



21 DAYS OF

# PRAYER, FASTING + SACRIFICE

FEBRUARY 2-28, 2026

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# **"DECLARE A HOLY FAST; CALL A SACRED ASSEMBLY. SUMMON THE ELDERS AND ALL WHO LIVE IN THE LAND TO THE HOUSE OF THE LORD YOUR GOD, AND CRY OUT TO THE LORD" JOEL 1:14**

We invite the Crossland Community to join us for 27 Days of Prayer, Fasting, and Sacrifice from February 2nd to February 28th. Let this be a time to seek God, grow deeper in your relationship with Christ, and position yourself for breakthrough and lasting transformation in 2026 and beyond.

## **LET'S TALK ABOUT FASTING**

Fasting is one of the most powerful spiritual disciplines of all the Christian disciplines. It is a way to align our hearts like the psalmist, "My soul thirsts for God, the living God." **Psalm 42:2**

Through fasting and prayer, the Holy Spirit can transform your life. According to Scripture, personal experience, and observation, fasting and prayer can also effect change on a much grander scale. When God's people fast with a proper biblical motive [seeking God's face not His hand, with a broken, repentant, and contrite spirit], God will hear from heaven and heal our lives, our churches, our communities, our nation, and world.

Fasting is not optional for the believer - it is an expectation.

Jesus did not say "if you fast," but "when you fast." **Matthew 6:16** makes it clear that fasting is a normal and assumed practice in the life of a follower of Christ.

Fasting is powerful because it establishes spiritual authority. It declares to the flesh, "You do not rule me - I am led by the Spirit." When we fast, we deny the flesh what it craves most: comfort, pleasure, and control. As the flesh is denied, it resists and groans but over time, it quiets.

When the flesh is silenced, the true part of who we are - **the spirit man** - grows stronger and more sensitive to God. Our spiritual awareness increases, our discernment sharpens, and our hearts become more responsive to His voice. Fasting also brings humility. It is an act of surrender that places us before God in dependence, especially in seasons when we need Him to move in a specific area of our lives. Scripture teaches that God responds to humility, and fasting positions us to receive His grace, direction, and power.

Fasting creates a pathway for breakthrough. It is not a ritual - it is a spiritual discipline Jesus both practiced and commanded. Though often overlooked, fasting is a God-given spiritual weapon that unlocks heaven's resources in our lives.

Through fasting, God releases:

- **Divine breakthrough**
- **Increased spiritual sensitivity**
- **Authority over the flesh**
- **Humility before God**
- **Answered prayer**

Fasting is not about food, it is about **focus**. It realigns our priorities and strengthens our ability to submit our desires to God. In fasting, we learn to master what seeks to master us.

# WHAT WILL WE BE FASTING?

During our 27-day fast, we'll fast **Monday through Friday** with our "guided/suggested fast", **leaving weekends flexible for you to choose your own fasting focus**. Below is our 4 week, 5 day incremental schedule to guide what we'll be fasting from (keep in mind, this is just a guide to help those who may be unfamiliar with fasting. Feel free to seek God about what it is you should be fasting from.

**Days 1-5 (February 2-6)** : Fast from meat and sweets (Pray and study daily).

**Days 6-10 (February 9-13)**: Eat only one meal a day (Pray and study daily).

**Days 11-15 (February 16-20)**: Fast from meat and sweets (Pray and study daily).

**Days 16-20 (February 23-27)**: Eat only one meal a day (Pray and study daily).

We also encourage you to ask the Holy Spirit about giving up other things throughout the fast. This could include personal sacrifices like caffeine, video games, social media, or anything else you feel led to surrender. Let this time draw you closer to God.

**If you have any health concerns, please consult your physician before beginning the fast.**

## LET'S TALK ABOUT PRAYER

Prayer is most effective when it is not just something we sometimes do but is a lifestyle we cultivate. Prayer is not merely talking to God. When prayer is reduced to words alone, the conversation becomes one-sided, limited to our needs, our thoughts, and our concerns. True prayer is **communion and fellowship**. It is an ongoing relationship where both **speaking and listening** are essential.

Prayer flows in two directions. As we speak, we must also create space to hear. When we listen long enough, God often answers questions we never voiced, redirects desires we thought were settled, and leads us in ways that bring deep fulfillment. In His presence, clarity replaces confusion, and direction replaces striving. This is how the command to "**pray without ceasing**" becomes a lived reality - not through constant words, but through constant **awareness**. A heart continually tuned to God remains in prayer even in silence.

When we align our hearts with the heart of God, we begin to hear the mind of God. His voice gives direction to our lives and clarity to our prayers. We no longer pray aimlessly but we pray with understanding, faith, and confidence.

As Scripture reminds us: "**Faith comes by hearing, and hearing by the word of God.**"

**(Romans 10:17)** Prayer, then, is not just about knowing what to say, it is about learning how to hear.

### DAILY PRAYER CALL

We will pray together Monday through Friday at 5:30am CST. A member of our Crossland community will lead prayer during our prayer calls. You're also welcome to submit prayer requests through our website, social media direct messages, text messaging or email.

### Connection Details :

425-436-6366

Access Code: 271998#

# REQUEST PRAYER

We would love to pray for your needs. We have intercessors who connect their faith with yours as we believe that God answers every prayer. To submit a prayer request online, [click here for the link](#) or scan the QR code below with your phone's camera. Our prayer leaders will be praying over all requests during our morning prayer calls. You may also submit a prayer request card in person at our Sunday worship service.



## PREPARE SPIRITUALLY

Begin by deciding why you are fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. Then, write them in a prayer or fasting journal.

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**2 Chronicles 7:14**

Here are several things you can do to prepare your heart for fasting:

- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (**1 John 1:9**).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (**Mark 11:25; Luke 11:4; 17:3,4**).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in **Ephesians 5:18** and His promise in **1 John 5:14,15**.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (**Romans 12:1,2**).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (**Psalm 48:9,10; 103:1-8, 11-13**).
- Begin your time of fasting and prayer with an expectant heart (**Hebrews 11:6**). Do not underestimate spiritual opposition. (**Galatians 5:16,17**).

# PREPARE PHYSICALLY

Although fasting is primarily a spiritual discipline, it begins in the physical realm. Since we will be fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable. It is also recommended to start weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

# WHILE YOU FAST

- 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.
- 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.

# THANK YOU!

Thank you for joining us in our 27 Days of Prayer, Fasting, and Sacrifice. Our prayer is that God overwhelms you with His goodness as you seek His presence, power, and provision. He is always faithful! We can trust Him far more than our own efforts. When we dedicate time to pray and focus on Him, we open the door to experience His unwavering faithfulness.

We're excited to see how God moves in all of our lives during this season of fasting and prayer. If you have any questions, don't hesitate to reach out to us!

## **Do You Have a Testimony?**

As we conclude this focused time of prayer and fasting, take a moment to reflect on your journey. Have you experienced a transformation, breakthrough, or renewed sense of purpose? Your testimony is a powerful reminder of God's work in our lives and could be the encouragement someone else needs to keep going in their faith. We'd love to celebrate with you, please share your story by emailing it to [info@crosslandchurch.com](mailto:info@crosslandchurch.com).

Remember, these 27 days of prayer and fasting were never meant to be an endpoint but a launching pad for a deeper relationship with God. The journey doesn't stop here! Let's keep the momentum going - keep praying, seeking, and growing in your faith. The God we serve is not just good; He's better than good and delights in every moment you spend with Him.