

February 2026 Fasting and Prayer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Personalized Fasting Time	2 6:00am-Noon Luke 3:21-22 Luke 4:1-2	3 6:00am-Noon Joel 2:12-18 Revelation 2:4-5	4 6:00am-Noon John 10:27 Psalm 139:1-18	5 6:00am-Noon Matthew 6:6-7 Matthew 6:17-18	6 6:00am-Noon Joshua 1:8 Esther 4:15-17	7 Personalized Fasting Time
8 Personalized Fasting Time	9 6:00am-2:00pm Psalm 37:7 2 Corinthians 6:16	10 6:00am-2:00pm Psalm 103:8 Acts 13:2-3	11 6:00am-2:00pm Acts 12:5 Psalm 85:6-8	12 6:00am-2:00pm Isaiah 58:2-11 1 Corinthians 13:1-3	13 6:00am-2:00pm Matthew 6:17-18 Luke 4:1-4	14 Personalized Fasting Time
15 Personalized Fasting Time	16 6:00am-4:00pm Matthew 17:14-21 Psalm 143:8	17 6:00am-4:00pm Psalm 35:13-14 Daniel 9:3-5	18 6:00am-4:00pm Psalm 37:7 2 Corinthians 6:16	19 6:00am-4:00pm Job 37:14 Psalm 107:1	20 6:00am-4:00pm Mark 14:3-9 1 Corinthians 7:5	21 Personalized Fasting Time
22 Personalized Fasting Time	23 6:00am-6:00pm Job 37:14 Psalm 107:1	24 6:00am-6:00pm Nehemiah 1:4-9 1 Timothy 2:1-3	25 6:00am-6:00pm Luke 6:12-13 Psalm 46:10	26 6:00am-6:00pm Isaiah 58:2-11	27 Midnight Prayer 9:00pm-12:00am at the Tallahassee Temple	28 Personalized Fasting Time

Morning Prayers

- Lord, I surrender this fast to You. Purify my heart and align my will with Yours.
- Father God, give me strength today. Let my hunger for You be greater than my hunger for food.
- Holy Spirit, guide my thoughts, words, and actions as I seek You.

Midday Prayers

- God, renew my strength and refocus my mind on You.
- Lord, quiet every distraction and help me hear Your voice clearly.
- Father, I trust you. Work in me what only You can do.

Prayers When Hunger or Weakness Hits

- Lord, you are my sustainer. I depend on You right now.
- God, help me press through. I choose obedience over comfort.
- Father, I receive Your strength and peace in this moment.

Repentance and Heart Check Prayers

- Lord, search my heart and remove anything that is not like You.
- Father, forgive me and cleanse me. Create in me a clean heart.
- God, I humble myself before You. Have Your way in my life.

Intercession Prayers

- Lord, I lift my family to You. Cover them and order their steps.
- Father, heal what is broken and restore what has been lost.
- God, move in my community and let Your will be done.

Evening Prayers

- Lord, thank You for sustaining me today. I give You all the glory.
- Father, I rest in You tonight. Continue Your work in me.
- God, I trust you with everything I placed before You today.

Reminders for Fasting and Prayer

Please remember that fasting looks different for everyone. If at any time you feel unwell, weak, dizzy, or experience symptoms that concern you, it is wise to adjust your fast.

If you have medical conditions, are pregnant or nursing, take prescribed medications, or if a healthcare provider advised you to eat at certain intervals, prayerfully consider your approach, and consult your physician before fasting or modify your fast accordingly.

Fasting is meant to draw our hearts closer to God and deepen our dependence on Him. Through prayer, repentance, and obedience, we align ourselves with His will and open our hearts to His presence.

During this sacred time, be intentional about limiting television, social media, and other distractions. Use this month to draw nearer to God, consecrate yourself, and meditate on His Word both day and night (Joshua 1:8).

As you draw closer to God, He can lead you, bring healing, reveal the blessings promised in His Word, and break strongholds along the way. Let this time be an opportunity to examine your heart, your habits, and your relationship with Him.

Allow God to convict, correct, and faithfully comfort you as you seek Him with sincerity and humility. Enter this fast with prayerful expectation, trusting that He will guide you according to His perfect will.