

TRUE LOVE BAPTIST CHURCH

7 Days Of
FASTING
GUIDE BOOK



MONDAY, 26TH JANUARY
SUNDAY, 1ST FEBRUARY

WWW.TLBCFF.ORG

1956 PENNSYLVANIA AVE, FAIRFIELD, CA



Dear True Love Family,

Greetings in the righteous, redemptive, and relevant name of our LORD and SAVIOR, JESUS CHRIST!

As we prepare to enter this sacred season together, I want to personally invite and encourage you to join us in a seven-day corporate fast, beginning Monday, January 26 through Sunday, February 1. This is not simply a calendar event or a church tradition. This is a deliberate moment for us, as a body, to pause, refocus, and realign ourselves with God's direction for our lives and for our church.

The purpose of this fast is clear. We are fasting to create space for God to speak, to expose areas of misalignment, and to move us from intention to obedience. In a season filled with noise, pressure, and constant distraction, fasting helps quiet competing voices so that God's voice becomes clearer. This fast is not about perfection, performance, or outward appearance. It is about positioning our hearts to hear God and respond faithfully.

I also want to be very clear about our posture as a church. We are not legalistic. This fast is an invitation, not a burden. If you are on medication, managing a medical condition, or have health-related concerns, please consult your physician before participating. If a full or liquid-only fast is not wise for you, I encourage you to replace no-food days with an alternative sacrifice such as limiting certain foods, media, social media, or other distractions. God honors wisdom and obedience, not risk or pressure.

Our fasting schedule has been intentionally designed to stretch us spiritually while remaining responsible physically. Each day is meant to deepen our dependence on God and sharpen our focus. I encourage you to approach this fast prayerfully, responsibly, and with sincerity, replacing meals with prayer, reflection, Scripture, and quiet time before God. Our goal as a church during this fast is threefold. First, we are seeking spiritual alignment, bringing our priorities, habits, and decisions back into order with God's will. Second, we are praying for clarity and discernment, trusting God to remove confusion and give direction for the season ahead. Third, we are pursuing renewed discipline, knowing that lasting growth requires consistency beyond these seven days.

My prayer is that we do not end this fast the same way we began it. I am believing God for clearer vision, stronger obedience, and a mindset that is ready to think bigger, ask bigger, and act with greater faith. This fast is not the finish line. It is a starting point for what God desires to build in us and through us.

I am asking you to lean in, stay committed, and walk this journey with us in unity and expectation. Please plan to join us for corporate prayer each night at 7:00 PM on ZOOM (www.zoom.us/j/52004500909) as we come together in unity to seek God, strengthen our faith, and cover this fast with intentional prayer.

With **BIGGER ACTIONS**,



Pastor _____



DAY 1 - Daniel Fast

Surrender and Alignment (Haggai 1:5)

“Lord, realign my heart, my habits, and my direction with Your will.”

DAY 2 - Daniel Fast

Clarity and Discernment Haggai 1:7)

“Lord, sharpen my discernment and make Your direction unmistakable.”

DAY 3 - Daniel Fast

Repentance and Cleansing (Haggai 1:9)

“Lord, remove what has been limiting spiritual fruit and realign my heart.”

DAY 4 - Full Fast (Liquids Only)

Dependence and Trust (Haggai 1:6)

“Lord, teach me to rely on You, not my resources or routines.”

DAY 5 - Daniel Fast

Obedience and Courage (Haggai 1:12)

“Lord, give me the courage to obey fully and immediately.”

DAY 6 - Full Fast (Liquids Only)

Renewal and Strength (Haggai 1:13)

“Lord, renew my strength and establish discipline that lasts.”

DAY 7 - Full Fast (Liquids Only)

Commitment and Continuity (Haggai 1:15)

“Lord, help me carry this alignment forward and live what You have revealed.”

Approach this fast with seriousness, humility, and expectation. Do not rush it. Do not rush God. Let Him do the work that comfort normally interrupts. We are not fasting to prove devotion. We are fasting to produce transformation. Stay committed. Stay prayerful. Stay expectant.



7 DAYS
FASTING &
PRAYERS