



JANUARY 2026

# PRAYER & FASTING

GUIDE



*Judahtab.org*

# Personal Plans and Goals for 2026

*"For I know the plans I have for you, declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future"*  
Jeremiah 29:11

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## FASTING PREPARATION

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.

Eat raw fruit and vegetables for two days before starting a fast.

Avoid drugs. Medication should be withdrawn only with your physician's supervision.

Limit your activity.

Exercise only moderately.

Rest as much as your schedule will permit.

Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.

## Judah Tabernacle 2026 30 Day Prayer and Fasting Guide

Date	Prayer Focus	Supporting Scriptures
Jan. 02	Thanksgiving & Dedication	Psalm 118:24; Proverbs 16:3; Romans 12:1
Jan. 03	Renewal of the Mind	Romans 12:2; Philippians 4:8; Isaiah 26:3
Jan. 04	Repentance & Cleansing	Psalm 51:10-12; 1 John 1:7-9; Isaiah 1:18
Jan. 05	Consecration & Alignment	Romans 12:1-2; Psalm 24:3-4; 2 Corinthians 5:17
Jan. 06	Hunger for God	Matthew 5:6; Psalm 42:1-2; Jeremiah 29:13
Jan. 07	Revival & Awakening	2 Chronicles 7:14; Habakkuk 3:2; Acts 3:19
Jan. 08	Sensitivity to the Holy Spirit	John 14:26; Romans 8:14; Galatians 5:25
Jan. 09	Obedience & Submission	John 14:15; Deuteronomy 28:1-2; James 1:22
Jan. 10	Faith for the Year Ahead	Hebrews 11:1; Mark 11:22-24; Romans 10:17
Jan. 11	Rest & Trust in God	Matthew 11:28-30; Psalm 37:7; Exodus 33:14
Jan. 12	Renewal & Spiritual Strength	Isaiah 40:31; Psalm 103:1-5; Ephesians 3:16
Jan. 13	Victory Over Fear	2 Timothy 1:7; Isaiah 41:10; Psalm 27:1
Jan. 14	Unity in the Body of Christ	Psalm 133:1; Ephesians 4:3; John 17:21
Jan. 15	Wisdom & Discernment	James 1:5; Proverbs 3:5-6; Colossians 1:9
Jan. 16	Spiritual Discipline	1 Corinthians 9:27; Luke 9:23; Galatians 6:9
Jan. 17	Boldness & Courage	Joshua 1:9; Acts 4:29; Proverbs 28:1
Jan. 18	Dependence on God	Psalm 127:1; John 15:5; Proverbs 18:10
Jan. 19	Surrender & Lordship	Luke 9:23-24; Romans 14:8; Colossians 3:17
Jan. 20	Spiritual Growth	2 Peter 3:18; Colossians 1:10; Psalm 92:12
Jan. 21	Prayer & Intercession	1 Timothy 2:1-2; Ezekiel 22:30; Matthew 21:22
Jan. 22	Clarity of Purpose	Jeremiah 29:11; Proverbs 19:21; Ephesians 2:10
Jan. 23	Strength in Trials	James 1:2-4; Isaiah 43:2; Romans 8:18
Jan. 24	Gratitude & Contentment	1 Thessalonians 5:18; Philippians 4:11-13; Psalm 34:1
Jan. 25	Preparation for Increase	Isaiah 54:2-3; Luke 16:10; Proverbs 4:18
Jan. 26	Expectation & Hope	Romans 15:13; Hebrews 11:6; Psalm 62:5
Jan. 27	Integrity & Holiness	Psalm 15:1-2; 1 Peter 1:15-16; Proverbs 11:3
Jan. 28	Fresh Fire & Passion	Romans 12:11; Acts 1:8; Jeremiah 20:9
Jan. 29	Kingdom Focus	Matthew 6:33; Colossians 3:1-2; Luke 17:21
Jan. 30	Fruitfulness	John 15:5; Psalm 1:3; Galatians 5:22-23
Jan. 31	Commitment to Finish Strong	Philippians 1:6; Hebrews 12:1; 1 Corinthians 15:58

## Prayer Journal

<u>Prayer Requests</u>	<u>Prayer Answered</u>
Date & Write the Request	Date & Write How God Answered

Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the “blahs.” Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness. The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

## **SAMPLE FASTING SCHEDULE**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading.

### *Morning – Before work*

Begin your day in praise and worship.

Read and meditate on God's Word in the Fasting and Prayer Guide.

Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

Invite God to use you. Ask Him to lead you in meditating on the daily prayer focus, scriptures, and personal requests and concerns; as you are responding through prayer.

### *Noon – Lunch break*

Return to prayer and God's Word.

Take a short prayer walk.

## *Evening*

Get with others who are fasting with you and meet together for prayer.

## FASTING AND PRAYING

## **PURPOSE**

The purpose of this *30 days of Fasting and Prayer* is to start “**2026**” with a spiritual enrichment from the Almighty God.

## **WHAT KIND OF FAST?**

The kind of fast you choose should be based on the leading of the Holy Spirit and your circumstances. Generally, we encourage you to embark on a food fast in some form. When the Bible speaks of fasting (as it does consistently) it is most always referring to a food fast. There is a powerful spiritual release that occurs when we deny ourselves in this spiritual way.

You are heavily encouraged to participate in what is commonly known as a "Daniel" or a partial fast. The focus here is not a complete abstinence from all food, but on the restriction of one's diet. Usually, this would highlight a fast from meat and seeks to focus on fruits and vegetables. Another form of the partial fast might include omitting a meal or two each day, thus limiting the quantity of food consumed.

## **WHO'S INVOLVED?**

Members of Judah Tabernacle, and other believers, anticipating a powerful, mind-blowing, supernatural manifestation of God, in the year of 2025.

## **DATES OF THE FAST**

The 30 days of Fasting will begin **Friday, January 02, 2026**, at **6:00 am** and will end at **6:00 pm, Saturday, January 31, 2026**.

## **PRAYER**

The purpose of prayer is to seek God's will (1 John 5:14). Jesus in His model prayer told His disciples to ask according to the will of God (Matt. 6:10). When a believer talks to the Father, each request for help and every desire for guidance should be asked in the name of Jesus. Prayer is the opportunity God gives His children to become intimately acquainted with Him. Prayer coupled with Fasting will help to humble the believer as he or she denies themselves to draw closer to God. As a result, the believer is positioned for the "Blessings" of God.



Note: The following prayer plan for the month of January focuses on various aspects of one's spiritual, personal, and communal growth and is rooted in scripture from the King James Version of the Holy Bible. Thank you for your daily support, prayers, and participation.

Bishop Cedric A. Robinson