



PIVOT26

THE YEAR OF REDIRECTION

the shift FAST 2026

JANUARY 5 - JANUARY 25

CORPORATE FAST GUIDE

REV. JHONTRE GREEN, PASTOR

What is Fasting?

Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny our physical flesh, to increase our spiritual effectiveness. Fasting takes prayerful discipline! Mark 9:29

When fasting, remember to:

- Abstain from sinful habits/behaviors Examples: cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. (See Galatians 5:19-26 and Hebrews 12:1) Prayerfully, after the fast, you won't look back!
- Take time to meditate on God's Word and pray.

What is Prayer & The Purpose of Prayer?

Prayer is our intentional reach for God's direct and specific involvement in our life. Prayer is communication with God, giving thanks, requests and desires, knowing He can and will respond through thoughts, ideas, situations, people but, primarily His word. James 5:16. **REMEMBER:** A fast without prayer is only a DIET.

7 PURPOSES OF PRAYER

- First (Focus) May God propel you toward His purposes for your life.
- Second (Faith) May you trust God in every season, and your faith in God be strengthened.
- Third (Fruit) May your life produce meaningful results.
- Fourth (Fervency) May you (re)gain your edge and (re)ignite your passion for the things of God.
- Fifth (Fight) May you press through those hard situations that seem overwhelming.
- Sixth (Finish) May you break through the chains of fear, doubt, and discouragement.
- Seventh (Flexibility) May you gain peace and wisdom while in life transitions.

MY PRAYERS SHOULD INCLUDE:

- **Self** - Pray for your personal growth, improvement, and other specifics needs.
- **Situations** - Pray for specific situations happening in your life & the life of those around you
- **Success** - Pray for the ability to do well in every aspect of life.
- **Surroundings** - Pray for your family, friends, church, community, and leaders

THREE (3) FASTING OPTIONS:

Partners in the fast are asked to select **one** of the three options and prepare to commit to it for 21 Days beginning on January 5, 2026 and conclude on January 25, 2026.

OPTION 1: INTERMITTENT FASTING

NO FOOD OR DRINKS EXCEPT WATER 6AM-6PM

The intermittent fast option would call for participants to **avoid eating or drinking anything except water from 6AM-6PM daily of the fast.**

This option also calls for **no social media** between those hours.

Outside of those hours, they are able to eat or drink whatever they choose and use social media.

OPTION 2: SELECTIVE FASTING

NO PORK PORK OR BEEF

NO SWEETS

NO CARBONATED DRINKS

LIMIT SOCIAL MEDIA USE

for the entirety of the fast! Meaning all day, everyday.

OPTION 3: DANIEL FAST

NO SOCIAL MEDIA FOR THE ENTIRE FAST
AND **ONLY** EATING

• FRUIT, VEGETABLES & WHOLE GRAINS.

Devotional Time Recommendations:

A fast without prayer and spending quality time in the Word is just a **diet**. Partners are encouraged to engage in much prayer, reading and reflection before God. That substantiates the ultimate purpose of a fast; to gain more of God as we give up things that bring us fulfillment physically.

During the Fast, we will have corporate Bible Plans to coincide with the fast. To participate, follow us on YouVersion Bible App. The link is below along with the QR Code:



This year, Pastor is encouraging us to be more intentional about reading the Bible. As such, he will be distributing monthly reading plans that go along with each month's sermon and teaching series. In addition to your personal reading and the corporate plans on the Bible App, all are encouraged to start the reading plan for the month below:

WEEK ONE

Genesis Chapters 12, 13, 15 & 17

WEEK TWO

Genesis Chapters 18, 21 & 22

WEEK THREE

Exodus Chapters 3, 4 & 6

WEEK FOUR

Isaiah Ch. 6; Jeremiah Ch. 1; Mark 1:14-20; Luke 5:1-11

WEEK FIVE

Acts 9:1-31

THIS MONTH'S SERIES:
"DIVINE DETOURS!"



PASTOR'S TIPS FOR READING THE BIBLE

- **RECOMMENDED VERSIONS**

I am a firm believer in keeping the **King James Version** as your primary source of reading and/or reference. However, I have found the most reliable translations to be **English Standard (ESV)**, **Amplified (AMP)**, **New International (NIV)** and the **New Living Translation (NLT)**. Readers should frequently compare what they read to the original KJV.

- **START WITH PRAYER**

Begin each reading session with a Word of Prayer. Ask God to bring illumination to you and to help you focus on what you are reading. More than anything, pray for **Wisdom on how to understand** the Word and **apply the Word**.

- **EXEGESIS OVER EISEGESIS**

Enter each session with the heart and intention of hearing and understanding what the Bible **actually** says & means (exegesis) over what you **want** it to say (eisegesis).

- **WRITE NOTES**

Jot down what you pull from a passage. This helps you retain what you read & a lot of times will lead you deeper into understanding more about the text. It also helps to write down questions.



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Sermon Recommendations

To help you maximize time spent off of social media, Pastor has compiled a playlist of sermons from sound voices on YouTube that are geared toward helping you grow in the faith. To access that playlist, scan the QR code below:

