



## 2026 Corporate Fast: 30 Days of Expanded Expectations

*Energizing, Engaging, Empowering*

*Thursday, March 5, 2026 – Friday, April 3, 2026*

*“Sanctify yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5*

Grace Family, you are invited to join in for a 30 Day Fast. This sacred time of fasting and prayer is dedicated to resetting both our bodies and minds, drawing us closer to God and experiencing spiritual renewal and transformation.

*(Please consult with your health professional if you have existing health conditions and modify accordingly.)*

*First 10 Days - Thursday, March 5 - Saturday, March 14, 2025*

### Dietary Guidelines

**Consume:** Chicken/Fish (Grilled or Baked),  
Fruits & Vegetables, Whole Grains, Beans &  
Lentils, Nuts, Fresh Juices, Smoothies,  
Herbal Teas (Raw Honey), Water

**Eliminate:** Meats (Beef/Pork), Fried Foods,  
Fast Foods, Sweets, Sugars, Sodas, Caffeine,  
Alcohol

### Spiritual Guidelines

<b>Prayer:</b>	Praying with the Pastor	6 am – 6:15 am	Dial (515) 206-9266 <i>(every day)</i>
	Leaders Prayer Point	12 pm	Leaders pray independently
	Church Prayer Point	6 pm	Church family pray independently
<b>Scriptures:</b>	Thursday, March 5	Repentance and Realignment	1 John 1:9
	Friday, March 6	Renewal of the Mind	Romans 12:2
	Saturday, March 7	Restoration and Revival	Psalms 85:6
	Sunday, March 8	Guidance and Wisdom	James 1:8
	Monday, March 9	Seeking God’s Presence	Psalms 42:1
	Tuesday, March 10	Spiritual Growth and Maturity	2 Peter 3:18
	Wednesday, March 11	Healing and Wholeness	Jeremiah 30:17
	Thursday, March 12	Eliminating Fear	2 Timothy 1:7
	Friday, March 13	Self Control & Stewardship	Proverbs 25:28
	Saturday, March 14	Breakthrough Barriers	Philippians 4:13

**Advanced Fasting Options:** Daniel Fast, Media Fast (No Social Media, Gaming, Secular Music, Digital Entertainment {e.g., Netflix, Hulu, Tubi, etc.}), No Recreational Shopping and Food Deliveries, Daily Journaling and Bible Study, Increase Physical Activity & Exercise.