

His Kingdom Here:

A Guide to Prayer and Fasting for the 2026 New Year

Adapted from Dr Tanda Kidds writings for her church in Iowa. Thank you Dr. Kidd.

Table of Contents

His Kingdom Here — Breaking Through the Noise

A Gentle Invitation to the Person Who Has Never Fasted

Why We Fast — Simple and Biblical

Types of Fasts

- Absolute Fast
- Normal Fast (Water-Only or Liquids-Only)
- Partial Fast
 - Daniel's Partial Fast
 - Time-Based or Food-Specific Partial Fasts
- Corporate Fast
- Soul Fast

The Spiritual Reality — From Revelation 12–13

Plan Your Fast

Five-Day Fasting Guide

- End of December — His Kingdom Begins With Surrender (Preparing our Hearts)
- Jan 6 — His Kingdom Satisfies Our Deepest Hunger
- Jan 13 — His Kingdom Brings Stillness Amid Noise
- Jan 20 — His Kingdom Overcomes Resistance
- Jan 27 — His Kingdom Fills Us With His Presence

A Simple Prayer for 2026

HIS KINGDOM HERE — BREAKING THROUGH THE NOISE

Many people enter the new year quietly tired, spiritually numb, or weighed down by the noise of the holiday season. We push through December smiling, but underneath, many of us feel stretched, discouraged, unfocused, or spiritually dull — yet we keep it private.

We begin the year with good intentions:

- I want to pray more.
- I want to read my Bible with consistency.
- I want to study the Word, not skim it.
- I want to walk closely with Jesus.
- I want to fast this year.
- I want to grow spiritually.

These desires matter; they are seeds God Himself plants in us. They echo the hope behind Jeremiah 29:11, reminding us that even in unsettled seasons, God's plans for His people are rooted in His faithfulness. God's will is for His people to be more aware of Him. The Lord is stirring in your heart a desire to seek Him with fresh focus, to come out of the noise and experience His Kingdom in a new way. This is not about striving harder but about responding to His gentle invitation to draw near, listen, and live aligned with His presence as the new year begins.

A GENTLE INVITATION TO THE PERSON WHO HAS NEVER FASTED

If fasting feels unfamiliar or intimidating, you are not alone. Many believers have never fasted, and that's okay. Fasting is not for the "super spiritual." It's for anyone who wants more of Jesus.

The Bible says: *"Taste and see that the Lord is good."* — Psalm 34:8

Fasting helps us taste spiritual things more clearly, not by starving our bodies, but by making room for God. You don't have to be strong. You don't have to do it perfectly. You simply take one step of faith.

If you feel even a small curiosity, that may be the Holy Spirit gently inviting you. God honors even the smallest "yes."

WHY WE FAST — SIMPLE AND BIBLICAL

Fasting wakes the soul up. It clears spiritual clutter. It helps us recognize deception and hear Jesus again. Fasting in Scripture always involves abstaining from food for a spiritual purpose.

In his book **Fasting for Spiritual Breakthrough** (1996), Elmer Towns defines fasting as "going without food for a spiritual purpose." John Piper, in his book **A Hunger for God: Desiring God Through Fasting and Prayer** (1997), reminds us that "the greatest enemy of hunger for God is not poison, but apple pie... endless nibbling at the table of the world."

These two perspectives remind us that fasting is not about proving spiritual strength but about pursuing a deeper hunger for God. Elmer Towns emphasizes that fasting is purposeful; it creates space for God to work in us. John Piper warns that the greatest threat to spiritual hunger is not obvious sin but the quiet comfort of abundance. Often, it's not poison but endless nibbling at the world's table that dulls our appetite for God. Fasting interrupts that pattern. It helps us trade temporary satisfaction for eternal joy, reminding our hearts that true life is not sustained by bread alone but by every word that comes from the mouth of God.

TYPES OF FASTS

1. ABSOLUTE FAST

(No food and no water — very rare and only for short periods.)

This fast appears only a few times in Scripture and should be entered cautiously, with wisdom and clear direction from the Holy Spirit.

Biblical Examples:

Exodus 34:28 (ESV): *“So [Moses] was there with the LORD forty days and forty nights. He neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the Ten Commandments.”*

- Moses’ **absolute** fast was supernatural, sustained by God’s presence, because medically, humans cannot survive 40 days without water.

Esther 4:16 (NIV): *“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do.”*

Acts 9:9 (NIV): *“For three days [Saul] was blind, and did not eat or drink anything.”*

👉 **Absolute fasts should be short and are not recommended for most people unless the Lord clearly leads.**

2. NORMAL FAST (Water-Only or Liquids-Only)

This is the *most common* biblical fast. It means abstaining from all food but drinking water (or liquids, if needed).

Matthew 4:1–2 (ESV): *“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.”*

Scripture notes that Jesus was hungry, not thirsty, which strongly supports the water-only understanding.

👉 **This is the primary fasting model in Scripture.**

3. PARTIAL FAST

(Restricting certain foods OR fasting during certain hours.)

This includes the **Daniel Fast**, as well as fasting until a certain time of day or removing specific foods.

A. Daniel’s Partial Fast

Daniel 1:12 (ESV): *“Test your servants for ten days; let us be given vegetables to eat and water to drink.”*

Daniel 10:2–3 (NIV): *“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”*

Daniel’s fast was a **restriction**, not a total abstention.

B. Time-Based or Food-Specific Partial Fasts

Examples include:

- No sugar
- No meat
- No processed foods
- No caffeine
- Eating only fruits and vegetables
- Fasting until 12 pm or 3 pm

👉 **This option can be a wise choice for those with medical conditions or health concerns because it allows flexibility. You can adapt food choices or timing to maintain safety while still engaging in the spiritual discipline of fasting. Always consult a healthcare professional if you have underlying health issues.**

4. CORPORATE FAST

(The whole church or community fasts together.)

This is not defined by food choices but by *unity of purpose*. People may participate differently, but the church is fasting **together**.

Joel 2:15–16 (NIV): *“Blow the trumpet in Zion, declare a holy fast, call a sacred assembly; gather the people...”*

Acts 13:2–3 (NIV): *“While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul...’ So after they had fasted and prayed, they placed their hands on them and sent them off.”*

👉 **Corporate fasting carries a unique spiritual weight because of unity.**

5. SOUL FAST

A “soul fast” is **not** a biblical category of fasting. In Scripture, fasting *always* involves food.

However, removing distractions is a **biblical discipline of stillness** that helps us turn our attention toward Christ.

Psalms 46:10 (ESV): *“Be still, and know that I am God.”*

This may include fasting from:

- Social media
- Streaming/TV
- Shopping
- Excessive communication
- Noise

👉 **This is not biblical fasting**, but it is a helpful spiritual practice, especially for beginners or those with medical restrictions.

THE SPIRITUAL REALITY — FROM REVELATION 12–13

Scripture is very clear that we have a real enemy:

- The deceiver (Rev. 12:9)
- The accuser (Rev. 12:10)
- The blasphemer (Rev. 13:6)
- The manipulator who uses distraction and pride
- The enemy who preys on isolation

But Revelation also shows how believers overcome:

- By the blood of the Lamb (Rev 12:11a)
- By the word of their testimony (Rev 12:11a)
- By obedience to God's commands
- By patient endurance and faithfulness

These realities come alive during fasting.

PLAN YOUR FAST

Choose your fast from above. We are asking that you fast from Tuesday's dinner to Wednesday's dinner (24 hours). The fast dates are January 6th, 13th, 20th, and 27th. We are also asking you to plan on coming to WASH nights at 7 PM on Wednesdays. Please try to break your fast before the WASH night service.

Note: If you choose an Absolute Fast, please don't do that without a doctor's permission and consulting with the Pastor. It should also be no longer than three days.

FIVE WEEKS TO EXPERIENCE HIS KINGDOM HERE

Each day during the weeks of this fast is designed to help you experience His Kingdom in practical ways. Fasting is not just about abstaining from food; it's about awakening to God's presence and authority in every part of life. These five themes move us from surrender to fullness, showing that His Kingdom is here, even in the midst of noise, resistance, and distraction.

END OF DECEMBER His Kingdom Begins With Surrender (Preparing our Hearts)

(Yielding to God's will opens the door to His rule in our lives.)

Matthew 6:16–18 (ESV): *“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”*

Devotional

The enemy loves to deceive us into believing that surrender is optional, or that fasting is only for “elite” Christians. But Jesus speaks to ordinary believers and assumes His followers *will* fast. Fasting begins with the simple act of offering our will to God, not performing for people or proving something to ourselves. Surrender is the doorway where clarity begins, deception loses its grip, and our hearts become awake again. When we quietly choose obedience, Jesus meets us in the secret place where transformation actually happens.

Reflection:

Lord, I don't want to fast out of pressure; I want to fast out of obedience. I give You my yes.

Action:

Choose the type of fast you will commit to this week. Write it down. Pray over it.

WEEK 1 January 6 — His Kingdom Satisfies Our Deepest Hunger

(Seeking God Himself, not just results, aligns us with His righteousness.)

Matthew 5:6 (NIV): *“Blessed are those who hunger and thirst for righteousness, for they will be filled.”*

Galatians 5:22–23 (ESV): *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”*

Devotional

The enemy works subtly by redirecting our hunger toward things that cannot satisfy—comfort, approval, distraction, or control. But Jesus promises that when our hunger shifts toward righteousness, *He* is the one who fills us. Fasting exposes misplaced hunger and reveals what we’ve depended on to feel better, cope, or escape. As we lay down lesser desires, the Holy Spirit begins restoring the fruit we’ve been missing—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Hunger becomes holy when it leads us back to Jesus.

Reflection:

What am I truly hungry for? Comfort? Control? Peace? Approval? Lord, redirect my hunger toward You.

Action:

Turn one moment of physical hunger into a 30-second prayer:

“Jesus, I want You more.”

WEEK 2 January 13 — His Kingdom Brings Stillness Amid Noise

(Quieting distractions so His voice becomes clear.)

Isaiah 30:15 (NIV): *“This is what the Sovereign LORD, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength...’”*

Psalms 46:10 (ESV): *“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

Revelation 12:10 (NKJV): *“...for the accuser of our brethren, who accused them before our God day and night, has been cast down.”*

Devotional

Noise is one of the enemy’s most effective forms of deception. He fills our inner world with accusation, distraction, hurry, and mental clutter, hoping to drown out the voice of God. But Scripture teaches that strength is actually found in quietness, trust, and stillness—not in striving or self-effort. Fasting helps us shut down the noise long enough to hear truth again. As the noise decreases, the

accusations lose their power, and the Holy Spirit begins restoring peace, clarity, and spiritual steadiness.

Reflection:

What noise in my life competes with God's voice?

Action:

Silence one distraction today and sit with Jesus for 10 quiet minutes.

WEEK 3 January 20 — His Kingdom Overcomes Resistance

(Standing firm against spiritual opposition through His Word.)

Matthew 4:1–4, 10–11 (ESV): *“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came... But He answered, ‘It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”’ ...Then Jesus said to him, ‘Be gone, Satan!’... Then the devil left him, and behold, angels came and were ministering to him.”*

Revelation 13:6 (NIV): *“It opened its mouth to blaspheme God, and to slander his name and his dwelling place and those who live in heaven.”*

Devotional

Resistance is not a sign that you're failing your fast—it's often proof that you're stepping into spiritual ground the enemy wants to guard. Jesus faced resistance the moment He began fasting, and so will we. The enemy tries to distort God's character, God's goodness, and even God's Word to make us question what we know is true. But when we answer temptation with Scripture, we stand on ground he cannot shake. Every time you resist a lie, cling to the Word, or worship instead of giving in, your spirit grows stronger, and deception loses authority.

Reflection:

What resistance am I facing, and how can I anchor myself deeper in God's Word?

Action:

Choose one Scripture to pray every time you feel weak.

WEEK 4 January 27 — His Kingdom Fills Us With His Presence

(Experiencing joy and eternal pleasures at His right hand.)

Psalms 16:11 (NIV): *“You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.”*

Revelation 12:11 (ESV): *“And they overcame him by the blood of the Lamb and by the word of their testimony...”*

Devotional

One of the enemy's hidden lies is that the spiritual clarity you gain during fasting disappears once the fast ends. But fasting isn't an event; it's an awakening. What God deposits in a surrendered heart continues to grow long after the fast is over. Revelation reminds us that victory flows not from our

strength but from the blood of Jesus, our testimony, our obedience, and our worship. Fasting simply clears the space so we can see the path of life again and taste the joy of His presence. This is the feast that follows the fast.

Reflection:

What has God revealed or shifted in me these last five days?

Action:

Thank God for at least five specific things He has done in your heart.

A SIMPLE PRAYER FOR 2026

Lord, keep me:

- Awake — not spiritually dulled
- Alert — not spiritually passive
- Aligned — not spiritually confused
- Anchored — not spiritually drifting