

Practical Tips Before You Begin

Pray and seek God's face. As the Lord guides, decide before you begin the fast what type of fast you will participate in. Fasting is a **daily journey.** Take your time and watch God reveal Himself to you as you commit yourself to HIM! Your flesh will war against your desire to control it.

Drink plenty of water! Water sustains our body. It assists in moving helpful nutrients throughout our body. It also helps us remove harmful wastes and toxins from our body.

What to Expect- When you fast your body eliminates toxins from your body. This will cause varying levels of discomfort such as headaches and irritability. These are symptoms of withdrawal from sugars, caffeine, etc. You will experience hunger pains. When this happens, pray, read God's Word, drink water and explore activities to take your mind off of your discomfort. Activities like, talking to an accountability partner, reading a book, finishing a project, playing games with your family, or resting may ease your discomfort.

Helpful items to keep with you at all times- The enemy knows that you are on a spiritual journey. However, do not be discouraged for we wrestle not against flesh and blood, but against rulers in dark places. These items will prove helpful if you keep them available when you need them most! (Bible, water, breath mints, vitamins, lip balm, headache medicine, fresh fruit and snack size nuts).

Avoid chewing gum- Chewing gum tricks your stomach into thinking you are consuming food. You will feel even hungrier chewing gum.

Ebenezer Corporate Prayer Schedule

In addition to fasting, we will have dedicated corporate times of prayer. Please join us during these corporate times of seeking God with your Ebenezer Baptist Church family!

- **Early Morning Prayer 6:00 am** (Every Day) 267.807.9601 | ACCESS: 974219
- **Tuesday Hour of Power 7:00 pm** (Every Tuesday) via Zoom:
<https://us02web.zoom.us/j/84666820944?pwd=wLndHhbKIyBDAZvaiMlMQl1Uf7xji8.1>
Meeting ID: 846 6682 0944
Passcode: EBC2026
- **Mid-Day Buffet Prayer 12:00 pm** (Every Monday/Wednesday/Friday) 267.807.9601 | ACCESS: 974219
- **Sunday School 9 am** (Every Sunday)

Fasting For Children

Children are encouraged to sacrificially give up something for the fast, in addition to NO sweets. Ideas include, no social media, electronic games, Xbox, PlayStation, TV, shopping, movies, texting, etc. Please emphasize the importance and purpose of the fast for children and youth during this time. Encourage more Christian programs, like TBN, and to "unplug" from electronic devices. This has proven awesome benefits for the entire family!

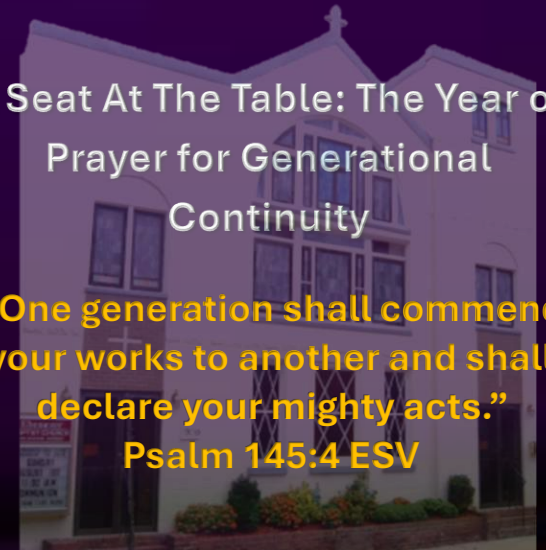


EBENEZER BAPTIST CHURCH CORPORATE FAST EXPERIENCE

Consecration 2026
JANUARY 4-24, 2026

A Seat At The Table: The Year of
Prayer for Generational
Continuity

**"One generation shall commend
your works to another and shall
declare your mighty acts."**
Psalm 145:4 ESV



What Is Consecration 2026

To consecrate means to make or declare something sacred; to set it apart for God's purposes. Our 2026 theme is A Seat at The Table: Prayer for Generational Continuity. We are called to unify at the beginning of every year to fast and pray. Fasting and prayer serves as the foundation of our ministry at Ebenezer Baptist Church as we move faith forward seeking God's will for our lives. We should expect God to move powerfully in our lives and within the ministries of Ebenezer. We honor God as we take this time that is required of every Christian to seek God through fasting and prayer.

Why Should I Fast?

The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to draw nearer to God through spending more time with Him— free from distractions, through worship, prayer and reading God's Word. We fast also to feed our spirit so that we can deny our flesh. We want God to reveal Himself and speak to us like never before. The goals of the Ebenezer Baptist Church Corporate Fast are to strengthen the unity within the Ebenezer Baptist Church family, to seek God's face and hear His voice regarding His vision for Ebenezer Baptist Church and the purpose He has for each disciple.

Who Can Fast?

Anyone who has a desire to partner with us as we go through this journey of faith to get closer to God. However, please seek the advice of a physician before participating in any fast if you have an illness or medical condition. Your physician can guide you on the nutritional implications of fasting while on medication.

What Are The Benefits of Fasting?

1. To receive Divine guidance, revelation or an answer to a specific problem.
2. To hear from God better and to understand more fully His will for your life.
3. To weaken the power of the adversary.
4. To cope with present monumental difficulties.
5. To have freedom from bondage.
6. To establish a position of spiritual strength and dominion.
7. To be released from heavy burdens (in yours and others lives).
8. To break through a period of depression.
9. To invite the Lord to create in you a clean heart and renew a right spirit. (Psalm 51:10)
10. To seek God's face and have a closer walk with him.

Fasting Tips For Diabetes

Please consult your physician before beginning the fast. If you are a diabetic, you should not try a full fast or the Daniel Fast. You will need to modify the fast to fit your personal health needs. You can eliminate red meats and eat only chicken and fish, or you can eliminate all meats including chicken and fish. If you choose to eliminate all meats, you will need to increase your protein intake by adding more beans, whole grains, nuts, eggs, and tofu.

You will need to monitor your glucose levels throughout the day to make sure your levels are maintained within a safe range. Please continue to take all of your medicines as they are prescribed. **DO NOT SKIP ANY DOSES, EVEN IF YOU BEGIN TO FEEL BETTER.** If you find you are experiencing low glucose readings, increase your good carbohydrate intake. Do not decrease your diabetes medication.

For more information on fasting with diabetes, please contact a member of the Health Ministry.

The Fasting Schedule

Your fast is between you and God. Your sacrifice is in reverence and honor of Him. However, here is a suggested guideline on what we will follow:

- Week One: January 4th — January 10th
Fruits and Vegetables ONLY
- Week Two: January 11th — January 17th
Fruits, Vegetables and Salads ONLY
- Week Three: January 18th — January 24th
Fruits, Vegetables, Salads, and Soups ONLY

How Long Is The Fast?

The fast is for 21 days. The fast will begin at 12:00 am on Sunday, January 4th and will conclude on Saturday, January 24th at 12:00 am

