



FEBRUARY 18 - APRIL 5, 2026

Fasting For Spiritual Transformation



THE PENNSYLVANIA AVENUE BAPTIST CHURCH
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FASTING FOR SPIRITUAL TRANSFORMATION



We are entering a church-wide fast for the **2026 Lenten Season** because we believe something powerful happens when God's people set aside earthly things to seek a heavenly response. **Fasting is more than going without food or comforts — it is a spiritual act of surrender that calls upon God's power to intervene, protect, deliver and transform *(PTL).**

We are a **Spirit-filled community committed to transforming (PTL)**, our neighborhood and the world through the love of Jesus Christ. Everything we do flows from our calling to **R.E.S.T.:**

- **Reach** the masses through the Great Commission
- **Empower** disciples through the teachings of Jesus Christ
- **Send** Spirit-led believers into the world
- **Transform** (PTL) others into Kingdom ambassadors

This fast is one of the ways we live out that calling — by making space for God to change us so we can help change the world around us.



* PTL = "Praise the Lord!"

FASTING IN SCRIPTURE

Throughout the Bible, God's people fasted when they needed His direct help, protection, or direction:

- **Ezra called a fast** so the people could seek God's protection, and **God answered** (Ezra 8:21–22, 31).
- **Esther called for a fast** when her people faced destruction, and **God delivered**. (Esther 4:15–16).
- **Daniel fasted** to seek God's mercy and intervention for his nation, and **God swiftly sent Gabriel** with understanding, insight, and the reminder that Daniel was precious to God (Daniel 9:3, 21–23).

Isaiah 58 shows us God's heart for fasting — **a fast that breaks chains, lifts burdens, frees the oppressed, and brings healing and restoration**. It is a fast that aligns our hearts with God's justice, compassion, and righteousness.

Jesus confirmed this same truth when He said that **some breakthroughs come “only by prayer and fasting”** (Mark 9:29; Matthew 17:21).

Early Christians understood this — Tertullian taught that **when we fast, heaven fights for us and God grants divine defense**¹.

Even Jesus' fast in the wilderness prepared Him with clarity and strength for spiritual battle (Matthew 4:1–11).



[1] Tertullian, *On Fasting (De Ieiunio)*, ch. 10; summarized in Daniel L. Smith-Christopher, “Fasting,” *Eerdmans Dictionary of the Bible*, p. 456.

WHY WE FAST

This fast is part of our **journey to be CHANGED** — becoming the people God has called us to be.

- **1 Samuel 10:6** (NLT) — “At that time the Spirit of the Lord will come powerfully upon you, and you will prophesy with them. You will be changed into a different person.”

Fasting positions us to receive the Spirit’s transformative work.

- **Galatians 2:20** (NLT) — “My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.”

Fasting helps us lay down old patterns so Christ can live fully through us.

Fasting helps us lay down old patterns and fight distractions that pull our hearts away from God. **Because fasting is intentional, it makes us pay attention to what we’re doing and what we’re choosing.** Fasting creates space for the Holy Spirit to renew our thoughts, reshape our desires, and submit to Christ within us — **making room for God to change us from the inside out.**

The heart of our Lenten fast

We fast to revere and worship God.

We fast to humble ourselves.

We fast to repent.

We fast to seek God’s guidance.

We fast to prepare for spiritual battle.

We fast to intensify prayer.

We fast to declare our dependence on God alone.

We fast to unleash the power of the Holy Spirit in our lives.

We fast because fasting is an earthly act that invites God’s heavenly power — and through it, we are CHANGED!



A Few Important Notes

- If you have dietary or medical concerns, consult your doctor first.
- Modify the fast only to meet medical needs[1].
- Eat allowable foods during your normal meal times — breakfast, lunch, dinner — and add mid-morning or mid-afternoon snacks if needed.

Drink 10–12 cups of water daily (alkaline water with a pH of 7 or above is preferred).

THE PABC 40 DAY TRANSFORMATIVE FAST

Lent begins on **February 18 (Ash Wednesday)** and concludes on **April 5 (Resurrection Sunday)**. During this 46-day period, we will follow the attached **40 Day Transformative (PTL) Fast**. Use your regular meal schedule of breakfast, lunch, dinner, and snacks — as your guide for when to eat.

Sundays (except Resurrection Sunday/Easter) are optional Sabbath rest days from the fast. This is not a day to binge or overindulge, but a day to eat wisely so your body is ready to continue fast for the next week. It's best to choose foods that support the upcoming week fast focus.

A Prayer for Our Fast

Lord, let us seriously fast individually and corporately, we become more Christ-like. May we pray boldly that God's will for us is done quickly as we walk through this transformative (PTL) season.

May PABC grow into a more intimate and wiser witness for Christ.

May we be favored stewards of the ever-increasing resources of God.

May the Holy Spirit fully empower this church.

And may the Lord God manifest Himself in Jesus' name.

Amen. Amen. Amen.

[1] Always follow your doctor's orders regarding fasting. Keep with fast given to improve your medical condition with your doctor's approval only. Select foods that you enjoy and are not supposed to consume per your doctor's orders, and eliminate them from your fast during the 2026 Lenten Season. **Even if you don't fast, review daily the purpose, scriptural meditation, and recite the fasting promise daily.**

2026 PABC 40 DAY TRANSFORMATIVE FAST

Week : February 18–24

1

Fast from all gossip, manipulation, meanness, stubbornness, pride, and judging — even to those we dislike, Soda/Pop and Pork. Share your testimony with at least one person. **Praise God for the weekly promise!**

Purpose: To renew our ways as we release old habits and embrace the new life that reflects Jesus Christ.

Scriptural Meditation: Ephesians 4:17–24 (*especially vs. 22–24*)

Promise: Through the Holy Spirit, I am being changed and transformed into the image of Jesus Christ, in Jesus' name.

Week : February 25–March 3

2

Continue Week 1 Fast and begin to fast from bread, beef, drinks with added sugar, and speak life into one (or more) situation(s) where you would normally stay silent or be negative. **Praise God for the weekly promise!**

Purpose: To stay prayerful, walk wisely, and let our words carry grace. As God changes us, we will speak life where we once responded with silence or dispel negativity.

Scriptural Meditation: Colossians 4:2–6 (*especially v. 6*)

Promise: By the Holy Spirit's power, my voice will be shaped to bring life where it once brought silence or negativity, in Jesus' name.



Week : March 4–10

3 **Continue Week 1–2 Fast and begin to fast** from all cereals, grain, grapes products, sweets, candy, junk food, and desserts. **Praise God for the weekly promise!**

Purpose: Get closer to Christ and allow that closeness shape how we love others.

Scriptural Meditation: John 15:1–12 (*especially vs. 4–5, 9–12*)

Promise: I will allow the Holy Spirit to help me abide in Christ and show His love to those around me, in Jesus' name.

Week : March 11–17

4 **Continue Week 1-3 Fast and begin to fast** from all fried foods and dairy products. Write down your heavy burdens and one by one ask God, moving forward, to eliminate them. **Praise God for the weekly promise!**

Purpose: To follow God's leading as we release heavy burdens and let go of all that keeps us from moving forward.

Scriptural Meditation: Matthew 11:25–30 (*especially v. 28*)

Promise: Through the Holy Spirit, I will follow God's leading and let go of the burdens that keep me from walking freely with Him, in Jesus' name.

Week : March 18–24

5 **Continue Week 1-4 Fast** and identify one or more addictions or cravings. Invite a trusted confidant to pray with you to eliminate additions and cravings. **Praise God for the weekly promise!**

Purpose: To rely on God's strength as we confront the cravings and patterns that enslave us or place us in bondage.

Scriptural Meditation: Galatians 5:16–21 (*especially vs. 16–17*)

Promise: Through the Holy Spirit, I will choose what strengthens my spirit over what tries to control me, in Jesus' name.

Week : March 25–31

6

Continue Week 1-5 Fast and fast from all meats. Consume only fresh vegetables, vegetable broths, fruits, 100% juices and water. Lay hands on an ailing or stressed area of your body as you pray the week 6 promise. **Praise God for the weekly promise!**

Purpose: To open our lives for God's cleansing work and healing work, inviting Him to restore us in both body and spirit.

Scriptural Meditation: 2 Corinthians 6:16–7:1 (*especially v. 7:1*)

Promise: The Holy Spirit is healing my body and restoring my spirit so I can walk in purity and strength, in Jesus' name.

WEEK : April 1–4 (ends Saturday at 7:59 PM)

7

Continue Weeks 1-6 Fasts. Share testimony with at least two people. **Praise God for the weekly promise!**

Purpose: To walk with a clear and steady focus, turning away from distractions and aligning our attention with what God is calling us to pursue.

Scriptural Meditation: Hebrews 12:1–3 (*especially v. 2*)

Promise: I will fix my attention on what God is calling me to, turning away from every distraction as He sharpens my focus and directs my steps in Jesus' name.

RESURRECTION SUNDAY (Easter): From April 4 2026 at 8:00 pm - April 5, 2026

From April 4, 2026 at 8:00 pm - April 5, 2026 after morning worship on April 5, consume only water and 100% juice.

Purpose: to turn our attention fully toward the Lord, allowing His light to rise within us, His guidance to steady our steps, and His freedom to shape the way we live, love, and walk together as His people.

Scriptural Meditation: Mark 16:9–20; Acts 9:1–19, I Samuel 7:2–17

Promise: I believe God is changing us—just as His Word declares in 1 Samuel 10:6 and Galatians 2:20—giving us fresh insight to do His will and creating within us the Spirit of revival, so that we will become a Mark 16:9–20 church, in Jesus' name.