

Corporate FASTING & PRAYER

5 - 7 JANUARY 2026

Joshua 3:5

⁵Joshua told the people, "Consecrate yourselves, for tomorrow the Lord will do amazing things among you."

As we begin this season of fasting and prayer, let us draw near to God with hearts fully surrendered. May this time be a sacred opportunity to consecrate ourselves afresh, seeking His presence and guidance. Our prayer is that in 2026, the Lord will renew and Recalibrate our spiritual walk, aligning us with His purposes and deepening our intimacy with Him.

As we embrace this spiritual discipline into a season of Recalibration, let us place our trust fully in the Lord. May He realign our hearts and reset our steps, guiding us unto His path for the next five years towards 2030.

"Only when the individual is ready, collectively we have the power."

"Revival starts with a spark."

Rev Dr Edwin Wong

THE DIFFERENT TYPES OF FASTS:

Partial Fast: Abstaining from certain types of food (e.g., the Daniel fast, which consist strictly of a plant-based or vegan diet). It includes omitting one meal a day.

Normal Fast: Abstaining from food only, with water and some non-caloric beverages allowed.

Absolute Fast: Abstaining from all food and liquids, and should be short.

Other Types of Fasting: Abstaining from social media and digital entertainment.

STEPS TO GET STARTED:

Understand the Purpose: Recognize that prayer and fasting are spiritual disciplines meant to deepen your relationship with God, seek His guidance, and align your heart with His will. Approach them with humility and sincerity, avoiding wrong motives like seeking recognition or using fasting for personal agendas.

Prepare Yourself: Take time to prepare spiritually, mentally, and physically. Pray for guidance on the type, duration, and focus of your fast. Be ready to face challenges like hunger or distractions, and eliminate unnecessary activities to stay focused on God. Please check with your doctor if you have existing medical conditions.

Start Small: Begin with shorter fasts, such as skipping one meal or fasting for a few hours, and gradually increase the duration as you grow in spiritual discipline. Avoid setting overly ambitious goals that may lead to discouragement.

Combine Prayer and Scripture: Pair your fasting with intentional prayer and Bible study. Meditate on specific scriptures, reflect on their meaning, and align your heart with God's purposes.

Stay Focused and Humble: Keep your fasting private and avoid seeking attention or recognition. Regularly check your motives to ensure they align with God's desires. Trust in His presence to bring transformation, clarity, and breakthrough in your life.

PRAYER POINTERS:

1) Alignment of All Hearts.

John 17:21-23

²¹That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²²I have given them the glory that you gave me, that they may be one as we are one – ²³I in them and you in me – so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

Romans 15:5-6

⁵May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, ⁶so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

2) Deny Yourself. Carry Your Cross.

Galatians 5:16-17

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Luke 9:23

²³Then He said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."

3) Humility.

John 13:14-15

¹⁴Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵I have set you an example that you should do as I have done for you.

Philippians 2:3

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.

4) Connected to The Vine.

John 15:4-5

⁴Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

⁵I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Colossians 2:6-7

⁶So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, ⁷rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.

5) Focus on Others.

Romans 12:15

¹⁵Rejoice with those who rejoice; mourn with those who mourn.

Ephesians 4:29

²⁹Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

6) Deeper Intimacy with God.

Jeremiah 9:24

²⁴“But let the one who boasts boast about this: that they have the understanding to know me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight,” declares the Lord.

Psalms 63:1

¹You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.

7) Moving as One body.

1 Corinthians 12:12-14

¹²Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. ¹³For we were all baptized by one Spirit so as to form one body – whether Jews or Gentiles, slave or free – and we were all given the one Spirit to drink. ¹⁴Even so the body is not made up of one part but of many.

Philippians 1:27

²⁷Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel.