



Corporate Fasting Period

May 13th 2026- (at sundown / 6pm)

May 23rd 2026- (at sundown / 6pm)

Focus:

Stripping away / Recalibration / Alignment

Daily process: **Fasting period** begins at 6pm May 13th and ends each day at 6pm through May 23rd.

Fasting from meals begins 6am May 14th and will continue through the period from 6am -6pm daily.

During the fast there will be reduced sugar intake. Wisdom is essential on every fast, so be honest concerning your medical status and make the necessary decisions and adjustments according to your particular situation and physician directives. Keep in mind that this is a fast unto the Lord. If you do not have a medical condition, **do not create one!!!** You must be intentional about keeping a holy atmosphere. Watch your conversations. To maintain a non-perverted environment, **television is completely prohibited** during the period of the fast and **social media is restricted Only** to work or ministry related activities.

New Life Global Radio, our ministry’s 24/7 global radio station (found on our new life global fellowship app), provides a viable and additional outlet that can assist in maintaining a suitable environment during the fast. Remember that biblical fasting is **SACRIFICIAL** and far exceeds the confines of simple abstinence from food or drink. On that note, water and fruits are permitted for those who must, and as a result of medical requirements. For those participating on the fast who are pregnant or under any specific medical care, please adhere to the dietary schedules and instructions of your physicians. All others are encouraged to abstain from eating through the duration of the daily fast! After 6pm daily, you may eat normal meals but are also encouraged to maintain portion control!

Prayer Focus: Stripping away / Recalibration / Alignment

As we approach Pentecost, we will find ourselves in a season of intensified spiritual warfare; pressed on every side (2 Cor. 4:8-18). Adverse experiences in family, health, finances, marriages, and countless other areas have left many weary and overwhelmed. The enemy's voice appears to be growing louder, **BUT GOD’S** is greater! His strength is perfected in our weakness (2 Cor. 12:9-10). This is our moment to Fast and Pray, to recalibrate, and realign with His unfailing Will. Feel free to Invite family and friends to join us.

Corporate prayer times

6am - 6pm (Eastern) Mon-Wed-Fri & (Sat @ 6pm)

Via the **“His Throne Room”** tab on our New Life Global App

Note:

Scripture: For the entire fast, **Isaiah 58** will be our fast-focused scripture, however you are encouraged to study on the scriptures below. **You are also encouraged to meditate upon the content of Apostle’s Sermon & Study Sessions and the content available under the “Fast Food” tab on our APP!**

(1 st Five Days)
Romans 12: 1
Galatians 5:24
Isaiah 58:6
Psalms 51:10
Lamentations 3:40

(2 nd Five Days)
James 4:8
Matthew 6:33
Psalms 119:105
Romans 8:14
Joel 2:12