Zakiya McDowell

Notes: _____

Day 12 - Overcoming Temptation

“No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.” - 1 Corinthians 10:13

Prayer: Father, in the name of Jesus, we come before You today acknowledging our humanity and Your divinity. You see every struggle, every secret battle, every temptation that tries to pull us away from the path You’ve ordained. But God, Your Word declares in 1 Corinthians 10:13 that *no temptation has overtaken us except what is common to man—and You are faithful*. You promised that You would not

allow us to be tempted beyond what we can bear, and that You would always provide a way of escape. So, Lord, open our eyes to the escape routes You've already prepared. Break every chain that keeps us circling the same temptations.

Lord, remind us that temptation is not a sign of failure but a sign of our need for You. Teach us to lean into Your strength, not our own. We declare today that temptation will not define us, defeat us, or derail us. By Your power, we rise above it. By Your grace, we overcome it. By Your faithfulness, we escape it. In the mighty name of Jesus, Amen.

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Day 13 - Battling Discouragement

"Why are you ^[a]cast down, O my soul?
And *why* are you disquieted within me?
Hope in God, for I shall yet praise Him
^[b]*For* the help of His countenance." -
Psalm 42:5

Prayer: Lord, when discouragement tries to pull me down, help me speak to my soul the way Your Word teaches. Psalm 42:5 says I can choose hope, so today I choose to put my hope in You. Strengthen my mind, calm my emotions, and remind me that my feelings don't get to run my life. Fill my heart with Your peace and help me think thoughts that lift me up, not tear me down. Thank You that discouragement is temporary and Your faithfulness is constant. I trust You today, and I choose joy on purpose. In Jesus' name, Amen.

"Nobody else can make us discouraged; it is a choice that we alone make when facing disappointments." – Charles Stanley

Notes: _____

Day 14 - Grief & Loss

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalms 34:18 (NIV)

Devotional: Grief can leave us feeling empty, weary, and overwhelmed by loss. Scripture reminds us that God does not distance himself from our pain; instead, he draws near with compassion and care.

In Matthew 11:28 Jesus invites all who are weary and burdened, to come to him and receive rest. In this season of fasting and prayer, let us acknowledge God's sustaining presence as we rest in him.

Prayer: Lord, you see our broken hearts and the weight of our loss. Draw near to us, comfort us with your presence, renew our strength, and help us trust you even in sorrow. Heal what is wounded and remind us we are never alone. Amen. – Shared by Iris Waddle

Notes: _____

Day 15 - Guarding Your Heart

"Keep your heart with all diligence,
For out of it *spring* the issues of life." -
Proverbs 4:23

Prayer: Father, today we come to You with open hearts—hearts that are valuable, vulnerable, and vital to the assignment You’ve placed on our lives. Your Word in reminds us that everything we do flows from the condition of our heart. So, Lord, help us treat our hearts like the treasure they are. Give us the wisdom to recognize what deserves access and what requires boundaries. Father, fortify our hearts against bitterness, disappointment, and emotional clutter. Heal the wounds we’ve ignored. Expose the lies we’ve believed. God, make our hearts a place where Your presence is welcome and Your wisdom is at work. Let our decisions flow from clarity, not chaos. Let our relationships flow from discernment, not desperation. Let our actions flow from a heart aligned with Your will. And Father, when life tries to pull us in a thousand directions, remind us that guarding our heart is not selfish, it’s stewardship. It’s honoring the life You’ve entrusted to us. We declare that our hearts will be healthy, whole, and held by You. In Jesus’ name, Amen.

Notes: _____

Day 16 - Focus

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.” - Hebrews 12:1a (NIV)

Devotional: Focus is the discipline of choosing what deserves your attention. Life crowds our vision with noise, urgency, and things that are not of God. Fasting clears space so we can fix our eyes on

Jesus, not our fears, failures, or fatigue. When our focus is right, our pace steadies and our purpose sharpens. God is not asking for perfection, only attention. What you look at longest will shape you the most.

Prayer: Lord, quiet the distractions within me. During this fast, realign my focus toward You. Help me release what competes for my attention and embrace what draws me closer to Your will. Teach me to see clearly, walk faithfully and finish strong. – Shared by Rev. Isaac Williams

Notes: _____

Day 17 - Finishing Strong

“let us run with endurance the race that is set before us, ² looking unto Jesus, the ^[a]author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” - Hebrews 12:1b–2

Prayer: Heavenly Father, as we enter this time of fasting and prayer, we surrender every weight and every distraction that hinders our walk with You. Your Word in Hebrews 12:1–2 calls us to run with endurance and to fix our eyes on Jesus, the Author and Finisher of our faith. Strengthen us to deny our flesh and pursue Your presence. When we grow weary, renew our strength. When the race feels difficult, remind us of the joy set before us. Align our hearts, sharpen our focus, and deepen our faith. By Your

grace, help us not only begin well, but finish strong. In Jesus' name, Amen. – Shared by Dr. Trina Harmon-Wright

Notes: _____

Day 18 - Walking in Integrity

“He who walks with integrity walks securely, But he who perverts his ways will become known.” - Proverbs 10:9

Devotional: Integrity is one of the greatest leadership currencies you possess. It's not flashy. It doesn't demand attention. It doesn't trend on social media. But it quietly builds a foundation strong enough to support your calling, your influence, and your future.

Proverbs 10:9 reminds us that integrity creates *security*. When your words and actions align, you don't have to look over your shoulder. You don't have to manage a double life. You don't have to fear being exposed. Integrity frees you to lead with confidence because there's nothing hidden that can sabotage your tomorrow.

But integrity isn't built in the big moments, it's forged in the small ones. It's choosing honesty when exaggeration would be easier. It's keeping your word when convenience tempts you to break it. It's doing what's right when no one is watching and no applause is coming.

Every choice becomes a brick in the structure of your character.

Integrity may cost you something in the moment, but it will always pay you back in

the long run. It builds trust. It strengthens relationships. It expands influence. And most importantly, it honors God.

Notes: _____

Day 19 - Living Generously

“*So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.*” – 2 Corinthians 9:7

Prayer: Father, in the name of Jesus, I come before You today asking that You shape my heart to reflect Your generosity. Your Word reminds me that giving is not just an action, it's an attitude. You love a cheerful giver, someone who gives freely, willingly, and joyfully because they understand who You are and what You've done.

Lord, remind me that everything I have comes from Your hand. My resources, my opportunities, my time, my talents—they all belong to You. Help me to steward them well and release them freely, knowing that generosity is not loss but seed.

Father, break any spirit of fear, scarcity, or selfishness that tries to hold me back.

Lord, make my life a conduit of blessing. Let generosity flow through me into my family, my church, my community, and the world around me. Use my giving to advance Your kingdom, uplift the hurting, and point people back to You. In Jesus' name, Amen.

Notes: _____

Day 20 - Compassion for Community

“17 If anyone has material possessions and sees a brother or sister in need but has not pity on them, how can the love of God be in that person? 18 Dear children, let us not love with words or speech but with actions and in truth.” - 1 John 3:17-18

Prayer: Dear God, as we gratefully enter this new year, we ask that You elevate our hearts and align our spirits with Yours. Guide us as we navigate this new season, one that calls us to deeper compassion. Your Word reminds us in 1 John 3:17–18 to love not only with words, but with action and in truth. Shape our thoughts, our choices, and our responses toward others. Teach us to love beyond speech and to live out what we profess. In all things, may we represent You well, so the world may see Your glory and experience Your grace through us. In Jesus’ name, amen. – Shared by Sis. Shervonne Crow

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Day 21 - Worship

“²³ But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. ²⁴ God *is* Spirit, and those who worship Him must worship in spirit and truth.” - John 4:23-24

Prayer: Lord, I come before You today with a heart that longs to worship You, not just with my words, but with my whole life. Quiet every distraction and silence every competing voice, and draw my attention fully to You. Let my worship rise from a place of sincerity, not routine; from revelation, not obligation. Open my eyes to see You more clearly, so my worship can flow more freely.

Teach me to worship You not only in the moments that feel sacred, but in the ordinary rhythms of my day. Let my obedience be worship. Let my gratitude be worship. Let my choices, my conversations, my thoughts, and my actions reflect a life bowed before You.

Lord, awaken a deeper hunger for Your presence. Stir up a fresh passion to seek You, to know You, to adore You simply because You are worthy. Let worship become my weapon, my refuge, and my response to every circumstance. You alone deserve the glory, the honor, and the praise. So today, I lift my heart to You, fully, freely, and without reservation. Be magnified in me. In Mighty name of Jesus, Amen.

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Thank you for joining us on this 21-day journey. Keep the focus scripture shared by Pastor Kevin Nash close to your heart: “For with God nothing shall be impossible” in 2026!