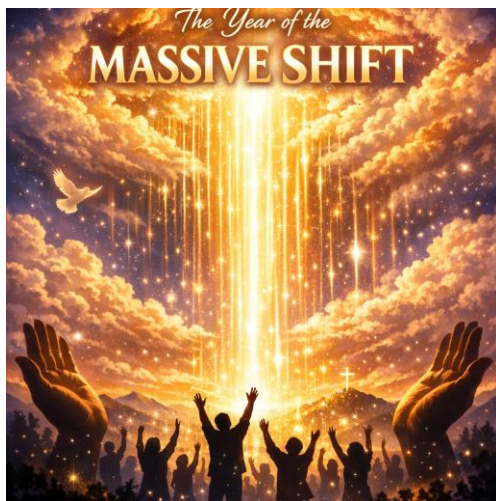


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The Year of the Massive Shift

Ready, set, let there be God in our 2026 21 days of fasting. A time we set aside at the beginning of each year to intentionally seek God, this year's theme is "The Massive Shift". We are believing that this year as we partner with God, we will experience Heaven touching Earth in Unprecedented ways!

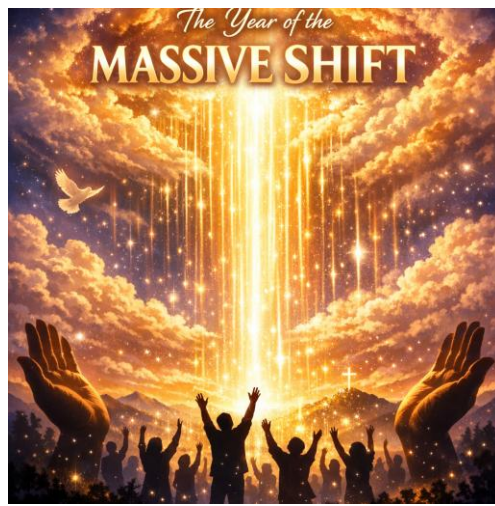
Beginning January 11th through January 31, 2026, we will embark on a formative journey grounded in scripture and anchored by prayer. This fast is an intentional time to step away from old patterns and to be transformed by the renewing of our mind, spirit, and body through God's word. We believe we are on the brink of a divine reversal, a reset and a recalibration.

As we step into 2026, we are not just entering into another year, but we are crossing over into a season of profound massive global shifts like no one has ever seen.

Based on the Hebrew calendar this is the year 5786. The Hebrew calendar serves as a prophetic compass giving us insight into the time and seasons. The prophetic picture in the numbers 5786 carry its own symbolic meaning. Let us discuss how the number 6 holds significant prophetic meaning for this year (2026). In Hebrew "VAV" equals six; and it represents connecting, securing, and joining. It functions as a nail that fixes two things together: or as a

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hook that draws something into place. Symbolically, it is the divine link between heaven and earth. What does that mean to us? I am glad you asked. That word VAV is what connects heaven and earth. This year we are expecting God to connect His heavenly purpose and promises to our earthly lives. When this occurs, we suddenly will begin to experience as we believed the Almighty in the beginning, Heaven on the Earth. (Genesis 1:1)

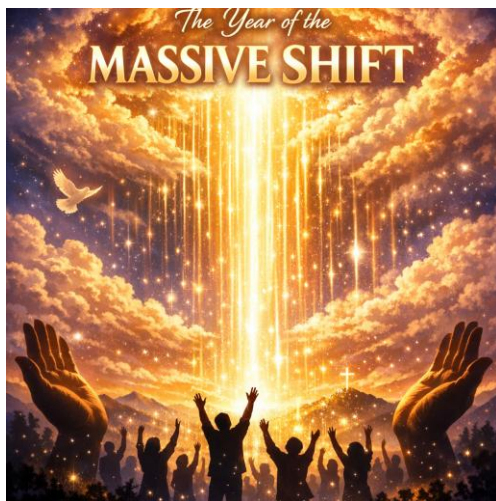
As we partake of the Lord's Fast, we are inviting the Holy Spirit to work deeply within us to disrupt what no longer belongs, renew how we think, and reshape how we live! As we fast, we believe God will bring us into divine alignment with Him, thus strengthening our faith while guiding our discernment and decisions as we shift into all He has prepared for us.

To support you on this journey we have put together this 21-day prayer and fasting guide designed for you to walk alongside us during the fast. The devotional will be available on our website. Therefore, let us prepare our hearts to step into this season together.

Expect a Massive Shift!

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HERE'S THE PLAN

Prepare your heart:

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them.

Be open to receiving what God reveals needs to change and be prepared to respond with obedience and action. Do not continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

Prepare your souls:

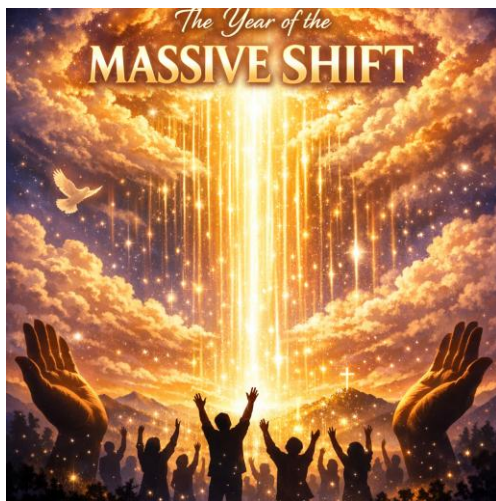
In Joshua 3:5, Joshua said to the people, sanctify yourselves: for tomorrow the Lord will do wonders among you. It simply means that we must focus on the Lord with all our soul and what He is doing. We must prepare our hearts to listen to the Lord.

Prepare your motives:

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

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Prepare your body:

If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxes, but you will make it! This is not a mind game to see if you can survive eating less or not watching ESPN, but about experiencing God. Some people ask, “What does not eating have to do with my relationship with God?” The response is, “Stop eating and find out.”

Prepare your schedule:

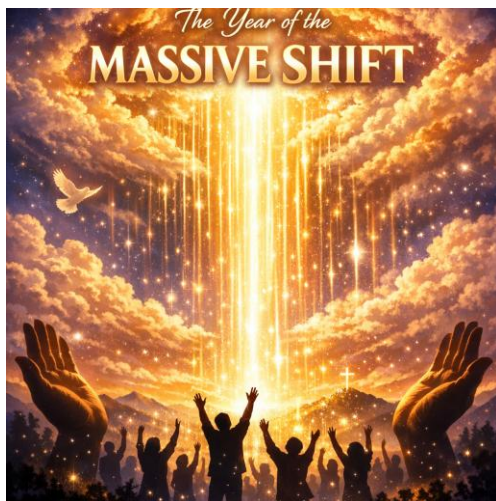
Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so do not fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

Fasting Guidelines:

- Explain to your family in advance what you are doing.
- Request privacy from those who find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast and avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained but must be crucified.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

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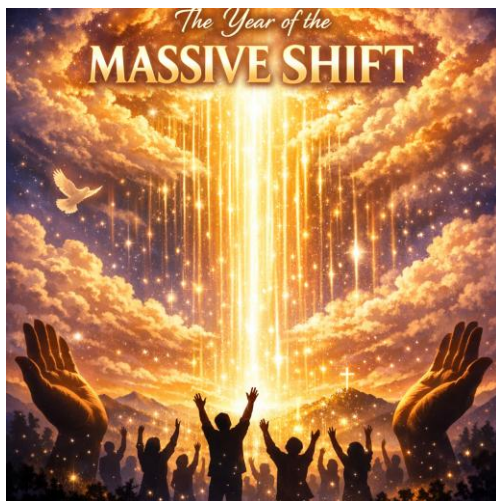
2026 FASTING SCHEDULE

DAYS	SUGGESTED FAST	TIME	INSTRUCTIONS
Days 1-7 (1/11 – 1/17)	Partial Fast	6:00 AM – 3:00 PM	Abstain from any food during this fasting time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. * Read Daily Devotions.
Days 8-14 (1/18 – 1/24)	Partial Fast	6:00 AM – 6:00 PM	Abstain from any food during this fasting time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. * Read Daily Devotions.
Days 15 – 21 (1/25 – 1/31)	Complete Fast Juice Fast or Water Only	All Day	We will strictly Drink Juices: Vegetable and Fruit Juices, (Not from Concentrate), if possible. Do not be condemned if you cannot, make do with the nearest alternative. Remember, the most important thing in this consecration is your Heart towards God. * Read Daily Devotions.

* See Medical Disclaimer

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Those who are unable to comply with the suggested fast may choose from the following list of Types of Fast.

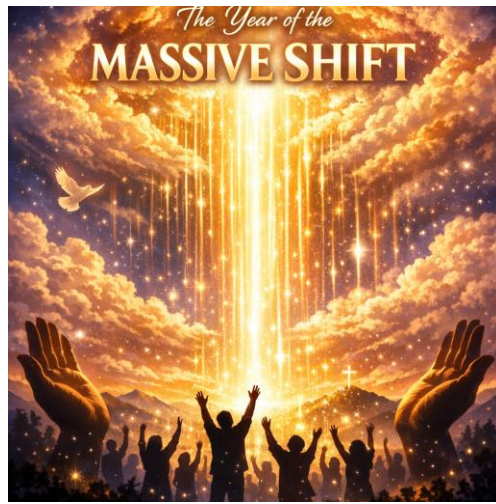
TYPES OF FAST

- **Complete Fast:** Drinking only liquids, typically water, with juice as an option.
- **Daniel Fast:** Removing meat, sweets and alcohol from your diet (see Daniel 1:8).
Link: <http://www.ultimatedanielfast.com>
- **Partial Fast:** Sometimes called a Jewish Fast, calls for abstaining from food for a specific part of each day. This might be from sunup to sundown, or 6 am to 3 pm, lunches, or something suitable for you.
- **Electronic Entertainment Fast:** Abstaining from social media and all forms of electronic entertainment (movies, TV, video games, etc.). This is a wonderful fast for everyone! This is also a good fast to combine with one of the food fasts. It is helpful to refocus areas of life that might be out of balance. When breaking the fast, carefully bring that element back into your life in an orderly fashion.
- **Soul Fast:** Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus on specific areas of life that are out of balance. Suggestions: abstain from engaging in social media, shopping, watching television, etc.

Please also refer to: 7 Basic Steps to Successful Fasting and Prayer by Dr. Bill Bright
<https://www.mynewhope.tv/WW/wp-content/uploads/2021/01/7-Basic-Steps-to-Successful-Fasting-and-Prayer-Half.pdf>

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CORPORATE PRAYER

Meet us in Corporate Prayer. Prayer will be “Live in Person” at 5:00AM on Tuesdays and 7:00AM on Saturdays during the Fast. **The First Corporate Prayer is on Tuesday, January 13, 2026, at 5:00AM.** The Pastor and Leaders have asked everyone to make a special effort to participate in ALL Corporate Prayer sessions.

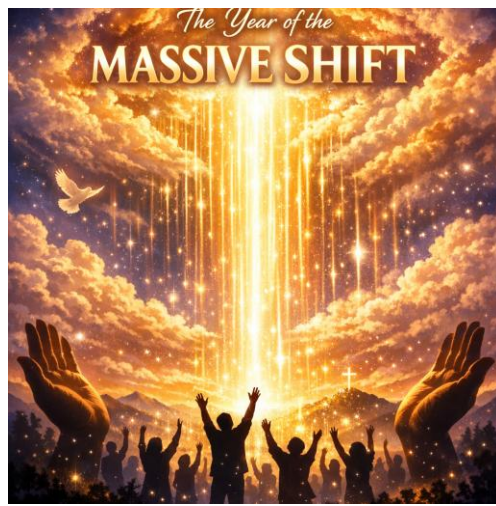


* Medical Disclaimer

We recommend that you always consult your physician prior to beginning any type of fast. If you are in poor health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. There are different types of fasts (Complete Fast, Daniel Fast, Partial Fast, or give up at least one item of food). Your doctor can provide proper advice on how you can participate in this fast in a way that is healthy for you.

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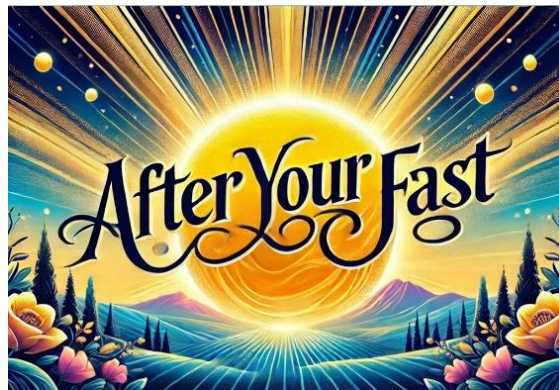


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Get in the “Fast Lane”

Ending your fast properly is just as important as beginning your fast properly. Just as you prepare yourself to begin a fast, you must prepare yourself to stop or break your fast.

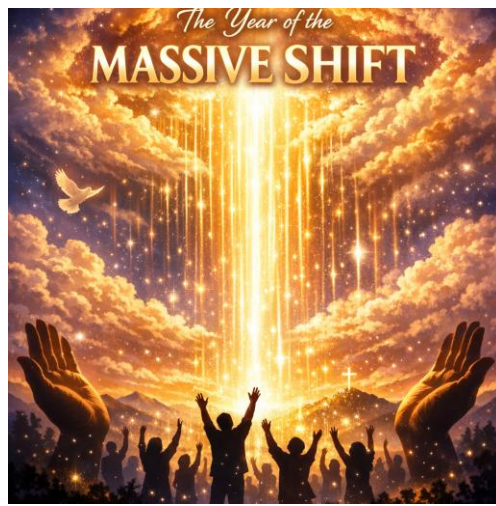


Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “FastLane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.

Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow. There are those who have chosen to fast one twenty-four-hour period per week. Others fast sunup to sundown, one day per week. Prayerfully develop a personal framework that aligns with God’s direction for you, a system you can follow faithfully and consistently.

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1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.” Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan.

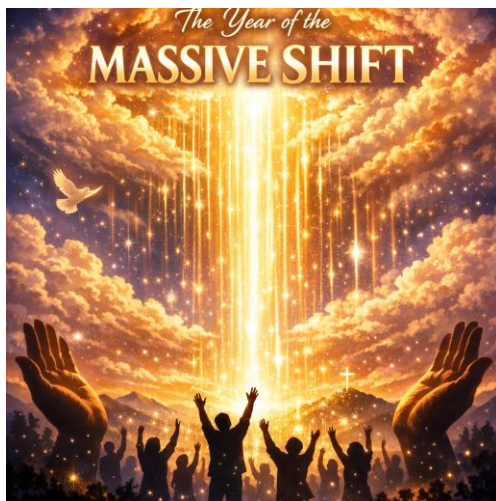


Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?

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Physically

Controlling your eating habits when you end your fast will be important. Once your fast is complete, you may experience a sense of accomplishment and feel inclined to indulge as a reward. It is important to remember, however, that the concern is not food itself, but the improper use of it, which can contribute to unhealthy patterns. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast.

Once you begin to eat again, you will feel uncomfortable if you are not careful. Your stomach will feel bloated and full. Introduce solid food slowly. There is a good chance you will experience stomach aches and diarrhea from the shock on the digestive system.

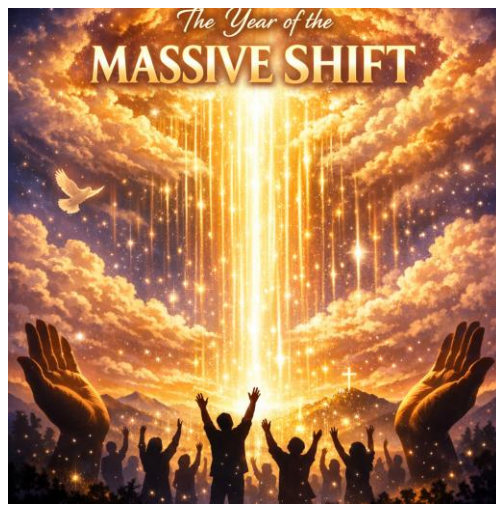
Emotionally

Satan will be working to take back the ground he has surrendered over to the Lord, and he will use your emotional vulnerability to accomplish his goals. It could be an intense time of discouragement leading to depression. Remember to be mindful of this and to eat wisely once you break your fast.

In 1 Kings 18-19, when Elijah is challenged by the 450 prophets of Baal who all followed Jezebel in a most vile and immoral religion. God confronts and defeats them through one man, Elijah. But after this great spiritual victory, Elijah finds himself running for his life from one woman, Jezebel. She had threatened his life and he felt all alone. He became incredibly discouraged and asked God to end his life. Elijah experienced a supernatural and spiritual high, followed by an emotional low. You could very well experience this same type of roller coaster ride.

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As we come to the end of this 21-day journey of prayer and fasting, let us pause and reflect with grateful hearts.

-  You made time.
-  You set yourself apart.
-  You sought God's presence, intentionally, faithfully, and wholeheartedly.

And now, expect God to respond in ways that surpass your understanding.

From all of us at **Crossroads**, thank you for walking this sacred journey. We are better, stronger, and more united because of it.

“The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you.” – Numbers 6:24–25

This is not the end; it is a launching point. Get ready for what is next.

With love,
Your Crossroads Family



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