



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.)

Third 10 Days: Wednesday, March 25 - Friday, April 3, 2026

Fasting Guidelines

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

Fitness: Physical Activity at least 15 mins per day

Focus: No Gaming or Social Media (*only for WOW & Sunday Service*), Digital Entertainment (Netflix, YouTube, etc.).

Spiritual Guidelines

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

Scriptures:	Wednesday, March 25	Husbands, Men, Men of Grace	Psalm 1:1-5
	Thursday, March 26	Fruits of the Spirit/Discipleship	Galatians 5:22-23
	Friday, March 27	Ministry, In-Reach/Outreach	Ephesians 4:11-13
	Saturday, March 28	Community Transformation	Mark 10:45
	Sunday, March 29	Servant Attitude	Philippians 2:3-8
	Monday, March 30	Ministers & Deacons of Grace	2 Corinthians 4:1
	Tuesday, March 31	Music Ministry & Media Ministry	Psalm 150
	Wednesday, April 1	Youth Ministry, Sunday School, WOW	Proverbs 22:6
	Thursday, April 1 2	Thanksgiving, Praise & Worship	Psalm 34
	Friday, April 3	Jesus' Sacrifice/Gift of Salvation	John 3:16

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.