

S.H.I.F.T. 2026

The Year of New Things

ISAIAH 43:19

28 DAYS OF
**PRAYER & FASTING
GUIDE**

God, SHIFT me!

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OVERVIEW: WHY WE ARE PRAYING & FASTING

As we step into **S.H.I.F.T. 2026: The Year of New Things**, God is calling us not merely to talk about change—but to prepare for it.

Throughout Scripture, whenever God was about to do something new, He first invited His people into consecration. Before breakthroughs came prayer. Before movement came fasting. Before transformation came surrender.

Prayer and fasting are how God realigns His people before He releases new things. They slow us down, quiet the noise, sharpen our spiritual hearing, and reposition our hearts to receive what God is already doing.

Over these 28 days, our goal is to intentionally pause, tune in, and align ourselves with God's movement in our lives, our homes, and our city. This is not about striving—it's about positioning.

This journey is anchored on five S.H.I.F.T. priorities, which shape every area of our lives:

- **S – Spirituality**
- **H – Health**
- **I – Identity**
- **F – Family**
- **T – Transforming Our City**

Together, we are asking God to SHIFT us from where we are to where He is calling us to be.

WHAT THIS FAST IS ABOUT

This is more than a food fast—it is a whole-life reset.

Biblical fasting is the intentional removal of anything that competes with God's voice, presence, and purpose in our lives. It is the act of giving up something physical in order to gain something spiritual.

Fasting impacts every part of who we are:

- Spirit — reconnects us with God
- Soul (mind, will, emotions) — renews thinking and breaks cycles
- Body — disciplines appetite and restores balance

This fast is designed to help us:

- Return our hearts to God
- Reset unhealthy habits
- Heal emotional wounds
- Renew our minds
- Restore discipline
- Rebuild our spiritual foundation
- Awaken clarity and purpose

You are not just fasting for a breakthrough.
You are fasting to become the breakthrough.

A HOLISTIC APPROACH TO FASTING

This fast goes beyond meals—because transformation is holistic. You may choose to fast from:

- Food or specific foods
- Social media or entertainment
- Negative speech or thought patterns
- Emotional or relational cycles
- Digital clutter or unhealthy routines

Choose a fast that is healthy, prayerful, and sustainable.

PREPARING FOR THE SHIFT

Before the fast, prepare your heart and your mind:

- Release bitterness and unforgiveness
- Let go of distractions and unhealthy attachments
- Guard your heart and your mind

"You cannot pour new wine into old wineskins." — Mark 2:22

"Search me, God, and know my heart." — Psalm 139:23

Prepare your environment:

- Create a prayer space
- Simplify your routines
- Remove distractions

"Commit to the Lord whatever you do, and He will establish your plans." — Proverbs 16:3

SETTING YOUR INTENTION

This fast is strengthened when it begins with intention.

Ask yourself:

- What am I believing God for?
- What am I letting go of?
- What needs healing or transformation?

Write it down. Your intention becomes your anchor.

Daily Prayer: God, SHIFT me.

28 DAYS OF PRAYER & FASTING

PERSONAL FASTING COMMITMENT SHEET

"Consecrate yourselves, for tomorrow the Lord will do amazing things among you."
— Joshua 3:5

MY FASTING COMMITMENT

This fast is my intentional response to God's invitation to shift. I commit to seeking God with my whole heart as I prepare for the new things He desires to do in my life.

1. WHAT I AM FASTING FROM (*Check all that apply or write in your own*)

- Food (specific meals or items): _____
- Social Media
- TV / Streaming / Entertainment
- Sugar / Caffeine
- Shopping / Spending
- Negative Speech
- Toxic Thought Patterns
- Other: _____

2. WHY I AM FASTING (*What I am believing God for*)

3. WHAT I AM ASKING GOD TO SHIFT (*Spiritually, mentally, emotionally, physically, or relationally*)

4. WHAT I AM LETTING GO OF (*Habits, mindsets, distractions, or attachments*)

5. HOW I WILL REPLACE WHAT I'M FASTING (*Prayer, Scripture, worship, rest, journaling, service*)

6. DAILY SPIRITUAL PRACTICES (*Check all that apply*)

- Daily Prayer
- Scripture Reading
- Journaling / Reflection
- Intentional Rest
- Worship / Praise
- Acts of Kindness or Service

7. FASTING ACCOUNTABILITY & PRAYER PARTNER

God designed spiritual growth to happen in community. I commit to walking this fast with accountability and prayer support.

Name: _____

Phone / Email: _____

How we will stay connected (check one or more):

- Daily Check-in
- Weekly Check-in
- Prayer Calls / Texts
- Sabbath Reflection

8. MY PRAYER OF SURRENDER

God, I surrender this fast to You. I release distractions, unhealthy attachments, and old patterns. I open my heart to Your transforming work. Shift me into alignment with Your will, Your purpose, and Your timing. Amen.

SIGNATURE OF COMMITMENT

Name: _____

Date: _____

WEEK ONE: S- SHIFT MY SPIRITUALITY

Focus: Awakening our relationship with God

Suggested Fast: One meal per day or social media/entertainment

Weekly Prayer: "God, SHIFT me."

DAY 1: GOD IS DOING SOMETHING NEW

Scripture: Isaiah 43:18-19

Personal Reflection: What is one "former thing" God may be inviting me to release so I can recognize what He is doing now?

Challenge: Write down one old habit, mindset, or distraction God may be asking you to release.

Prayer: *"Lord, help me perceive what You are already doing."*

DAY 2: CREATING SPACE FOR GOD

Scripture: Psalm 46:10

Personal Reflection: What noise, busyness, or distraction might God be asking me to quiet so I can become more aware of His presence?

Challenge: Spend 15 uninterrupted minutes in silence with God today.

Prayer: *"Quiet my soul so I can hear You."*

DAY 3: DAILY DEPENDENCE

Scripture: Proverbs 3:5-6

Personal Reflection: In what area of my life have I been relying on myself instead of daily trusting God?

Challenge: Pray before every major decision today—even small ones.

Prayer: *"Teach me to lean on You."*

DAY 4: WORD BEFORE WORLD

Scripture: Psalm 119:105

Personal Reflection: What has been shaping my thoughts more than God's Word, and how might that be affecting my direction?

Challenge: Read Scripture before checking your phone.

Prayer: *"Let Your Word lead my steps."*

DAY 5: OBEDIENCE UNLOCKS MOVEMENT

Scripture: John 14:23

Personal Reflection: Is there something God has already spoken to me that I have delayed or avoided acting on?

Challenge: Act on one thing God has already told you to do.

Prayer: *"I choose obedience over comfort."*

DAY 6: WORSHIP AS A LIFESTYLE

Scripture: Romans 12:1

Personal Reflection: How can I offer my ordinary moments to God as an act of worship today?

Challenge: Turn a daily task into an act of worship today.

Prayer: *"Use my life as worship."*

DAY 7: A HOLY RESET

Scripture: Hebrews 4:9–10

Personal Reflection: What would it look like for me to truly rest in God instead of striving or performing?

Challenge: Protect Sabbath space intentionally.

Prayer: *"Restore my soul, Lord."*

WEEK TWO: H- SHIFT MY HEALTH

Focus: Wholeness of mind, body, and emotions

Suggested Fast: Sugar, junk food, late-night eating, negative self-talk

Weekly Prayer: "God, SHIFT my body and my mind."

DAY 8: GOD CARES ABOUT YOUR BODY

Scripture: 1 Corinthians 6:19–20

Personal Reflection: How might my view of my body change if I truly saw it as God's dwelling place rather than just something to manage or push through?

Challenge: Drink more water today.

Prayer: *"Help me honor You by caring well for the body You have entrusted to me."*

DAY 9: RENEWING THE MIND

Scripture: Romans 12:2

Personal Reflection: What recurring thought pattern might God be inviting me to surrender and replace with His truth?

Challenge: Replace one negative thought with truth.

Prayer: *"Lord, renew my mind."*

DAY 10: REST IS HOLY

Scripture: Mark 6:31

Personal Reflection: What has been keeping me from rest, and what might God be teaching me through slowing down?

Challenge: Go to bed earlier tonight.

Prayer: *"God, teach me to rest without guilt and trust You with what I release."*

DAY 11: EMOTIONAL HONESTY

Scripture: Psalm 62:8

Personal Reflection: What emotions have I been carrying that I have not fully shared with God?

Challenge: Journal what you've been carrying emotionally.

Prayer: *"Lord, I bring my emotions to You honestly and invite Your healing presence."*

DAY 12: STRENGTH FOR PURPOSE

Scripture: Isaiah 40:31

Personal Reflection: In what area of my life do I need God's strength rather than relying on my own?

Challenge: Move your body for at least 20 minutes.

Prayer: *"God, renew my strength as I place my hope fully in You."*

DAY 13: PEACE OVER PRESSURE

Scripture: Philippians 4:6-7

Personal Reflection: What worry or pressure am I holding onto that God is asking me to release into prayer?

Challenge: Pray instead of worrying today.

Prayer: *"Lord, I give You my worries and receive Your peace today."*

DAY 14: HEALING

Scripture: Jeremiah 30:17

Personal Reflection: Where do I need God's healing—physically, emotionally, mentally, or spiritually?

Challenge: Thank God for healing—past, present, or future.

Prayer: *"God, thank You for restoring and healing every part of my life."*

WEEK THREE: I- SHIFT MY IDENTITY

Focus: Who we are in Christ

Suggested Fast: Comparison, insecurity, negative labels

Weekly Prayer: "God, SHIFT who I believe I am."

DAY 15: CHOSEN

Scripture: 1 Peter 2:9

Personal Reflection: Where have I allowed rejection, comparison, or past experiences to shape how I see myself more than God's declaration that I am chosen?

Challenge: Speak identity-based affirmations aloud.

Prayer: *"God, help me live from the truth that I am chosen."*

DAY 16: CREATED ON PURPOSE

Scripture: Psalm 139:13-14

Personal Reflection: What part of who I am have I struggled to accept that God calls good and intentional?

Challenge: Stop apologizing for who God made you.

Prayer: *"God, help me embrace how You created me."*

DAY 17: CALLED & EQUIPPED

Scripture: Ephesians 2:10

Personal Reflection: What step of obedience or service might God be inviting me to take with the gifts He has already given me?

Challenge: Do something good for someone else today.

Prayer: *"God, help me walk in what You have prepared for me."*

DAY 18: LETTING GO OF LABELS

Scripture: Romans 8:1

Personal Reflection: What label or judgment have I carried that God is asking me to release so I can walk in freedom?

Challenge: Write down false labels and release them.

Prayer: *"God, help me release every label that You did not give me."*

DAY 19: CONFIDENCE IN CHRIST

Scripture: Philippians 1:6

Personal Reflection: How might my confidence grow if I truly trusted that God is still working in me?

Challenge: Encourage someone else in their calling.

Prayer: *"God, help me trust Your ongoing work in my life."*

DAY 20: BECOMING, NOT ARRIVING

Scripture: 2 Corinthians 5:17

Personal Reflection: Where can I see evidence of growth in my life that reminds me God is still transforming me?

Challenge: Reflect on how God has already grown you.

Prayer: *"God, thank You for who I am becoming in You."*

DAY 21: IDENTITY REST

Scripture: Colossians 3:3

Personal Reflection: What would it look like for me to rest in who I am in Christ instead of striving for approval?

Challenge: Rest in who you are in Christ.

Prayer: *"God, help me rest in my identity in You."*

WEEK FOUR: F + T- SHIFT MY HOME & MY CITY

Focus: Relationships + Mission
Suggested Fast: Complaining, isolation, selfishness
Weekly Prayer: "God, SHIFT my home and my city."

DAY 22: LOVE BEGINS AT HOME

Scripture: Joshua 24:15

Personal Reflection: What would it look like for my home to more fully reflect my commitment to serve the Lord?

Challenge: Pray with or for your family.

Prayer: *"God, help my home reflect Your love."*

DAY 23: FORGIVENESS FREES

Scripture: Ephesians 4:32

Personal Reflection: Who might God be inviting me to forgive so that my heart can walk in greater freedom?

Challenge: Release one offense.

Prayer: *"God, help me forgive as You have forgiven me."*

DAY 24: BUILDING GODLY COMMUNITY

Scripture: Hebrews 10:24–25

Personal Reflection: Who has God placed in my life that I need to reconnect with or encourage?

Challenge: Reach out to someone you've not talked to in a long time.

Prayer: *"God, help me build life-giving community."*

DAY 25: COMPASSION IN ACTION

Scripture: Matthew 9:36

Personal Reflection: Where might God be calling me to move from compassion in my heart to action in my hands?

Challenge: Perform one intentional act of kindness.

Prayer: *"God, help me love through action."*

DAY 26: SENT TO SERVE

Scripture: Matthew 28:19–20

Personal Reflection: Who in my life might God be prompting me to invite into a deeper experience with Him?

Challenge: Invite someone to church or prayer.

Prayer: *"God, help me boldly share what You've done."*

DAY 27: PRAYING FOR THE CITY

Scripture: Jeremiah 29:7

Personal Reflection: How might my prayers help align my heart with God's purpose for my city?

Challenge: Pray specifically for the neighborhood and city you live in.

Prayer: *"God, bless and heal our city."*

DAY 28: READY FOR THE NEW THING

Scripture: Isaiah 43:19

Personal Reflection: What posture or mindset do I want to carry with me as I step into what God is doing next?

Challenge: Write a prayer of expectation for the year.

Prayer: *"God, I am ready to move with You."*

CLOSING REFLECTION & GRATITUDE

"The Lord has done great things for us, and we are filled with joy."
— Psalm 126:3

As you come to the close of these 28 days of prayer and fasting, take time to pause and reflect on what God has done—both in ways you noticed immediately and in ways that may still be unfolding.

This season was not about perfection, but positioning. You intentionally made room for God, quieted distractions, and opened your heart to alignment. Even if the journey felt challenging at times, God honors every sincere step toward Him.

Before moving forward, allow yourself a moment of gratitude. What we thank God for, we learn to steward well.

REFLECT

Take a few moments to prayerfully consider the following:

- What has God revealed to me during this fast?
- What shifts have I noticed in my faith, thinking, habits, or priorities?
- Where did I experience God's presence most clearly?
- What distractions, mindsets, or patterns did God help me release?
- What do I sense God inviting me into next?

GIVE THANKS

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
— 1 Thessalonians 5:18

Spend time thanking God for:

- His faithfulness throughout this journey
- The strength to remain committed
- The clarity, healing, or growth you experienced
- The new things He is beginning in your life

PRAYER OF GRATITUDE

God, thank You for meeting me in this season of prayer and fasting. Thank You for every shift You have begun, seen and unseen. Help me carry forward what You have formed in me, and continue to walk in alignment with Your will. Amen.