

THE CARPENTER'S HOUSE OF WORSHIP
2026 CORPORATE PRAYER/FAST FOCUS

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				1 New Year's Day	2	3
4	5 REPENTANCE 2 Chronicles 7:14 2 Peter 3:9 Psalms 119:1-8	6 UNITY Romans 12:4-5 Ephesians 4:1-6 Psalms 119:9-16	7 HOLINESS Leviticus 20:26 1Peter 1:15-16 Psalms 119:17-24	8 SANCTIFICATION 1 Thessalonians 5:23 2 Timothy 2:21 Psalms 119:25-32	9 LOVE John 13:34-35 Galatians 5:13-14 Psalms 119:33-40	10 MARRIAGE Genesis 2:21-24 Eph 5:25-28 Psalms 119:41-48
11 CHURCH Ephesians 2:19-22 1 Timothy 3:15 Psalms 119:49-56	12 LEADERSHIP Isiah 40:31 Philippians 1:9-11 Psalms 119:57-64	13 SERVICE Colossians 3:23-24 1 Peter 4:9-11 Psalms 119:65-72	14 OBEDIENCE Deuteronomy 8:1-20 Acts 4;29 Psalms 119:73-80	15 FAMILY Exodus 20:12 Ephesians 6:1-4 Psalms 119:81-88	16 GOVERNMENT Romans 13:1-10 1 Timothy 2:1-3 Psalms 119:89-96	17 HEALING Proverbs 4:20-22 James 15:14-15 Psalms 119:97-104
18 PROTECTION Psalms 121 2 Samuel 22:3-4 Psalms 119:105-112	19 FORGIVENESS Psalms 103:8-18 Matthew 6:14-15 Psalms 119:113-120	20 THANKFULNESS Psalms 110:4-5 1 Thessalonians 5:18 Psalms 119:121-129	21 FINANCES Matthew 6:19-24 Malachi 3:8-12 Psalms 119:130-138	22 SPIRITUAL MATURITY Ephesians 4:11-16 Romans 12:2 Psalms 119:139-146	23 YOUTH/YOUNG ADULTS Psalms 127:3-4 1 Timothy 4:12 Psalms 119:147-155	24 USA LEADERS 2 Chronicles 7:14 Isaiah 60:2-3 1 Timothy 2:1-5 Psalms 119:156-165
25 ISRAEL Genesis 12:1-3 Romans 11:25-31 Psalms 119:166-176	26	27	28	29 ADVANCING THE KINGDOM CONFERENCE	30 ADVANCING THE KINGDOM CONFERENCE	31 ADVANCING THE KINGDOM CONFERENCE

WORDS OF ENCOURAGEMENT

Remember, there is power and strength in fasting **together**. Fasting is an intentional act of denying the flesh so that our spirit can be strengthened. Through fasting, our focus shifts to God—we draw nearer to the Father, seek His face, and become more attentive to His voice.

If you stumble or slip during the fast, do not be discouraged. Repent and begin again. God's grace is sufficient. If you need encouragement, reach out to a brother or sister and ask for prayer—you are not meant to walk this journey alone.

Remember: **You can do all things through Christ Who strengthens you, and the joy of the Lord is your strength.** Stand firm, stay encouraged, and keep pressing forward.

Biblical references on "FASTING":

Isaiah 58 (especially verses 6-7); Ezra 8:21-23, 10:6; Esther 4:16; Matthew 4:2, 6:16, 9:15; Daniel 9:3, 20-23, 10:13; 1 Corinthians 7:5; Acts 13:3; Exodus 34:38; Jonah 3:5, 10.

CORPORATE "FAST" INSTRUCTIONS

1. Follow Daniel's Diet, which includes:

Grains	Natural Juices	Water
Fruits	Vegetables	
2. Not included in the Corporate Fast:
 - Breads, pastas (No yeast or leaven)
 - Desserts, candies, sweets, ice cream
 - Dairy (cheese, milk, butter)
 - Meat, fish, eggs
 - Coffee, tea, soda, sugar-containing drinks of any kind, or caffeine.
3. No distractions from entertainment outside of Christ-focused TV, movies, and music. No worldly TV/DVD/radio, CDs, streaming, etc.)
4. Guard your conversations. Avoid excessive talking, any form of gossip, or angry venting.
5. No sexual relations for the sake of purity and focus on God.
6. Pray at least three (3) times a day.
 - a) God set up a pattern for His people to pray. So let us corporately pray at **9am, noon, and 6pm.** (Acts 2:15, Matthew 15:36, Acts 27:35, Acts 3:1, Acts 10:30)
 - b) These times are encouraged, but not required or limited.
 - c) Include in your prayers the focus topic of the day. Read and meditate on the scripture references listed for each day.