

**EMPOWERED PEOPLE CHURCH**  
**FASTING & CONSECRATION GUIDELINES – 2026 BEGINNING OF THE YEAR**  
***Our 2026 Vision – “Winning!” – Even When It Looks Like We’re Losing, We’re Winning***  
Jan 7th - Feb 18th, every Wednesday fast from midnight to midnight.

**FOUNDATIONAL SCRIPTURES:**

- “And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.” Revelation 12:11 (KJV)
- “For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. <sup>5</sup> Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?” I John 5:4-5 (KJV)

**PRAYER FOCUS (Corporate & Individually)**

- That the finished work of Christ manifests in every area of our lives: spiritually, emotionally, financially, physically, relationally, etc.
- That our faith is increased.
- That we walk in the revelation of our overcoming power.
- That we share our testimonies often and in unprecedented ways and times.
- That we excel to another level of surrender in our walk with the Lord.
- That any “unsettled, long-standing issues, court cases, problems, sicknesses, etc. that we’ve contended with are settled THIS YEAR!

**Please choose one of the following that you will do for any given Wednesday:**

- One meal a day.
- Fruits and vegetables all day.
- Liquids only all day.
- Fast until 3 pm.

\*No sweets the entire day.

During the entire day of consecration we are stressing time spent in prayer, worship and reading, studying or meditating on the Word replacing times when you would normally be eating, preparing meals, watching television, listening to music or participating in recreational activities. During the entire day of consecration please abstain from watching and/or listening to any secular television, or music. Christian programming is acceptable.

**Prayer**

Please join us for our daily 5 am prayer call. The number is 302-202-1110, Code 149966. Weekends @ 7 am.

**ATONEMENT**

**Offering & Communion:** Sun., Jan. 25<sup>th</sup> during our 10 am services we will stand before the Lord with our first fruits offerings. We will take communion together and pray over your bottles of Extra Virgin Olive Oil if you haven’t already brought them in.

**Scripture References for Fasting**

- Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14
- Relation to Prayer and reading of the Word: I Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2
- Corporate Fasting: I Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37
- Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58, Jeremiah 14:12, I Corinthians 8:8). May God greatly bless us as we fast and consecrate!