

40-DAY SPIRITUAL FASTING &



FOOD IS MEDICINE PLAN 2026

Welcome, to Mt. Pleasant Baptist Church and to our 40-Day Spiritual Fasting & Food is Medicine Plan for 2026. The Bible says, "Commit to the Lord whatever you do, and he will establish your plans" (Proverbs 16:3). The 40-Day Fast will begin on Wednesday, February 18, 2026, and conclude on Easter Sunday, April 5, 2026.

We believe this is the year God wants to reveal plans and establish purpose for your life... that's why this is your year to Pivot! What do you want to see God do in and through your life this year? What do you want to see God do in and through our church this year? For the next 40 days, we are going to lay the spiritual foundation for the rest of 2026 through prayer and fasting. Fasting disconnects us from the world, while prayer connects us to God. When we put the two together, we will see God do a tremendous work in our lives! This guide will walk you through everything you need to know for the next six weeks. Thank you for joining us on the journey. Let's get started!