

***2026***

***CHURCH  
FAST***

***FEBRUARY 21 - MARCH 13***

***DEVOTIONAL - VOLUME 1***



**We are so excited that you would join us for the next 21 days to pray and fast. We are believing that you will have personal breakthrough, find a deepness with the Lord, and grow in your relationship with Him.**

**Our recommendation would be to have your bible out as you use this devotional - read the suggested passages and take a moment of reflection.**

### ***Why Prayer + Fasting?***

Combining prayer and fasting is a powerful Christian discipline practised for thousands of years by believers.

- Daniel prayed and fasted for his people.
- Nehemiah prayed and fasted for his city.
- Ezra prayer and fasted.
- Joel prayed and fasted.
- Jesus prayed and fasted!

When we fast and pray we follow the example of our Lord Jesus who modelled it for us. Jesus taught his disciples recorded in **Matthew 6:16–18:**

**16 "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.**

In this passage Jesus says "When you fast..."- implying His followers will fast.

Fasting is simply voluntarily giving up food- or other pleasures like technology, social media and entertainment - for a set time to seek God in prayer. (Fasting without prayer is simply a diet). It helps sharpen our spiritual focus and add urgency and hunger to our prayers.

### ***Suggestions for Fasting:***

Fasting a meal or two a day.

Fasting a type of food (snacks, desserts, sweets).

The Daniel Fast (Vegetable and fruit).

Turn down technology, social media and entertainment.

**February 21**

# **Surrender in Fasting**

*Autumn Webb*



The opportunity of fasting is such a beautiful gift we have been given as Christians. By weakening our fleshly desires, our Spirit grows stronger, and with that we receive clarity, revelation from the Holy Spirit, and peace like never before.

Have you ever heard of beach worms? Super long, thin worms that can be 5-30 feet long on average, lying under the sand near the shore. Beaches pay people to remove these worms because they are pests. The process of removal is through something called a "stink bag". The worm remover waves this stink bag (full of dead fish and guts) very slowly over the sand surface. They do this over and over very slowly just waiting for the worm to poke its head out, then without hesitation, they clamp on the worm and pull it straight out of the ground.

Sometimes in times of fasting, it can seem like we are suffering more than normal. Maybe the day you started this fast things took a turn for the worse in your personal life, finances, family, etc. Oftentimes, the Lord will let these "stink bag" moments linger around us, so that the root of what He really wants to address in us can be given to Him.

Maybe you started this fast and you are struggling to see God show up for you. And through this struggle, the intention isn't to make you suffer, but what He really wants to address in your heart is the idea that you don't truly trust Him as much as you say or think you do. God uses fasting as a way to illuminate things in us that have been covered up by our day to day habits. Lean into the surrender of saying "Lord, make me more like you, and help me to surrender the parts of myself that are not of you."

The Bible tells us in Isaiah 55:9, that God's ways and understanding are beyond ours, and He won't always do things the way we expect. But He is perfect. My encouragement to you throughout this fast is to stand firm and dig deeper into God's character, because when we are firm in who He is, our circumstances can't rob us of anything.

## **Pray:**

Dear Lord, I dedicate the next 21 days to you. I pray that you not only reveal yourself to me in this season of fasting, but that you would help me to be more like you. Change my heart, speak to me. I surrender to you.

Amen.

**February 22**

# **Noah's Yes**

*Tyler Pallante-Bulkeley*



**Read:** Genesis 6, 7 and 8

The story of Noah begins with a man, who was just like any other man - who said yes to God. The difference between Noah and the rest of his generation was this simple, steadfast yes.

In Genesis 6:9, we read that Noah was a righteous man, blameless in his generation; he walked with God. Even when others called him foolish, even when they laughed, Noah kept building the ark. There had never been a flood, no rain, no precedent - but Noah's yes was anchored in faith. And his yes didn't take five years, or ten it took 120 years of obedience.

Hebrews 11:7 reminds us:

"By faith, Noah, being warned by God concerning events as yet unseen, in reverent fear constructed an ark."

Some of us struggle to stay focused long enough to finish a project or have a deep conversation. But Noah's yes was as Pastor Jack says - "a long obedience in the same direction."

So I ask you: what is your yes today? What step is God calling you to, even if it feels foolish to the world? Like Noah, your yes could be the beginning of something that changes everything.

**Reflect:**

Do I have a Yes in my heart to what God is calling me or asking me to do?

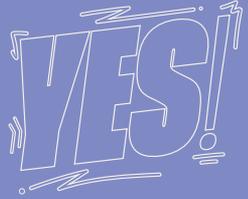
**Pray:**

Dear Lord, I choose to say "yes" to you today. I choose to follow your calling and your leading. Help me to be like Noah - steadfast and faithful to his yes. Help me to have a long obedience in the same direction. Use me how you need to today. Amen.

February 23

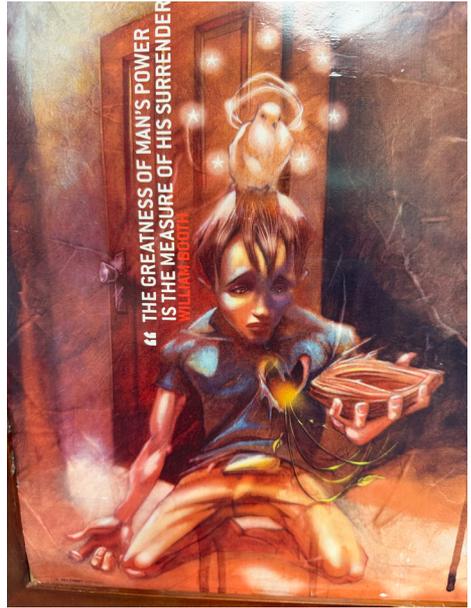
# YES! To Surrender

Regan Brodeur



"The greatness of man's power is the measure of his surrender."

I have this quote on a picture hanging on the wall in the office. It's a unique picture, not one like you'd expect on an "inspiration poster"- like a vast ocean with crashing wave, or vast mountains with massive sunset. It's simple, yet abstract and artistic. An animated figure on his knees. On different days his face seems to have different emotions. Sad, hopeless, exhausted, worried. Yet there he is-heart in hand; hole in his chest where it used to be. I'm certain my description is not doing the picture justice, but we've had it for years and i've only just begun to consider the quote on the level it was written nearly 150 years ago.



By the world's standard power and surrender would seem to be opposites. Giving up means no control. Retreating is cowardly. Giving in implies weakness.

## Luke 9:23

**And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me. 24 For whoever would save his life will lose it, but whoever loses his life for my sake will save it.**

So many times in my life I find my first instinct is usually the opposite of the advice Jesus would give. Which means when confronted with the idea that my way is not necessarily His way, something must give. Unfortunately in my human nature it's easier to do what I want than to deny myself, take up my cross, and follow Him. But Luke 9:24 says if I want to save my life- I must lose it for the sake of my Lord. The most important lesson I have learned is that the greatest thing I possess is the power of choice and that when I choose Jesus over and over and over again- when I exercise surrender everyday- it is only then that He can take care of all I need.

This quote is William Booth-founder of The Salvation Army.

**February 24**

# **If God Lives in Me, Can People See Him?**

***Ps Dan Brodeur***



**Read:** Psalm 8:3–4, John 13:35, I John 4:7–12, Galatians 5:22–23

A mother noticed her son was unusually quiet after church. When she asked how children's church was, he answered with a question: "God is really big, right?"

"Yes," she said.

"Bigger than the whole world?"

"Yes—even bigger."

"And He lives in us, right?"

"Yes..."

"Then shouldn't people be able to see Him in us?"

That childlike logic is both simple and piercing. If God truly dwells in us, His presence should become visible in us.

Many traditions echo a similar truth. Holiness has a "scent" like a flower—noticed without being announced. Truth eventually shows itself, no matter what we claim. Character is like a river—steady over time, revealing what's really in it.

Scripture takes this beyond general morality into spiritual identity. If God is faithful, forgiveness, kindness, compassion, and generosity—then His life in us should shape ours the same way.

The key question becomes: what drives God? People are driven by many things: pride, fear, greed, shame, pleasure, power—even "good causes." Solomon tested those roads and called them "a chasing after the wind."

What drives you matters because it determines:

- Where you end up
- What you do along the way
- Who you become in the process

God does many things—justice, mercy, correction, victory—but beneath them is His motive. God is driven by love. Not shallow affection, not self-interest, but a love so deep it made heaven marvel: "What is man that You are mindful of him?" (Psalm 8)

## **Pray:**

Father, You are bigger than the world, and yet You choose to live in me. Forgive me for the ways my life has been driven by fear, pride, or self. Make Your love the deepest motive in me—so that what is true of You becomes visible in me. Let people "see You" in my words, my patience, my generosity, and my forgiveness. In Jesus' name, amen.

## **Practice/Reflect:**

Ask: "What has been driving me lately?" Choose one act of visible love:

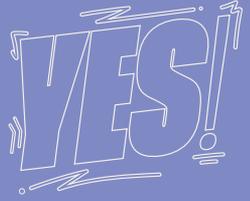
Forgive quickly, Speak kindly, Give generously, Serve quietly.

End the day - with this question: "If God lives in me, where did someone catch the 'scent' of Him today?"

February 25

# The Right Materials

*Uche Nwabuwannowa*



**Read:** I Corinthians 3:10–15

In this passage, the apostle Paul speaks to believers like us. He reminds us that the only foundation worth building on has already been laid: Jesus Christ. That part is settled. The question is not what we build on — but what we build with.

Paul gives both encouragement and warning. Yes, we are building on Christ. But we must be careful about the materials we use. Will we build with gold, silver, and precious stones — things that last? Or will we settle for wood, hay, and straw — things that look fine for a moment but won't survive the fire?

If we're honest, the enemy rarely tries to knock down the foundation. He can't. Instead, he distracts us from the "main thing" — our devotion to Christ. He nudges us toward distraction, complacency, half-hearted obedience. It doesn't matter what our circumstances are — busy season or quiet season, blessing or trial — if we slowly drift from wholehearted devotion, he has accomplished his goal.

And sometimes that drift doesn't look dramatic. It looks like giving God what's left instead of what's first.

Leftover time. Leftover energy. Leftover attention.

But Christ deserves more than scraps. He deserves our best.

So we have to ask ourselves some hard but holy questions:

- Am I giving the Lord the best of my time — or just what fits conveniently into my schedule?
- Am I offering Him my best work — or just enough to get by?
- Is my devotion intentional and passionate — or routine and distracted?
- Do I trust Him with the best of my resources?
- Are even my thoughts being shaped into something worthy of Him?

Every day, we are building. Every conversation, every decision, every unseen act of obedience adds another layer to what stands on that foundation.

The beautiful thing is this: God doesn't leave us guessing. The only way to truly know what we're building with is to pray the prayer of the psalmist in **Psalms 139:23: "Search me, O God, and know my heart."**

That prayer takes courage. It invites refinement. But it also protects us from wasting our lives on materials that won't last.

Let's be people who build carefully.

Let's be people who build intentionally.

Let's be people who give Jesus not what's easy — but what's excellent.

Because one day, what we've built will be revealed. And may it be said that we built with the right materials.

**February 26**

# **Do Not Worry**

***Austin Alloway***



**Matthew 6:25**

**"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"**

Many times a person's trust in God is based solely upon His ability to give what it is man requests. How often can a person's faith be washed away with the deception of an "unanswered prayer."

Jesus Christ the savior of the world, gives to man instructions on how to live. If a person were to examine their most frequent thought, what outcome would that examination bring?

It will bring an answer that connects too... WORRY of SELF.

How will I make the money I need?

What comfort in this life can I afford?

Where can I get more?

Let not the worry of your life be what steers you, but by the Grace of the Holy Spirit lift your eyes to Him, to see beyond YOU.

Let your only WORRY be for the Kingdom of God and His righteousness.

How can I give the money they need?

What comfort in this life can I forfeit?

Where can I give more?

A man cannot give forth to God a YES with a tail of "worry about your life" but only with a sincere heart, open hands, and a bold step forward.

**Reflect:**

What are things that I've been worrying about that I need to surrender to God?

**Pray:**

Lord, today I choose to surrender my worries and anxieties to you. Help me to rely and trust in you so that I can give you my YES today! Thank you that you are a safe place and that you care for me so that I don't need to worry. Amen.

February 27

# Saying Yes in the Secret Place

*Christena Ghanem*



It's very easy to decide whether to say yes or no to something when we are presented with the options. When we can almost see the outcome of our choice depending on which way we choose. Left or right, chocolate or vanilla, new dress or new shoes (both is the right answer) or even to go or to stay. Saying YES to God doesn't just include saying yes when faced with a situation, or a crossroads in our lives. It includes saying yes to the Lord in the secret place, in the moment before God even shows you any opportunities. I believe that God would take us deeper, use us in greater ways if we would choose to have a YES in our hearts, before He even asks anything of us.

David was a man (or more accurately - a boy) who said YES to God in the quiet/secret place - in the field while shepherding the sheep. Before he defeated Goliath, and even before he served in Saul's courts, God chose Him because of his willingness to be used by God.

## **Acts 13:22 (NLT)**

**22 But God removed Saul and replaced him with David, a man about whom God said, 'I have found David son of Jesse, a man after my own heart. He will do everything I want him to do.'**

The ESV version says "...who will do ALL my will."

God knew David's heart had a YES. God knew David was willing to be used by him and who would do what God asked him to do. And because of this, David did so many things that would have been impossible in the natural (without God's help and favour) - defeated Goliath with a stone, became King of Israel and unified the people, defeated many enemies, won many many battles.

The crazy thing is, God may not ask us to do anything huge or life changing as soon as we say YES. He might just ask for small little things that test our faith and prepare our hearts. But what if God is waiting for you to step out in faith and to give him your YES before He can use you to do something bigger - something life changing?

God is a kind and loving father, to whom we are safe to give our YES to. He is our refuge, our place of safety - and we are protected by his wings. So in this season of fasting and prayer, will you step out in faith and say YES to God? Would we be people who have a YES in our heart? Are we a church with a YES in our heart?

Yes God - I will go where you lead me.

Yes God - I will give all you ask.

Yes God - I will step out in faith.

Yes God - I will follow you.

## **Pray:**

Dear God, today I choose to give you my YES. As scary as it might feel, I step out in faith to say YES. Use me. Teach me. Help me to grow into the person you've called me to be. I will go where you lead me. I will give what you ask. I will step out in faith. I will follow you. Here I am - send me. Amen.

**Read:** Psalm 91

**February 28**

# **Know God's Character**

*Autumn Webb*



**Read:** Judges II

The book of judges is a gruesome book about the period of time when God's people did what was right in their own eyes. Before they had kings, Israel had judges as their leaders. Throughout this time, the Israelites were living in the promised land, but the Canaanites were still occupying it as well. Instead of being God's people set apart and holding to His commands, they started to adapt to the Canaanite way of living.

There was even an Israelite Judge named Jephthah, who won many battles and was a fierce warrior. But because he was a part of the people that had grown so unfamiliar and distant from God, He figured that the God of Israel behaved just like the gods of the Ammonites and Canaanites. Eventually Jephthah goes as far as vowing to sacrifice his own daughter if God helps him to win a battle.

What can we learn from this?

When we, as God's people, forget or don't take time to learn His character, it is extremely difficult to live lives that honor the God we serve. During this time of fasting, be intentional to seek God and know Him better!

When you go to read His word, go deeper and ask the Holy Spirit to reveal God's character to you. When we are a people who know our God's character, it is easier to be faithful because we rest in His goodness and sovereignty. No matter what the circumstances around us look like, we can rest in knowing His character. When things get crazy in the news or in our city, we won't conform to the pattern of this world, because we know our God's character.

**Pray:**

Dear God, help me to know you better and deeper. Reveal yourself to me in this season of fasting and praying, so that I may know and hear your voice. Show me who you are, teach me your character. Help me to desire to be more like you. Amen.

**March 1**

# **Don't Waste the Waiting**

*Anonymous*



As we walk through this fast together, many of us may be waiting for God to answer prayers we've been praying for a long time. Some are waiting for a breakthrough. Some are waiting for healing. Some are waiting for direction. Others are simply waiting for God to move. And if we're being honest, waiting can be one of the hardest parts of our faith. But the truth is this, God is still God in the waiting.

**Psalms 37:7 reminds us: "Be still before the Lord and wait patiently for Him."**

This scripture doesn't just tell us to wait, it tells us how to wait. It says to be still. That means we aren't supposed to panic, strive, or take control. We are called to rest in the confidence that God is working even when we can't see it.

As a church, we know what it feels like to wait. We've been waiting for our building to begin moving forward. We've been waiting for dreams and promises to come to fruition. But we must remember this, waiting does not mean wasting.

The waiting season is the moment where God builds our character, stretches our trust, and teaches us how to depend on Him fully. When we wait for God's timing, we are telling Him, "Lord, I trust You." And trust is not just a feeling, it's a decision. Waiting takes faith. Waiting is staying faithful when you don't have the full picture yet.

And while we wait, we keep running our race. We keep showing up. We keep praying. We keep worshiping. We keep believing. We stay spiritually in shape by pursuing the Lord daily. Because if we stay faithful in the process, God will always do more than we expected. His plans don't just meet our expectations, they exceed them.

**Lamentations 3:25 says: "The Lord is good to those who wait for Him, to the soul who seeks Him."** Notice what it connects together: waiting and seeking. The waiting season is meant to draw us closer to God, not push us into discouragement.

**Psalms 27:14 says: "Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"** That verse is a command and a promise. It reminds us that strength and courage are required, but it also reminds us that God honors those who keep trusting Him.

**Pray:**

Lord, teach us how to wait well. Help us not to grow weary or discouraged, but to stay strong, courageous, and faithful. During this fast, draw us closer to You. Give us patience and endurance, and help us trust Your timing. Prepare our hearts for what You are about to do. In Jesus' name, Amen.

**Read:** Psalms 40:1-2

# YES!

**MISSIONS CONFERENCE**

*MARCH 13-15 2026*

**Then I heard the voice of the Lord saying, "Whom shall I send?  
And who will go for us?" And I said, "Here am I. Send me!"**

*Isaiah 6:8 NIV*

It's easy to get stuck in the ordinary and becoming self-focused. Our annual Imagine Nations Conference aims to broaden our perspective, reminding us that God has great work for each of us to make a real difference in someone else's life, both practically and powerfully.

## SCHEDULE

### **FRIDAY 13th**

11:30am Pastor's Summit  
*Elevate Coffee Shop*

6pm Potluck Dinner

7pm Session

### **SATURDAY 14th**

10am Session

6pm Session

### **SUNDAY 15th**

10am Service

6pm Session

No registrations required for Conference

**INCHURCHPHOENIX.COM/CONFERENCE**