



*Firstfruit*  
**FASTING**  
*prayer*

**JANUARY 12, 2026**

**FEBRUARY 1, 2026**

**21  
DAYS**

**COVENANT FAMILY CHAPEL**

10307 COPPERMINE RD WOODSBORO MD 21798

301-696-8555

[WWW.COVENANTFAMILYCHAPEL.COM](http://WWW.COVENANTFAMILYCHAPEL.COM)

**253-993-3029**

PRAYER CONFERENCE LINE



Covenant Family Chapel

# 2026 Firstfruit Fasting & Prayer

## What is FirstFruit Fasting & Prayer?

The "First fruit" Principle in the Kingdom of God is explained in Romans 11:16, which mentions that "the entire batch of dough is made holy because the portion given to God as an offering is holy." This suggests that when a person presents a "prized representation" of a larger group as a sacrifice or specifically dedicates it to honor God, they recognize Him as the origin and sustainer of their life. The "prized representation" acts as a type of first fruit, through which God bestows blessings on the rest of the offerings. Therefore, as a church community, we commit the first month of the year to the Lord through fasting and prayer, believing that this action will bring divine blessings upon the following months of the year.

Scroll down to access information about the 2026 First Fruit Fasting



## **What is Fasting?**

Biblical fasting is the practice of refraining from food for spiritual purposes, which necessitates considerable discipline and fortitude. In essence, similar to how dieting requires self-discipline, fasting involves utilizing that time for prayer rather than for eating. We hold the belief that by committing ourselves to prayer and earnestly seeking God, He will bestow His blessings upon us for the entire year.

## **Why Should I fast?**

You may be wondering why fasting is essential. Here are a few reasons that might inspire you to fast:

- Are you looking to comprehend God's purpose for your life?
- Is there a vision inside you that only God can realize?
- Are you in pursuit of a more profound and meaningful relationship with the Lord?
- Do you desire a refreshed experience with Him?
- Do you want to be more in tune with God's concerns?
- Are you searching for liberation from curses and bondage?
- Do you need healing or a miracle for yourself or for someone else?

## Scripture References for Fasting

The scriptures listed below, when considered in their context, provide insights into the practices of fasting and prayer. Take the time to read them for a deeper understanding.

**1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10; Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14; Acts 27:33-37**

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## Various Forms of Fasting

The following practices are identified in scripture and may serve as a guide, but always remember you can decide how to fast. More importantly, allow the Holy Spirit to help you:

- Complete Fast - Ingesting only liquids for a predetermined number of days.
- Daniel Fast – Refraining from meat, sweets, and bread while consuming water, fruits, and vegetables (Daniel 1:12; 10:3).
- Partial Fast - Fasting for a designated time frame that you choose.



# Quick Tips on Fasting & Prayer

## **Getting Started:**

Consider your motivations for fasting. Are you looking for guidance, healing, or solutions to marital or family challenges? Please remember, the ultimate motivation should be to know Jesus and build a better relationship with Him.

## **Spiritual Preparation:**

Confess your sins to God and invite the Holy Spirit to reveal your weaknesses. Offer forgiveness to those who have wronged you and seek forgiveness from anyone you may have hurt (Luke 11:4; 17:3-4).

## **Choosing Your Fast:**

The type of fast you choose is entirely up to you. Just ensure that you dedicate that time to prayer and Bible study.

## **What to Anticipate:**

Fasting may lead to detoxification in your body, which can cause mild discomfort such as headaches, irritability, and hunger pangs. Limit your physical activities and engage in light exercise. Make sure to take time to rest, listen to praise and worship music, and pray often throughout the day. Strive to reduce distractions and concentrate on seeking God.

## **How to Conclude:**

Refrain from overeating; instead, gradually reintroduce solid foods by beginning with small portions or snacks.



# OUR CORPORATE FOCUS

## KNOWING JESUS

**What can I eat after we break the fast daily at 6 pm daily?**  
**Fruits, Vegetables, Natural Juices, Water**

### Prayer Schedule

Daily corporate prayers take place from **5 am** to 6 am, **12 pm** to 1 pm, **5 pm** to 6 pm, and **10 pm** to 11 pm.

### Meeting Locations

1. From Monday to Saturday, you can join the prayer conference line by calling 253 993 3029. Additionally, feel free to pray during your mealtimes if our scheduled prayer times do not suit you.
2. On Sundays, we gather at the church sanctuary from 10 am to 12:30 pm, and for the remainder of the day, we will pray together via the phone conference line.

# Medical Advice

**IF YOU ARE TAKING  
MEDICATION, PLEASE  
CONSULT YOUR DOCTOR.**

**Nevertheless, I encourage you  
to maintain your faith in God  
during this period as we fast and  
pray for your healing.**





# **DAILY PRAYER POINTS**



**Mondays:** January **12, 19, 26**, 2026

**Focus:** RETURNING TO THE LORD

**Prayer Points:**

1. Father, we return to You with all our hearts. Remove every idol, distraction, and divided affection from our lives, and help us come back to You in true repentance and sincerity (1 Samuel 7:2–6).
  2. Lord, as we humble ourselves through fasting, we seek Your face, Your guidance, and Your intervention. Lift us up according to Your promise and respond to those who earnestly seek You (Ezra 8:21; Job 5:8–11).
  3. Holy God, set us apart for Yourself. Empower us to live holy and obedient lives, rejecting compromise and walking as a people chosen and dearly loved by You (Deuteronomy 7:1–8).
  4. Father, remind us daily that our bodies are temples of the Holy Spirit. Help us to honor and glorify You in our thoughts, actions, and choices (1 Corinthians 6:16–20).
  5. Lord Jesus, we declare that our lives belong to You alone. We have been crucified with Christ, and we now live by faith in You. Help us set our hearts and minds on things above (Galatians 2:20; Colossians 3:2–4).
  6. Father, align our lives fully with Your will. Give us obedient hearts that willingly say, “Here I am, Lord, to do Your will,” even when obedience requires sacrifice (Hebrews 10:5–7).
- O Lord, place within us a deep and genuine desire to do Your will. Write Your Word upon our hearts and let our obedience flow from love and delight in You (Psalm 40:6–8).

# **Tuesdays:** January **13, 20, 27**, 2026

## **Focus:** SEEKING DIVINE GUIDANCE

### **Prayer Points:**

1. Father, we humble ourselves before You. Grant us clear direction in every decision we face and help us to rely not on human wisdom but on Your divine guidance (Judges 20:26–28).
  2. Lord Jesus, we approach the Father confidently in Your Name. Help our prayers to flow from a deep relationship with You and to align fully with the Father's will (John 16:26–27).
  3. Holy Spirit, sharpen our spiritual hearing. Give us grace to recognize Your voice clearly and the courage to obey immediately, without hesitation or fear (Acts 10:19–20).
  4. Lord, ignite in us a deep hunger for Your Word. Help us to search, study, and meditate on Scripture daily, allowing Your truth to guide our thoughts, choices, and actions (Acts 17:11).
  5. Father, keep our conscience pure and sensitive before You and before others. Remove anything that dulls our spiritual discernment or hinders our walk with You (Acts 24:16).
  6. Lord, surround us with godly and wise counsel, yet keep our hearts anchored in You above all else. Let Your wisdom be the loudest voice we follow (Psalm 73:23–25).
- Faithful God, guide us continually, satisfy us with Your presence, and strengthen us in every season of life. May our lives reflect Your purpose and direction (Isaiah 58:11).



**Wednesdays:** January **14, 21, 28**, 2026

**Focus:** GETTING CLOSE TO GOD

**Prayer Points:**

**DAY 3, 10, 17**

1. Father, help us to fear You rightly—to walk in obedience, love You deeply, and keep Your commandments, according to Your Word (Deuteronomy 10:12–13).
2. Lord, draw our hearts to seek You with total devotion. Remove every distraction and help us pursue You with all our hearts and souls (Jeremiah 29:13; Daniel 9:4–19).
3. Holy Spirit, give us grace and hunger to seek You early and consistently in prayer, just as Jesus did, making time alone with You a priority (Mark 1:35).
4. Lord, develop in us the discipline to sit at Your feet, to listen attentively to Your Word, and to choose what is necessary above all else (Luke 10:38–39).
5. Create in us a humble and contrite heart that pleases You, one that depends fully on Your mercy and grace (Psalm 51:17).
6. Father, cleanse our hands and purify our hearts. Deliver us from every form of idolatry and help us to live lives that are pleasing in Your sight (Psalm 24:3–5).
7. Lord, teach us to walk humbly with You—loving what is right, doing justice, and living in obedience to Your will (Micah 6:8).

**Thursdays:** January **15, 22, 29**, 2026  
**Focus:** TRUSTING AND STANDING ON  
GOD'S PROMISES

**Prayer Points:**

1. Father, I trust fully in Your precious and powerful promises! I receive everything I need for life and godliness through them. (2 Peter 1:3-4)
2. Lord, give me grace to embrace and walk in all You have declared over my life! Help me align my actions with Your promises and experience their fulfillment. (Isaiah 58:10-14)
3. Faithful God, I fix my heart and mind on Your promises! I reject fear and unbelief and stand confidently on Your Word, no matter the challenges. (Numbers 14:6-9)
4. Father, strengthen my faith so it does not waver! Like Abraham, I trust You completely, believing You can do all You have promised. (Romans 4:19-21)
5. Lord, I abide continually in Your presence! I remember that You are with me in every season, through every trial, and in every circumstance. (Isaiah 43:2)
6. Faithful and trustworthy God, I declare You are always reliable! I rest in Your sovereignty, knowing that You work all things together for my good. (Genesis 50:19-21)
7. Lord, grant me perseverance to remain faithful until the end! I hold firmly to Your promises, even when I do not yet see their full fulfillment. (Hebrews 11:13)



**Fridays:** January **16, 23, 30**, 2026

**Focus:** OPERATING IN THE POWER OF GOD

**DAY 5, 12, 19**

**Prayer Points:**

1. Lord, I move in the Name of Jesus! I walk and operate daily in Your authority and power. (Colossians 3:16)
2. Father, empower me to work signs and wonders! Let miracles, healings, and demonstrations of Your glory flow through my life. (Mark 16:16-18)
3. I declare authority over every work of the enemy! I bind what needs to be bound and lose Your will in every situation. (Mark 16:16-18)
4. Lord, break every limit in my life! Remove every barrier so I can experience Your fullness and blessings. (Acts 3:1-10)
5. I slay the giants in my life, Lord! Give me courage, strength, and divine power to overcome every challenge and obstacle. (1 Samuel 17:45-46)
6. I walk in boldness, Lord! Let me minister, speak, and act fearlessly according to Your leading. (Acts 4:13, 31)
7. I lift my heart in praise and worship! Let my worship release Your power, favor, and victory in every area of my life. (2 Chronicles 20:21-22)

**Saturdays:** January **17, 24, 31**, 2026

**Focus:** EXPRESSING THANKS TO GOD

**Prayer Points:**

1. Lord, I acknowledge all Your gifts in my life; I am grateful for Your goodness. (Psalm 116:12-13)
2. I offer You sacrifices of thanksgiving and praise, Lord; You are worthy. (Jonah 2:9)
3. I present lavish offerings of my heart and life to You, Father. (1 Kings 8:62-63)
4. Lord, I submit my life, my plans, and my will fully to You. (Romans 12:1)
5. I cherish You, O Lord; I obey Your commands and follow Your ways. (John 14:15)
6. I give You all honor, glory, and praise, Lord, for You alone are worthy. (Revelation 4:9-11)
7. I celebrate every blessing You have poured into my life; my heart rejoices in You. (1 Samuel 1:26-28)

**DAY 6, 13, 20**



**Sundays:** January **18, 25**, February **1**, 2026

**Focus:** DECLARING GOD'S VICTORY

**Prayer Points:**

1. Lord, I declare my faith in Your promises. I trust in Your Word, and I know it will never fail me. (Luke 1:45)
2. I rejoice in Your mighty works, O God! I celebrate Your power and goodness in my life. (Luke 1:49)
3. Father, I receive strength against every enemy. I declare victory over every opposition, challenge, and scheme of the enemy. (Luke 1:51)
4. I praise You for Your mercy and faithfulness, Lord. Your enduring love brings triumph over every trial I face. (Psalm 108:4-5)
5. I proclaim freedom from every form of oppression. Every stronghold, burden, and bondage in my life is broken in Jesus' Name. (Isaiah 61:1-3)
6. I declare victory in every area of my life. My health, finances, relationships, and spiritual walk are victorious through Christ. (1 Corinthians 15:57)
7. Lord, empower me with boldness to testify. I will confidently declare Your victories to everyone around me. (Acts 4:33)
8. I celebrate Your eternal reign, Lord. Your kingdom and victory are forever, and I rejoice in Your sovereign power. (Revelation 11:15)

**DAY 7, 14, 21**