

January 2026 Fast: “Release the Power – Resist the Enemy” – Psalms 64-95

31 Days of Prayer, Fasting, Feasting & Focusing on God’s Word

“Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he meditates day and night.” (Ps 1:1-2). May the 2026 January Fast provide you with wisdom and power to live victoriously.

The Good News!! Church January Fast consists of the following:

- 1) **Fasting:** Fasting draws us away from Satan (and self!). Combining fasting with consistent prayer releases the power of God and empowers one to resist the enemy. **Ps 35:12-14; Dan 9:2-4; Mark 9:23-24, 29**
- 2) **Prayer:** Prayer draws us closer to God when it is God-focused, not self-focused. Praying sincerely for God’s perfect will, not just our personal wants, results in God’s best for us. **Lk 22:42; Eph 6:18; 2 Thess 1:11-12**
- 3) **Feasting:** Feasting on God’s Word as we fast and pray examines our hearts, directs our minds and prepares God’s people to align with God’s purpose. **Heb 4:12; Ps 119: 105, 133**
- 4) **Focusing:** Focusing on the Holy Spirit helps us hear from Heaven, rightly divide God’s Word, rightly understand His Will, and rightly move forward in His Way. **Ps 1:2, 119:10-11; Jn 6:63, 16:13, 17:17; 2 Pet 1:20-21**

What is “The 2026 Psalms Challenge Fast”?

The 2026 Psalms Challenge Fast is 31-days incorporating the 4 elements listed above. The Fast is a daily devotional designed to build spiritual strength, wisdom and understanding in community with other Believers. **Practice the Psalms Challenge Fast outlined below each day of January 1st – 31st, 2026.**

- 5) **Fast:** Each participant fasts during at least one meal each day (your choice of meal-time).
 - a. Choose the meal-time(s) of your choice each day and fast consistently each day, for 31 days.
 - b. Fasting includes no food and no other distractions if possible (TV, people, etc).
- 6) **Pray:** Each participant prays and meditates during the chosen mealtime(s). **Matt 6:6**
 - c. Pray for God’s wisdom for your family and yourself.
 - d. Pray for understanding before studying your daily Psalm.
- 7) **Feast:** Each participant studies one Psalm daily, **from Ps 64 through 95**, during the month of January 2026.
 - e. **Study Keys** – answer the following as best you can as you study...
 - i. **Observation:** what do you see; who’s speaking? who’s the audience? what is the setting? etc
 - ii. **Interpretation:** what does it say; what are the main point(s); why is the writer writing?
 - iii. **Application:** how does it work; how does this scripture passage apply to me and my family?
- 8) **Focus:** Each participant meditates quietly on the message of the psalm for a few minutes after studying it. Ask the Holy Spirit to reveal what the Psalm is saying to you.
 - f. Each participant records what you receive from your devotional time in a daily journal.
 - g. Participants in the same family or small group may share your insights with one another during a **weekly 1-hr reflection time** of your own choosing.

Trust God to reveal Himself in powerful ways as you fast, pray, study His Word, and listen to His Holy Spirit in community with other Believers!!