

## 2026: The Year of Renewal

### NPBC New Year's Fast

#### Scriptural Basis

The Bible tells us that fasting is an important discipline for the church, one that brings clarity and revelation for the will of God for our lives. Jesus fasted and prayed (Matt 4:1-2) and he indicated that believers would fast and pray after his resurrection and ascension (Matt 9:15). The early church took up the charge of praying and fasting in order to seek God's ways (Acts 13:1-3, 14:23). Through their fasting and praying they were able to understand the will of God, defeat the enemy's purposes, and expand the reach of the church.

#### How You Can Participate

Biblically, fasting involves sacrificing food for a period of time. It could involve setting aside a meal, not eating for half a day, or choosing not to eat for a day or many days.

We will be **fasting from food** from 6am to 6pm on January 5<sup>th</sup>-7<sup>th</sup>. ***If you are restricted from fasting for medical reasons***, you may choose just to forego a meal during those days. You may also choose to not drink sweet drinks, eat sweets, caffeinated drinks, etc. You should also try to spend significant time praying during these days. Challenge yourself to pray for an hour or more each day. You may also choose not to watch TV, talk on the phone, or post or look at social media. The goal is to make a sacrifice to the Lord from something you enjoy doing and swap that time with prayer and reading the Bible.