



SET THE CAPTIVES FREE OUTREACH CENTER

ANNUAL CHURCHWIDE FAST

Prayer
& **FASTING**

JANUARY 11 - 24, 2026

WWW.STCFOC.COM



2026 ANNUAL CHURCHWIDE FASTING & PRAYER SET THE CAPTIVES FREE OUTREACH CENTER

Fasting Dates

Sunday, January 11 - Saturday, January 24

FORMATION 2026 is our annual theme for this year., and our STCF Soldiers' creed is **"I Fast, I Pray, I Hear, I Obey!"**.

We're calling all soldiers in the Army of the Lord to Get Ready and Stay Ready. - Let us seek ways to deepen our personal relationship with God in 2026, and learn how to effectively use the arsenal of tools God has provided to us to strengthen our faith, fight the enemy, and conquer life's battles.

Make a decision to let go of past mistakes, failures, hurts, disappointments, and stay focused on the future and our faith journey as we strive towards the ultimate goal of mirroring God's image through Christ. We are striving for more love, patience, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control! As we make strides to become what God created us to be and do for His glory, He will in turn bestow more favor and blessings on our lives.





2026 ANNUAL CHURCHWIDE FASTING & PRAYER SET THE CAPTIVES FREE OUTREACH CENTER

2026 Theme: FORMATION

2026 Ministry Focus:

The Army of the Lord: Get in line, stay in line.

2026 Motto: I Fast, I Pray, I Hear, I Obey!

Scripture: 2 Timothy 2:3-4 (NLT)

3 Endure suffering along with me, as a good soldier of Christ Jesus.

4 Soldiers don't get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them.

Fasting Dates: Sun. Jan 11th - Sat. Jan 24th | 6:00 AM - 6:00 PM

2026 FASTING GOALS

- (1) That you will hear from God!
- (2) That you will discipline your flesh.
- (3) That you will develop new and better eating habits.
- (4) That you will be healthier spiritually, emotionally, mentally, and physically.



JOIN US FOR PRAYER EACH NIGHT!

Join Dr. Karen Bethea, our STCF Senior Leadership Team, and members of our Intercessory Prayer Ministry Team for corporate prayer at **7 AM and 9 PM** during each day of the fast.

Join us for a brief but powerful time of prayer!

Dial-In Number: 425-436-6316

Access Code: 676375



FASTING & PRAYER FOCUS

DAY 1 | Re-Centering Your Heart

Scripture: Matthew 6:33

But seek first the kingdom of God and his righteousness...

Reflection: Fasting is not about deprivation — it is about alignment.

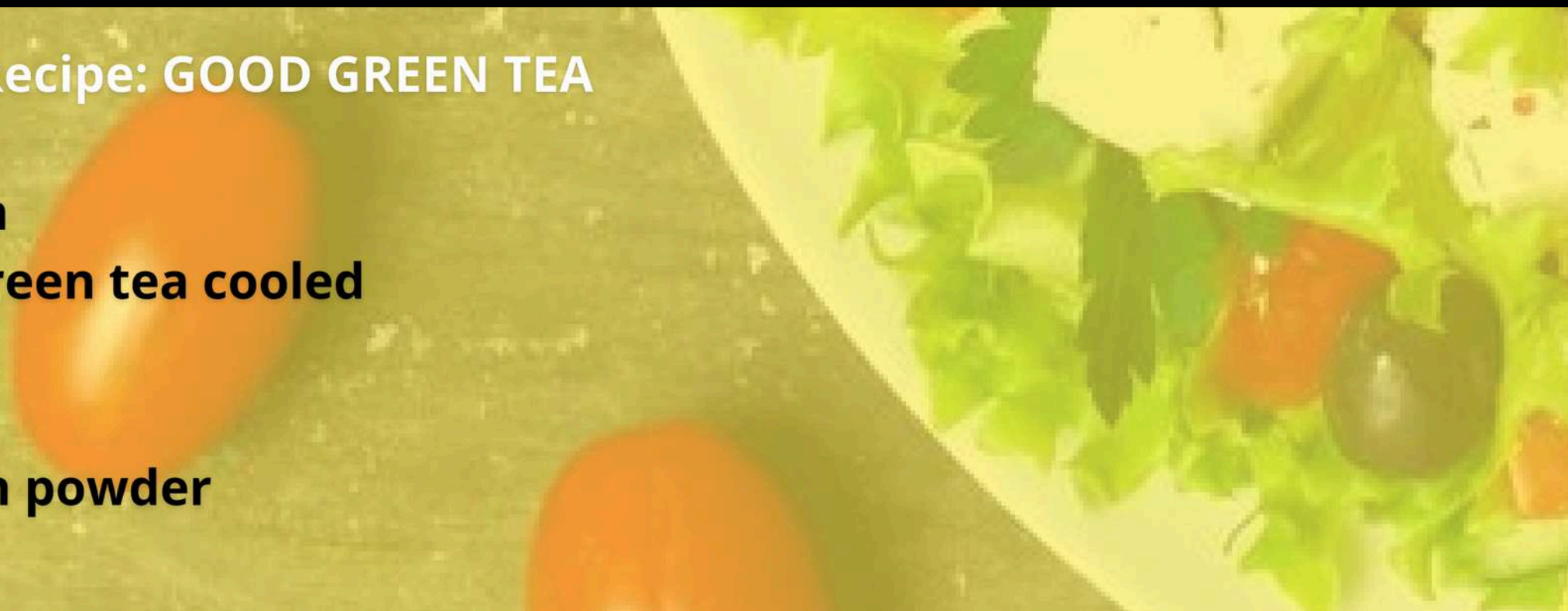
As a church, we begin this journey by moving God back to the center of our lives, worship, families, and decisions.

Prayer: Lord, help us remove distractions and put You first in all things.

Church Focus: Ask God what He wants to transform in your heart during this fast.

Meal Suggestion | Smoothie Recipe: GOOD GREEN TEA

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 1/2 cups strong brewed green tea cooled
- 1 medium ripe avocado
- Honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 2 | Dependence on God

Scripture: Psalm 63:1

My soul thirsts for You...

Reflection: Hunger reminds us that our deepest need is God's presence. As a church, we confess that we depend completely on Him.

Prayer: Father, deepen our hunger for You above all else.

Church Focus:

When hunger hits, whisper a prayer of gratitude instead of complaining.

Meal Suggestion | Smoothie Recipe: BERRY GREEN

- 3 handfuls spinach
- 2 cups water
- 2 apple cored & quartered
- 1 cup frozen mangos
- 1 cup frozen strawberries
- 1 handful seedless grapes
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 3 | Repentance & Cleansing

Scripture: Psalm 51:10

Create in me a clean heart, O God...

Reflection: Fasting exposes what is really in our hearts — impatience, pride, fear — so God can heal and cleanse us.

Prayer: Lord, shine Your light on anything in us that needs to change.

Church Focus: Confess and release anything the Holy Spirit shows you.

Meal Suggestion | Smoothie Recipe: APPLE STRAWBERRY

- 3 handfuls of spring mix greens
- 2 cups water
- 1 banana peeled
- 2 apples cored & quartered²
- 1 1/2 cups frozen strawberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 4 | Breaking Strongholds

Scripture: Isaiah 58:6 *Is not this the fast...to break every yoke?*

Reflection: Fasting is a spiritual weapon. God uses it to break cycles — emotional, spiritual, mental, and addictive — individually and corporately.

Prayer: God, destroy every stronghold that does not honor You among us.

Church Focus: Name one unhealthy habit or pattern you are surrendering to God.

Meal Suggestion | Smoothie Recipe: APPLE GREEN

- 1 handful of spring mix greens
- 2 handfuls of spinach
- 2 cups water
- 1 1/2 cups frozen blueberries
- 1 banana peeled
- 1 apple cored & quartered
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 5 | Hearing God Clearly

Scripture: John 10:27

My sheep hear My voice...

Reflection: Noise fades during a fast. God's whisper becomes clearer when we quiet our hearts together before Him.

Prayer: Speak, Lord. We are listening for Your direction.

Church Focus: Spend 10–15 minutes in silence before God today..

Meal Suggestion | Smoothie Recipe: BERRY PEACHY

- 2 handfuls kale
- 1 handful spinach
- 2 cups water
- 2 apples cored & quartered
- 1 1/2 cups frozen peaches
- 1 1/2 cups frozen mixed berries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 6 | Surrendering Your Will

Scripture: Luke 22:4

Not my will, but Yours be done.

Reflection: Fasting is not saying, “God, do what we want,” but “God, we will do what You want.”

Prayer: Align our desires with Your will, O God.

Church Focus:

Ask God to reshape your heart posture, not just your situation.

Meal Suggestion | Smoothie Recipe: PEACH BERRY SPINACH

- 3 handfuls of spinach
- 2 cups water
- 1 cup frozen peaches
- 1 handful seedless grapes
- 1 1/2 cups blueberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 7 | Resting in God's Strength

Scripture: 2 Corinthians 12:9

My grace is sufficient for you...

Reflection:

You may feel weak — physically or emotionally — and that's okay. God shines through weakness.

Prayer: Lord, be our strength when we feel empty.

Church Focus: Rest today. Guard your peace intentionally.

Meal Suggestion | Smoothie Recipe: GOOD GREEN TEA

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 1/2 cups strong brewed green tea cooled
- 1 medium ripe avocado
- Honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 8 | Renewing Your Mind

Scripture: Romans 12:2

Be transformed by the renewing of your mind...

Reflection: Fasting detoxes the mind — not just the body. Old thinking patterns begin to lose power.

Prayer: Replace our negative thoughts with Your truth, Lord.

Church Focus:

Reject one negative thought today and replace it with Scripture.

Meal Suggestion | Smoothie Recipe: PINEAPPLE SPINACH

- 2 cups fresh spinach
- 1 cup pineapple chunks
- 2 cups frozen peaches
- 2 bananas peeled
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 9 | Walking in the Spirit

Scripture: Galatians 5:16

Walk by the Spirit...

Reflection: Fasting retrains our flesh to submit to the Spirit. God invites us to live Spirit-led lives.

Prayer: Holy Spirit, lead our thoughts, words, and decisions.

Church Focus:

Pause before responding today — choose the Spirit's way.

Meal Suggestion | Smoothie Recipe: PINEAPPLE BERRY

- 2 handfuls of spring mix greens
- 2 handfuls spinach
- 1 banana peeled
- 1 1/2 cups pineapple chunks
- 1 1/2 cups frozen mango chunks
- 1 cup frozen mixed berries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 10 | Growing in Compassion

Scripture: Isaiah 58:7

...share your food with the hungry...

Reflection: True fasting awakens compassion. It softens our hearts toward others and moves us to action.

Prayer: Give us hearts that see and serve others with love.

Church Focus:

Bless someone today — through kindness, prayer, or generosity.

Meal Suggestion | Smoothie Recipe: SPINACH KALE BERRY

- 2 handfuls of kale
- 2 handfuls of spinach
- 2 cups water
- 1 apple cored & quartered
- 1 banana peeled
- 1 1/2 cups frozen blueberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 11 | Trusting God Fully

Scripture: Proverbs 3:5–6

Trust in the Lord with all your heart...

Reflection:

During fasting, anxieties surface. God invites us to release control and trust His plan.

Prayer:

We trust Your plan, even when we don't understand it.

Church Focus:

Give God one specific worry and refuse to take it back.

Meal Suggestion | Smoothie Recipe: GOOD GREEN TEA

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 1/2 cups strong brewed green tea cooled
- 1 medium ripe avocado
- Honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 12 | Gratitude & Contentment

Scripture: 1 Thessalonians 5:18

In everything give thanks...

Reflection: Fasting reveals how much we rely on comfort. Gratitude restores joy and humility.

Prayer: Thank You, Lord, for every blessing — seen and unseen.

Church Focus:

Write down five things you're grateful for today.

Meal Suggestion | Smoothie Recipe: APPLE STRAWBERRY

- 3 handfuls of spring mix greens
- 2 cups water
- 1 banana peeled
- 2 apples cored & quartered
- 1 1/2 cups frozen strawberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder



FASTING & PRAYER FOCUS

DAY 13 | Spiritual Authority

Scripture: Matthew 17:21

This kind does not go out except by prayer and fasting.

Reflection:

Fasting activates authority over spiritual resistance. Mountains move and chains break when God's people seek Him together.

Prayer: Empower us to pray bold, faith-filled prayers.

Church Focus: Pray intentionally over one breakthrough you're believing for.

Meal Suggestion | Smoothie Recipe: PEACH BERRY SPINIACH

- 3 handfuls of spinach
- 2 cups water
- 1 cup frozen peaches
- 1 handful seedless grapes
- 1 1/2 cups blueberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder





FASTING & PRAYER FOCUS

DAY 14 | Worship & Surrender

Scripture: Romans 11:36

For from Him and through Him and to Him are all things...

Reflection: Fasting ends where worship begins — recognizing everything belongs to God. We give Him glory for what He has done in us.

Prayer: Lord, our lives are Yours. Be glorified in us.

Church Focus:

End your fast with thanksgiving, worship, and renewed commitment.

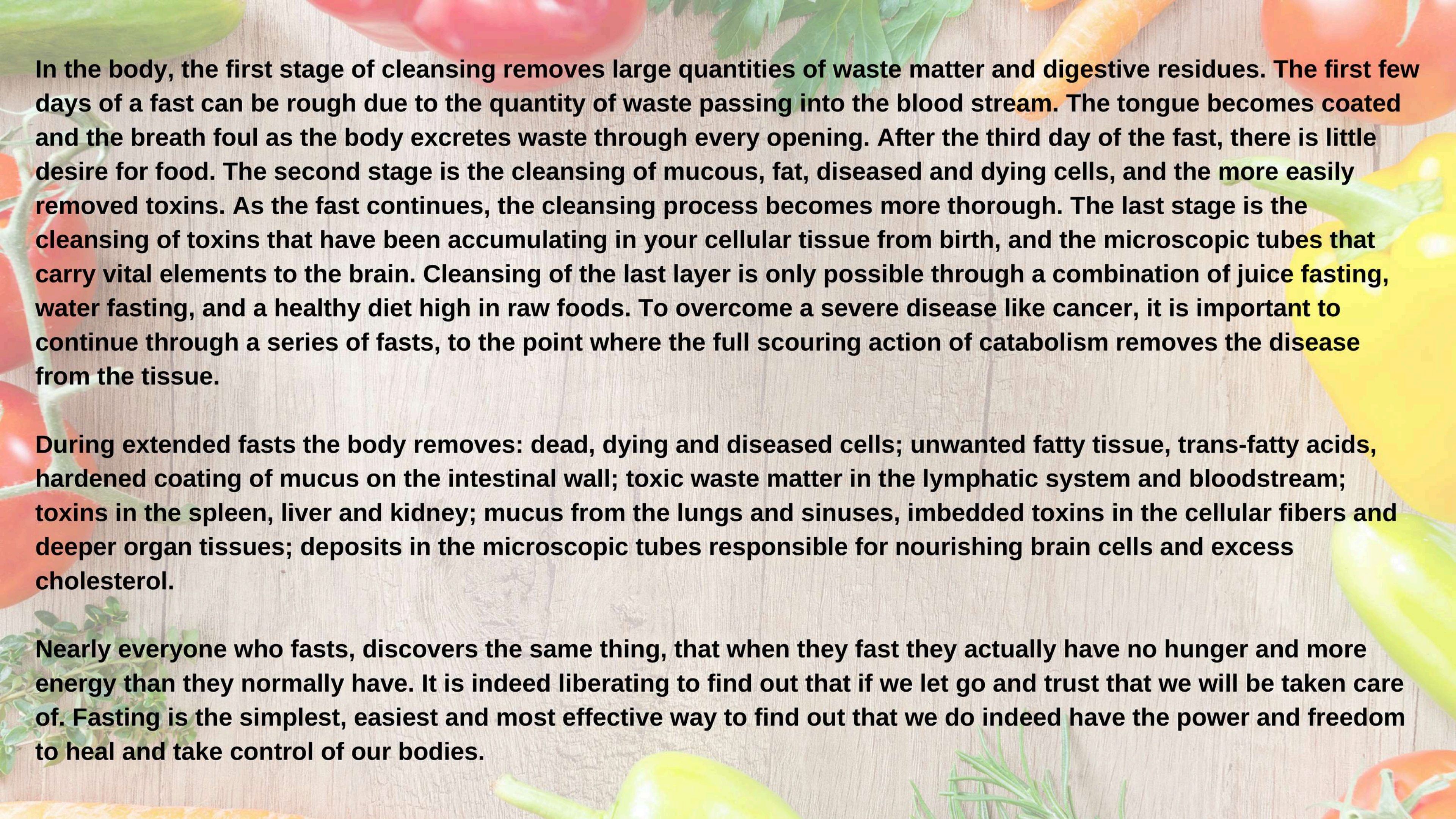
Meal Suggestion | Smoothie Recipe: APPLE MANGO

- 3 handfuls of spinach
- 2 cups water
- 1 apple cored & quartered
- 1 1/2 cups mangos
- 2 cups frozen strawberries
- 2 tablespoons flaxseed
- 2 tablespoons honey
- Optional: a scoop of protein powder

WHAT IS FASTING?

Fasting is a period of abstinence from all food or specific items. Fluids are consumed in sufficient quantity to satisfy thirst and physiologic requirements. During the absence of food, the body will systematically cleanse itself of everything except vital tissue. Starvation will occur only when the body is forced to use vital tissue to survive. Although protein is being used by the body during the fast, a person fasting even 40 days on water will not suffer a deficiency of protein, vitamins, minerals or fatty acids. In the breakdown of unhealthy cells, all essential substances are used and conserved in a most extraordinary manner. There is an unwarranted fear of fasting that strength diminishes from the catabolism of proteins from muscle fibers. Even during long fasts, the number of muscle fibers remains the same. Although the healthy cells may be reduced in size and strength for a time, they remain perfectly sound.

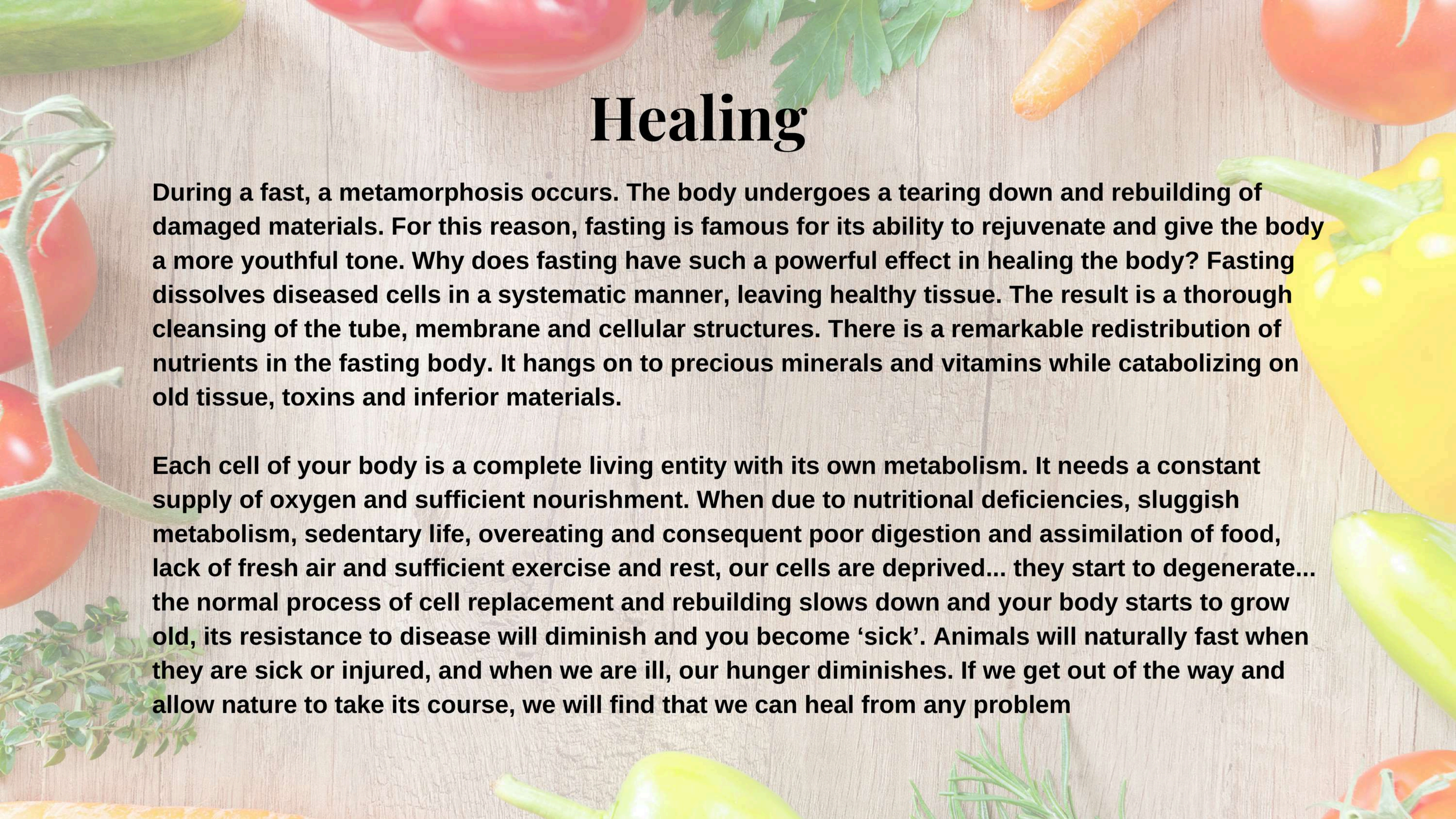
The human body has many ordinary modes of achieving elimination: the liver, lungs, kidneys, colon, etc. When these are overloaded, the body will resort to "extra ordinary" methods of elimination: boils, mucous and other discharges, sweats, vomiting, diarrhea, and many others. Should elimination be impossible or uneconomical of body energy, the toxic overload will go into storage forms in the joints, vessels, muscles, organs; almost any tissue in the body. While fasting, the body is highly conservative of its energy and resources. During this deep and profound rest, toxin intake and production are reduced to a minimum while autolysins and elimination proceed unchecked. Anabolic processes such as tissue and bone healing also proceed at a maximal rate during the fast.

The background of the image is a light-colored wooden surface. Scattered around the edges are several fresh vegetables: a green bell pepper at the top left, a red tomato at the top center, a carrot at the top right, a yellow bell pepper on the right side, and some green herbs at the bottom left and bottom right.

In the body, the first stage of cleansing removes large quantities of waste matter and digestive residues. The first few days of a fast can be rough due to the quantity of waste passing into the blood stream. The tongue becomes coated and the breath foul as the body excretes waste through every opening. After the third day of the fast, there is little desire for food. The second stage is the cleansing of mucous, fat, diseased and dying cells, and the more easily removed toxins. As the fast continues, the cleansing process becomes more thorough. The last stage is the cleansing of toxins that have been accumulating in your cellular tissue from birth, and the microscopic tubes that carry vital elements to the brain. Cleansing of the last layer is only possible through a combination of juice fasting, water fasting, and a healthy diet high in raw foods. To overcome a severe disease like cancer, it is important to continue through a series of fasts, to the point where the full scouring action of catabolism removes the disease from the tissue.

During extended fasts the body removes: dead, dying and diseased cells; unwanted fatty tissue, trans-fatty acids, hardened coating of mucus on the intestinal wall; toxic waste matter in the lymphatic system and bloodstream; toxins in the spleen, liver and kidney; mucus from the lungs and sinuses, imbedded toxins in the cellular fibers and deeper organ tissues; deposits in the microscopic tubes responsible for nourishing brain cells and excess cholesterol.

Nearly everyone who fasts, discovers the same thing, that when they fast they actually have no hunger and more energy than they normally have. It is indeed liberating to find out that if we let go and trust that we will be taken care of. Fasting is the simplest, easiest and most effective way to find out that we do indeed have the power and freedom to heal and take control of our bodies.



Healing

During a fast, a metamorphosis occurs. The body undergoes a tearing down and rebuilding of damaged materials. For this reason, fasting is famous for its ability to rejuvenate and give the body a more youthful tone. Why does fasting have such a powerful effect in healing the body? Fasting dissolves diseased cells in a systematic manner, leaving healthy tissue. The result is a thorough cleansing of the tube, membrane and cellular structures. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while catabolizing on old tissue, toxins and inferior materials.

Each cell of your body is a complete living entity with its own metabolism. It needs a constant supply of oxygen and sufficient nourishment. When due to nutritional deficiencies, sluggish metabolism, sedentary life, overeating and consequent poor digestion and assimilation of food, lack of fresh air and sufficient exercise and rest, our cells are deprived... they start to degenerate... the normal process of cell replacement and rebuilding slows down and your body starts to grow old, its resistance to disease will diminish and you become 'sick'. Animals will naturally fast when they are sick or injured, and when we are ill, our hunger diminishes. If we get out of the way and allow nature to take its course, we will find that we can heal from any problem

Benefits Of Fasting

- Mental clarity is improved and brain fog is lifted.
- Rapid, safe weight loss is achieved without flabbiness The nervous system is balanced
- Energy level and sensory perception is increased. The longer the fast, the bigger increase in energy and vitality. You normally need less sleep.
- Organs are revitalized Cellular biochemistry is harmonized
- The skin becomes silky, soft, and sensitive
- There is greater ease of movement
- Breathing becomes fuller, freer and deeper
- The digestive system is rejuvenated and becomes more effective; the peristaltic action of the intestines (the cause of a natural bowel movement) is stronger after fasting.
- Fasting retrains your tasting sense back to more healthy food as acute sensitivity is restored.
- Fasting can increase confidence in our ability to have control over our lives and our appetite, and that our body is self-regulating and a self-healing organism capable of establishing balance when given the possibility to do so.
- Normal metabolic and cell oxygenation are restored. Detoxification - as soon as the body realizes that it's fasting it will begin to eliminate those things that cause disease, such as fat cells, arterial cholesterol plaques, mucus, tumors, stored up worries and emotions.

Set the Captives Free Outreach Center



Pastors Linwood & Dr. Karen Bethea

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