

January 2026 – FAST

PRAY, FAST, and READ YOUR BIBLE! PRAY, FAST, AND READ YOUR BIBLE!

Our **FAST** begins on **January 2nd** at 12 am and ends on **January 31, 2026**, at **4:00 pm**. Fast hours for every day are as follows: midnight until 4:00 p.m.
If you are on medication, follow your doctor's instructions.

DO NOT EAT ANY SWEETS OR JUNK FOOD, AND DO NOT DRINK ANY SODA BEVERAGES, COFFEE, HOT CHOCOLATE, OR TEA.

Beginning on January 2nd, read the scriptures listed on the January 2026 calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURSDAY
After 4 pm there is no food restriction except for sweets and junk food. Also, do not drink any soda, coffee, hot chocolate, or tea.	All during the day drink plenty of water (at least 96 ounces.)	All during the day drink plenty of water (at least 96 ounces.)	All during the day drink plenty of water (at least 96 ounces.)	All during the day drink plenty of water (at least 96 ounces.)	All during the day drink plenty of water (at least 96 ounces.)	All during the day drink plenty of water (at least 96 ounces.)
	4 p.m. 'til midnight	4 p.m. 'til midnight	4 p.m. 'til midnight	4 p.m. 'til midnight	4 p.m. 'til midnight	4 p.m. 'til midnight
All during the day drink plenty of water (at least 96 ounces.)	100% Juice Fruit – your choice Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc.(unsalted)) Vegetables – Your choice (steam, raw, or boiled).	100 % Juice Fruit – your choice Bread/cracker – whole wheat Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc. (unsalted)) Salad & Vegetables – You may use any salad dressing except for dressing with cheese. Also, do not use Miracle Whip/Mayo in your salad. Vegetables- Your choice (steamed, raw, or boiled). Soup – Homemade soup (no white pasta, white potatoes or white rice should be added in the soup)	100 % Juice Fruit – your choice Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc. (unsalted)) Salad & Vegetables – You may use any salad dressing except for dressing with cheese. Also, do not use Miracle Whip/Mayo in your salad. Vegetables- Your choice (steamed, raw, or boiled). Bread/crackers – whole wheat Soup – Homemade soup (no white pasta, white potatoes or white rice should be added in the soup) Lipton and other soups may have meat included. Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna and salmon.	100 % Juice Fruit – your choice Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc. (unsalted)) Salad & Vegetables – You may use any salad dressing except for dressing with cheese. Also, do not use Miracle Whip/Mayo in your salad. Vegetables- Your choice (steamed, raw, or boiled). Bread/crackers – whole wheat Soup – Homemade soup (no white pasta, white potatoes or white rice should be added in the soup) Lipton and other soups may have meat included. Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna and salmon.	100 % Juice Fruit – your choice Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc. (unsalted)) Salad & Vegetables – You may use any salad dressing except for dressing with cheese. Also, do not use Miracle Whip/Mayo in your salad. Vegetables- Your choice (steamed, raw, or boiled). Bread/crackers – whole wheat Soup – Homemade soup (no white pasta, white potatoes or white rice should be added in the soup) Lipton and other soups may have meat included. Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna and salmon.	100 % Juice Fruit – your choice Nuts – assorted (ex. shell peanuts, pecans, walnuts, etc. (unsalted)) Salad & Vegetables – You may use any salad dressing except for dressing with cheese. Also, do not use Miracle Whip/Mayo in your salad. Vegetables- Your choice (steamed, raw, or boiled). Bread/crackers – whole wheat Soup – Homemade soup (no white pasta, white potatoes or white rice should be added in the soup) Lipton and other soups may have meat included. Meats – chicken, turkey, or fish (baked or broiled only.) Also, canned tuna and salmon.

When preparing your food, remember to use all-natural ingredients or herb seasoning. Salt, pepper, butter, and other seasoning can only be used during the cooking process of your meal. Do not include eggs or any dairy products in your salad. For the first 15 days, watch only the following TV Networks – weather, animal or discovery shows, and spiritual programs. You may watch the WORD channel all night if you desire. Pastor Spinks will inform you of any changes.