



## 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.)*

*Second 10 Days - Sunday, March 15 - Tuesday, March 24, 2026*

### *Fasting Guidelines*

**Food:** No Fast Food, No Fried Food, No Sweets, Desserts, Sodas

**Fitness:** Physical Activity at least 15 mins per day

**Finances:** No Unnecessary spending, Focus on a budget and savings plan

### *Spiritual Guidelines*

<b>Daily Prayer:</b>	Praying with the Pastor	6 am – 6:15 am	Dial (515) 206-9266
	Leaders Prayer Point	12 pm	
	Church Prayer Point	6 pm	

<b>Scriptures:</b>	Sunday, March 15	Cleansing the Temple	1 Corinthians 6:19
	Monday, March 16	Church Growth	Acts 2:47
	Tuesday, March 17	Breaking Generational Cycles	Galatians 3:13
	Wednesday, March 18	Spirit-Filled Worship	Psalms 22:3
	Thursday, March 19	Thriving Marriages	Colossians 3:18
	Friday, March 20	Healthy & Whole Families	Acts 16:31
	Saturday, March 21	Entrepreneurs & Business Owners	Proverbs 16:3
	Sunday, March 22	Youth and Young Adults	1 Timothy 4:12
	Monday, March 23	Pastoral Vision & Leadership	Jeremiah 3:15
	Tuesday, March 24	Women of Grace / Wives	Proverbs 31:25-26

**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.