

Refreshing Worship Christian Church

Time of Prayer & Fasting

RWCC had dedicated the dates of January 19-28, 2026, as a time of **Prayer & Fasting**. During this time, we will consecrate and discipline ourselves from those things which would distract us from focusing on seeing God's purpose fulfilled in our lives. We encourage you to press in and take full advantage of this time that has been set aside.

FAST AIM

For God to rekindle our passion for prayer & intercession and allow us to experience Him at new levels

FAST TIMEFRAME

Start Date: **January 19, 2026**

End Date: **January 28, 2026**

DIETARY GUIDELINES

❖ What Can You Eat?

- Whole grains (Brown Rice, Oats, Barley, Whole Grain/Wheat Pasta)
- Beans & legumes
- Nuts & seeds
- Vegetables

- Fruit
- 100% Fruit Juice
- Nut Milks (Unsweetened)
- Herbal Tea
- Water

❖ What Foods to Avoid?

- Animal products (Meat, Poultry, Seafood, Eggs, etc)
- Added sugar
- Processed food

- Deep-fried food
- Candy and Other Sweets
- Caffeinated and alcoholic beverages

ADDITIONAL GUIDELINES

It is encouraged that in order to truly give focus to fasting and prayer we intentionally remove/ limit things that will cause distractions, provide entertainment, or prevent us from giving ourselves fully to God during these 10 days.

- *Minimize and/or limit leisurely watching television, social media activity, and cellphone usage, except for work-related and emergency instances.*

FAST ACTIVITY GUIDELINES

❖ Primary Scripture: Joel 2:12-13

Even now this is the Lord's declaration to me with all your heart, with fasting, weeping, and mourning. Tear your hearts, not just your clothes, and return to the Lord your God. For he is gracious and compassionate, slow to anger, abounding in faithful love, and he relents from sending disaster.

❖ Corporate Prayer (Conference Call Line: 518-318-5264)

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| – Jan. 18th, Sun. 8:30 pm
(Presenter – Pastor Terry) | – Jan. 22 nd , Thurs. 5:00 am |
| – Jan. 20 th , Tues. 5:00 am | – Jan. 25 th , Sun. 8:30 pm (Presenter) |
| | – Jan. 28 th , Wed. 8:30 pm (Presenter) |