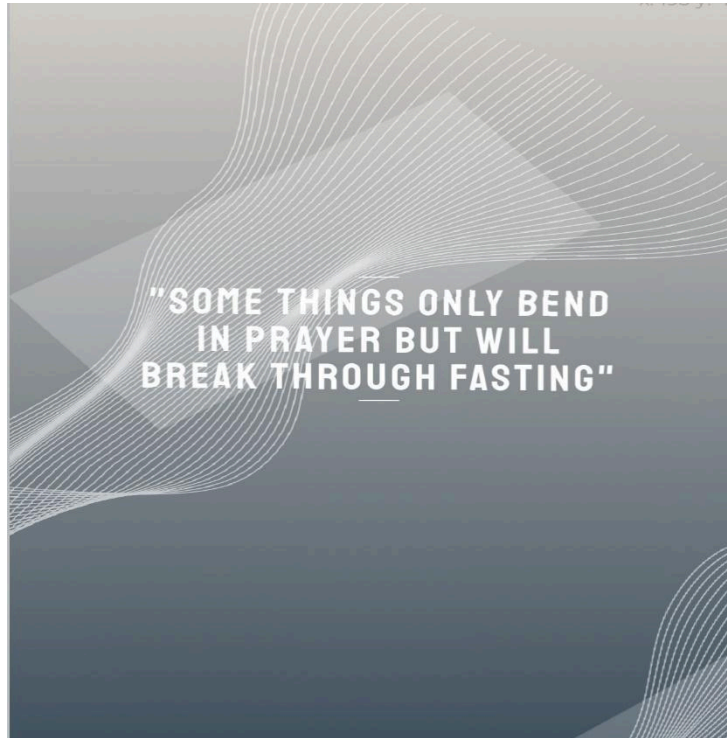


2026

30 Day Fasting



1 Corinthians 9:27

but I keep under my body and bring it into subjection: lest that by any means, when I have preached to others, I should be a castaway.

The Final Harvest Ministries 30 Day Fasting Guide:

A vast majority of people fast for spiritual growth to strengthen their faith, to become more self-disciplined, to increase humility and to supernaturally align with the will of God.

Other benefits of fasting include:

- Increased sensitivity to God's voice and Presence
- The Word of God becomes clearer to us
- Trusting and Obeying God becomes easier
- Increased Faith
- Strengthened Prayer Life
- Enhanced Worship
- Supernatural Healings
- Strongholds are broken

The Final Harvest Ministries is observing an all-inclusive church wide partial fast. Collectively, we are calling out to God to hear and to answer our prayers. We pledge a vow to encourage and to up lift each other through prayer, humility, kind words and a sense of unity and "oneness" because there is strength in numbers.

Thus, as a result, we are all truly dependent upon each other. If any among us gets off track, then I kindly suggest that you add your name to the prayer list so that your

brothers and sisters in Christ can strengthen you through prayer (additionally, you may realize that others may be facing similar challenges). If you "backslide" do not feel like a failure because the flesh is very weak and vehemently wars against the spirit.

Persistence, endurance, and longsuffering are keys to success (and of course prayer).

Do not give up or lose sight of what you hope to accomplish during this 30-day consecration, as you submit your mind, your body and your soul to the will of our Father which resides in heaven. Stay encouraged and wait on the Lord! Fight the good fight of faith.

Biblical scriptures supporting the power of fasting and prayer.

Ezra 8:21-23 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

For I was ashamed to require of the king a band of soldiers and horseman to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all of them for good that seek him; but his power and wrath is against all them that forsake him.

So we fasted and besought our God for this: and he was intreated of us.

Isaiah 58:6-7 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Matthew 6:17-18 - But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Matthew 17: 19-21 Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them.

Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto the mountain. Remove hence to yonder place and it shall remove; and nothing shall be impossible unto you.

Howbeit this kind goeth not out but by prayer and fasting.

The type of fast we will observe for this consecration will be a Partial Fast.

Note: PLEASE consult your physician before fasting if you are on medication that must be taken with food. If your doctor advises you not to participate, please find something you can give up for 30 days while interceding for the various prayer focuses.

The only beverages allowed will be water. Keep breath fresheners (spray or mints) on hand. Absolutely no fried foods, added sugar.

The week prior to the fast began drinking large amounts of water. Remember to drink large amounts of water throughout the fast as well. You may want to add a few drops of freshly squeezed lemon to your drinking water.

Do not engage in any strenuous activities during the fast. Married couples please consider 1 Corinthians 7:5 for the duration of the fast. However, if you or your spouse are not in agreement regarding temporary abstinence of sexual intimacy, then follow all the other requirements of the fast.

Children (11 and under) are exempt from the fast but are encouraged to give up something for 30 days. Teens are encouraged to fast the entire 30 days, unless their parent object. If teens have never fasted before this would be a good time to experience the benefits of fasting.

Additionally, please adhere to the requests below:

Pray consistently (morning, noon and night)

Pray with great expectancy

Read, study and meditate on the designated weekly themes and scriptures

Spend alone/quiet time daily with God (no electronics or other distractions)

I encourage everyone to find a prayer partner, preferably someone in the church who is also fasting (optional)

As you go into covenant with God, based on the word of God, then those things which God promised to your forefathers and ancestors, God will bestow onto you, to those who earnestly love Him; to those who obey His commandments; to those who seek God's perfect reign and God's perfect will upon the earth and in your life (that includes your loved ones),

There shall be all manner of miraculous healings (mind, body, soul and spirit). Are you angry? Resentful? Unforgiving? Scornful? Proud and arrogant? Are you sick in your body

or living in bondage? Do you need God to mend broken spirits and to restore relationships? Do you need a financial breakthrough? Or do you need a Holy Ghost filled spiritual revival?

Then I ask of you, give God an opportunity to demonstrate His divine power in your life. We serve an

awesome God and there is nothing that He cannot accomplish. Give God "You" and allow God to transform your life. Above all, always give God the glory, the praise and the honor that He so rightfully deserves and decrees from His children.

1 Peter 5:7-9 Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

Food/Beverage Intake: Jan 2-3

Water throughout the day

After 4:00 pm Veggie Salad with dressing (preferably oil -based Vinaigrettes) but do not add meat, cheese, eggs, bacon bits or croutons

REPENTANCE

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land

2 Chronicles 7:14

For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death

2 Corinthians 7: 10

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.

Acts 3:19

Food/Beverage Intake: Jan 4-10

Water/Juice throughout the day

After 4:00 pm Veggie Salad with dressing (preferably oil -based Vinaigrettes) but do not add meat, cheese, eggs, bacon bits or croutons

Focus

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:33

Set your affection on things above, not on things on the earth.

Colossians 3:2

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set.

Hebrews 12:2

Food/Beverage Intake: January 11-17

Water and Juice throughout the day

After 4:00 pm Vegetable Soup

Consistency

Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 15:58

Pray without ceasing

1 Thessalonians 5:17

I press toward the mark for the prize of the high calling of God in Christ Jesus

Philippians 3:14

Food/Beverage Intake: Jan 18-24

Water and Juice throughout the day

After 4:00 pm Fish baked or grilled and Vegetables

Unity

I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me

John 17:23

Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ

Ephesians 4:13

Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and *that* there be no divisions among you; but *that* ye be perfectly joined together in the same mind and in the same judgment

1 Corinthians 1:10

Food/Beverage Intake: Jan 25-31

Water and Juice throughout the day

After 4:00 pm Chicken baked or grilled and Vegetables

Spiritual Alignment

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God

Romans 12:2

If we live in the Spirit, let us also walk in the Spirit

Galatians 5:25

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing

John 15:5

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