

I WILL GIVE THEM A HEART TO
KNOW ME, FOR I AM THE LORD;
AND THEY WILL BE MY PEOPLE,
AND I WILL BE THEIR GOD, FOR
THEY WILL **RETURN** TO ME WITH
THEIR WHOLE HEART.

THEREFORE, RETURN TO YOUR
GOD, OBSERVE KINDNESS
AND JUSTICE, AND WAIT
FOR YOUR GOD CONTINUALLY.

2026 - THE YEAR OF RETURN

DRAW NEAR TO GOD AND HE
WILL DRAW NEAR TO YOU.
CLEANSE YOUR HANDS, YOU
SINNERS; AND PURIFY YOUR
HEARTS, YOU DOUBLE-MINDED.

THEREFORE TELL THE PEOPLE:
THIS IS WHAT THE LORD ALMIGHTY
SAYS: '**RETURN** TO ME,' DECLARES
THE LORD ALMIGHTY, 'AND I WILL
RETURN TO YOU,' SAYS THE LORD
ALMIGHTY.

01.11.26 – 01.18.26

No Walls Family!

Welcome to our year of RETURN. As we begin this year, we will begin with a corporate fast. The fast will begin the evening of Monday, January 11th, and conclude after service on Sunday, January 18th. For that morning, we for all WHO ARE ABLE to fast completely.

Each day ,we will set our focus on different topics as well as meditate on specific scripture passages. The guide below is to be used to supplement your own personal devotion time.

For those who are unfamiliar with the spiritual disciplines of prayer and fasting, do not worry. We want you to set some time aside each day to read your Bible and pray. Something that can help early on in your walk is getting started somewhere. A short, yet focused, structured time in our day can change our posture towards the Lord.

We want you to invest in your relationship with Christ by setting aside intentional time for prayer. Remember, Biblical fasting is refraining from food for a spiritual purpose. This is not a diet. Instead, use this opportunity to spend extra time in God's Word, to contend in prayer for the things you are trusting God for, and to grow in your relationship with Jesus.

We are excited for the testimonies that will be shared as a result of our obedience to pray and fast. Remember that we are in this together. If you are feeling weak, lean on each other and the word of God! Let's believe that God will hear and answer our prayers as we return back to HIM!

~ Pastor Stefen & Nadirah Gage

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01/11/26 – 01/18/26

Preparation for the Fast

What is Fasting?

"Fasting is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a greater spiritual goal." ~ Dr. Tony Evans

"Fasting is a **deliberate abstinence from any form of physical or emotional gratification to achieve a greater spiritual goal.**" ~ Dr. Dharius Daniels

Why we Fast?

• Jesus Fasted

Jesus is the example of each believer, and he was fully aware that he needed spiritual strength to fulfill his purpose. Fasting gives us spiritual strength. While fasting our soul is priority rather than our flesh.

- Matthew 4:1-2, Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil, And after fasting forty days and forty nights, he was hungry.
- Luke 4:14, And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.

• To Hear

Fasting allows us to become sensitive to Holy Spirit. Said another way, fasting is an investment to our spirit.

- Isaiah 58:4, Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.
- Acts 13:1-2, Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

• Revival

God consistently brings revival and deliverance to nations when they corporately fast. Isaiah 58: 12, Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

What Next?

- **Pray and seek** Holy Spirit guidance on your fasting goals. Seek medical advice as needed.
- **Make a plan.** Decide how you will fast. The guide has a plan, yet that is only a template.
- Grab a **prayer partner**...Godly accountability sharpens you during fasting. Select a time you will pray with your prayer partner. Send each other encouragement throughout the day.
- **Journal**...Holy Spirit will speak during this time, have a pen or your phone handy to take notes or audio recordings.

Types of Fasting

Full Fast (Liquids Only) Abstain from all solid food for the duration of your fast. Drink water and juice to stay hydrated. This type of fast requires significant physical and spiritual preparation.

Daniel Fast Based on Daniel's example in the Bible, abstain from meat, sweets, and bread. Drink water only; eat only fruits and vegetables.

Partial Fast Abstain from specific categories of food or drink, such as sweets, restaurant meals, snacks, meats, fried foods, or caffeinated beverages. This allows flexibility while still creating space for spiritual focus.

Non-Food Fast (Media/Activity CLEANSE) Choose something you routinely do for relaxation, entertainment, or pleasure and replace that time with seeking the Lord.
Consider cleansing from:

Social media and internet browsing
Television and streaming services
Video games
Shopping
Excessive work or busyness

Day One - 01.11 (PM)

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
| <input type="checkbox"/> One Meal Only | <input type="checkbox"/> Other |

Day Two - 01.12

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
| <input type="checkbox"/> One Meal Only | <input type="checkbox"/> Other |

Day Three - 01.13

- | | |
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| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
| <input type="checkbox"/> One Meal Only | <input type="checkbox"/> Other |

Day Four - 01.14

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| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
| <input type="checkbox"/> One Meal Only | <input type="checkbox"/> Other |

Day Five - 01.15

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| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
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Day Six - 01.16

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| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
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Day Seven - 01.17

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| <input type="checkbox"/> Water Only | <input type="checkbox"/> Liquid Only |
| <input type="checkbox"/> One Meal Only | <input type="checkbox"/> Other |

My Plan

Repentance

Repentance is a complete change of direction—a spiritual about-face. It is the decisive moment when we stop running from God and begin running toward Him. We abandon the path that leads away from His presence and instead pursue the way that draws us closer to His heart.

True biblical repentance goes far deeper than regret or remorse. It is not simply feeling bad about our mistakes or being sorry we got caught. Rather, it's a genuine transformation of the heart that produces real change in our lives. Repentance means we acknowledge our sin, grieve over it, and then actively turn away from it—choosing instead to pursue God with wholehearted devotion.

When we come to God in genuine repentance, His response is certain: forgiveness. His mercy is not withheld from the repentant heart. The moment we turn toward Him, we find Him already running toward us with open arms, ready to restore, heal, and make us whole again.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. **Acts 3:19**

Why does Repentance Matter?

1. Repentance Restores Our Relationship with God

Sin separates us from God, but repentance bridges that gap. When we humble ourselves and turn back to Him, God promises to hear us and restore us.

"If We confess our sins he is faithful and just and will forgive us our sins and purify us from all unrighteousness." **1 John 1:9**. God delights in our repentance. He is not a harsh judge waiting to condemn us, but a loving Father eager to welcome us home. Read **Psalms 103:8, 12**

2. Repentance Brings Healing to Our Land

God has given us a profound promise: national healing is possible through corporate repentance. When God's people humble themselves and turn from their wicked ways, He will heal their land. Read **2 Chronicles 7:14**

3. Repentance Transforms Us from the Inside Out

True repentance doesn't just change our behavior—it transforms our hearts. God gives us a new spirit and removes our heart of stone. Read **Ezekiel 36:26** and **2 Corinthians 5:17**

4. Repentance Saves Us from God's Judgment

Throughout scripture, God warns that sin brings consequences both temporal and eternal. But he also promises that genuine repentance saves us from His judgment. "The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you not wanting anyone to perish but everyone to come to repentance." **2 Peter 3:9**. God's call to repentance is an expression of His love. He wants to save us from destruction, not because he is cruel but because he is merciful.

5. Repentance Demonstrates Our Love for God

When we repent, we show that we value our relationship with God more than our sin. We choose Him over our pride, our comfort and our self-sufficiency. "Those whom I love I rebuke and discipline so be earnest and repent."

Revelation 3:19

Faith

James 1:2-4

My fellow believers, when it seems as though you are facing nothing but difficulties, see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up in you the power of endurance. And then as your endurance grows even stronger, it will release perfection into every part of your being until there is nothing missing and nothing lacking.

At the top of each calendar year it's common to see people write out goals and develop elaborate vision boards. The thrill of cutting and pasting photos from a magazine or newspaper comes with that. Sometimes we are able to accomplish those goals and other times the goals become dried up dreams that lie in a valley of dead bones...

During those moments, excitement can gradually dissipate as each goal begin to experience TESTING. Would the joy of reading 1-2 books a month withstand the responsibilities of parenting, which includes being a gourmet chef, professor, Uber Driver, and personal trainer (playmate)? Endurance and stamina are words used as synonyms to patience. That may be true, yet it is not a complete thought or expression. Rather, endurance "in the New Testament is the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings." In other words, Our faith can be trusted when it withstands testing. God's testing is always for our betterment. In contrast the enemy of our soul only comes to tempt and lure us away from God.

How are you to know if your faith has been tested; by reading Self Help books or listening to Sermons, TED Talks, Podcast...NO! It is through trials! Our hope is not not built on unsolid or shaky foundations. It is built on nothing less than Jesus blood and righteousness. Our faith can withstand trials because we understand the rod and staff comforts us. Our full reliance is on Jesus. Our faith muscle is built through endurance.

TIME OF REFLECTION

Think about how situations influenced your faith--Be honest with the Lord and yourself. Has your faith endured or ended? Has your faith experienced triumph or tragedy? Ask the Lord to reveal those areas. Ask him to heal those areas. Receive his healing. Ask the Lord to Build your Faith.

PRAYER

Father God in the name of Jesus, we asked for an increase in our faith. We know that trials come to make us strong and through trials an increase in faith is developed. Let endurance supersede our slothfulness as we work towards building your Kingdom for your glory...Amen.

Love

1 John 4:18

Love never brings fear, for fear is always related to punishment. But love's perfection drives the fear of punishment far from our hearts. Whoever walks constantly afraid of punishment has not reached love's perfection.

Fear has a way of dominating our relationships, stealing our hope, and paralyzing our hearts. It tries to consume us with anxiety, doubt, and confusion. Yet, God's love, perfect and unshakable, is the antidote. When we embrace His love, fear cannot hold us captive. His love sparks hope in our hearts and releases us from the chains of fear.

In Ezekiel 47:9, we encounter a powerful image of the River of God: "Where the river flows, everything will live." This river represents the life-giving presence of God's Spirit, flowing with healing, restoration, and peace. Just as the river brings life to everything it touches, God's love flows in the same way—releasing healing, peace, and joy into our lives. When we immerse ourselves in the river of His love, fear is washed away, and His perfect love releases us into the fullness of life He has promised. Fear cannot consume us when we are surrounded by His river; instead, His love consumes us and transforms us.

Imagine standing in this river, allowing it to flow over you and through you. As you surrender to its current, fear loses its grip, and you are washed in the refreshing waters of God's love. In His presence, we find the courage to face any challenge. His love sparks hope and strengthens us to walk boldly, knowing that He is with us, and His love is enough to drive out all fear.

In those moments when fear tries to take hold, remember that the river of God is always flowing, always available—a constant source of peace, healing, and victory. His love is our refuge and strength, and in it, we find the release of all that binds us. Let the river of His love flow over you today, sparking hope and releasing you from every fear, filling you with His perfect peace. As you experience His love, may you remember that we love Him because He first loved us, and it is His love that empowers us to love others.

PRAYER

Perfect and always Faithful Father. Your love is perfect and has never failed. It remains consistent and reminds us our needs are met when we are surrounded by your river of life. Thank you for releasing us from fear and transforming us into your image. Our soul longs to be in your presence where we are filled with an abundance of peace. Show us the areas causing our lives to suffer instead experience wholeness. Forgive our lack of trust in you. We turn our focus and attention towards the God who shared His greatest gift of love, Jesus. In your name we pray, Amen

Unmatched Peace

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

The Greek word for peace is Eirene (Irene). It means to join or bind together that which was separated. It paints a picture of something being bound or joined together again after being separated making it one again. This is inner rest.

Paul's roadmap to God's peace:

Step One: Confront Anxiety

"Don't worry about anything; instead, pray about everything." Give God control of the things that we can't control which causes paralysis of the heart and our minds.

Step Two: Ask God for Help

"Tell God what you need." God wants to give us good gifts. When we don't tell God what we need or give control to Him, we lose sight of His greatness.

Step Three: Be Thankful

"And thank him for all he has done." Being thankful is powerful in the sense it says to Jesus that we appreciate all He is doing and has done for us.

PRAYER

Heavenly Father, Lord, you created my prefrontal cortex, the large area in my brain that controls my emotional responses. This is the control center of my brain. I give you full permission to take back control of my prefrontal cortex. Hear me in my request for your peace. Apply a permanent haunt to my mind traffic, mend my heart and my mind, that they may be one piece again. Fill me with the peace that exceeds anything I can understand. I crown you Lord of my heart and Lord of my mind. Lord you are Jehovah Shalom- God our peace. Amen.

Grace

2 Corinthians 9:8

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

The Greek word for grace is Charis which means favor, kindness, and life. And God is able to make all grace, all favor, all kindness, and all life abound to us. This means that we can all of this in abundance if we walk with Jesus as our Lord.

Where do you need grace in your life? Not only that, who do you need to offer grace to? The reality is that grace is freely given yet it cost Jesus his life. This same grace that was given to us should also be offered to those who may have hurt us. This can only be done through Jesus and nobody else. Regardless of the success you have in other means, it will only be temporary reprieve. However, Jesus's grace is eternal.

Have you ever done or said something only to realize after it was done that you are probably going to pay for that? I know have plenty of times. Even in the times where we deserve to be punished rather than receive something of value, Jesus steps in and shows us kindness and goodness. Is this what you are looking for?

We can abound in every good work through the grace of God. He is able, He wants you to have it, He wants to show you that better is here and your life is full of His favor (grace).

PRAYER

Jesus, thank you for your never ending grace in my life. Forgive me for taking advantage of it while also neglecting to realize this is nothing I earned but a gift freely given by you. Lord, show me how to walk in the newness of your grace and offer that same grace to others. Release me of the chains that have me bound so that I can run freely for you. In Jesus name, Amen.

Life

John 10:10

"A thief has only one thing in mind—he wants to steal, slaughter, and destroy. But I have come to give you everything in abundance, more than you expect—life in its fullness until you overflow!"

Life can often leave us feeling as though the very breath of life—the same breath Yahweh poured into Adam—has been knocked out of us. The enemy works tirelessly to discourage us, weigh us down with fear, and fill our hearts with grief. As Proverbs 13:12 says, "Hope deferred makes the heart sick," and at times, we feel that sickness deeply, as if hope has slipped through our grasp.

The adversary's ultimate goal is to weaken our faith, trust, and reliance on a faithful God, using any means necessary to distance us from Him. Yet, even when we feel broken, our Advocate, Christ, stands in the gap. He continues to restore our connection with the Father, healing what the enemy has tried to distort or destroy.

Jesus reminds us in John 10:10 that He came so we might have life—life abundant and overflowing. Your journey is not meant to be one of despair, but one of fullness, living in the abundance of His love, joy, and restoration. Even when life feels heavy, know that His promises stand firm, and His purpose for you is life in its richest, most overflowing form.

TIME OF REFLECTION

What is perceived as lack in the right now is not lack at all. It is teaching us patience and endurance that will help sustain us when the fullness of His promise is manifested. The enemy wants to make us believe God isn't paying attention. That's contrary to the truth. God hears us, sees us and He cares. He will answer. In His timing. We must remain faithful and hold to His promise; keeping our eyes fixed on Him alone. Circumstances are temporary. God is eternal.

PRAYER

Father God, Please highlight for me where I have allowed the lies of the enemy to become my truth. Keep me from focusing on what does not happen as lack and what does happen contrary to what I desire as punishment. Refine my mind and heart so that my desires align with your promise concerning my life. You are a faithful God and I know that your word is true. Please help me to stand firm in that truth and to quickly dismiss every lie of the enemy. In Jesus' name I pray, Amen.

Oneness

Mark 2:19-20

"And Jesus said to them, 'Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come when the bridegroom is taken away from them, and then they will fast on that day.'"

When we become Christians we become united to Jesus and his Spirit now dwells within us. No longer separated from him, we are now able to live our days walking in close relationship with him, witnessing his power and experiencing his presence in real and meaningful ways. And yet, we know that what we experience now pales in comparison with what awaits. This side of heaven, we settle for tastes and glimpses that merely whet the appetite for what lies ahead. Jesus has promised us that there will be a day when we will be with him, and that we will know a fullness of joy that we can't even begin to fathom while our feet are still planted on this earth. Our bridegroom has promised that he will either return for us or send for us so that we can receive the glorious inheritance that is being guarded for us.

There are many motives for fasting, but one that is often neglected is that we fast to declare our longing to be with our bridegroom. In fasting, we confess our desire for our Savior to come and sweep away all sin and sadness, to obliterate the brokenness that permeates our lives, and to draw us into a relationship with him that is rich beyond our imagination. In fasting, we proclaim that nothing this world offers us can satisfy the deepest places of our souls, and we express that we are eagerly awaiting the day when what is temporary is swallowed up by what is eternal. Fasting is a means of stirring up within us a holy hunger for the unhindered fellowship with God that we were created to enjoy and are promised that we will one day experience.

Reflection: As you end your 7 days of fasting, take some time for a little extra reflection. How has your life been blessed through this discipline? Are you more aware of your dependence on God, your desire for God, or your delight in God? Was it easy or difficult for you to fast with right motives? Would you say that your time of fasting helped to stir within you a holy hunger for a deeper and closer walk with God?

PRAYER

This is the day that you will write out your own.

[illegible]

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