



# 2026 Fasting Devotional

Our fast runs from Monday through Friday every week in February 2026. Liquids only from sunrise to sunset.\*

## Week 1 (Feb. 2 – Feb. 6)

### Rebirth Begins With Surrender. #Rebirth

Rebirth always starts with release. Before new life can emerge, something old must be laid down. Surrender is not loss—it's preparation. This week, we examine how God invites us to place our past, pain, pride, and plans in His hands so He can bring forth something new. What you let go of creates room for what God wants to grow

- Isaiah 43:18–19
- Romans 12:1–2
- John 12:24
- Psalm 51:10–12

## Week 2 (Feb. 9 – Feb. 13)

### Rebirth Requires Faith #Faith

Rebirth doesn't happen by sight—it happens by faith. God often calls us into new seasons before we feel ready or qualified. Like seeds buried beneath the soil, growth happens where it's unseen. This week focuses on trusting God in the dark places, believing that what feels like an ending is often the beginning of new life.

- Hebrews 11:1
- 2 Corinthians 5:7
- Genesis 15:5–6
- Mark 9:23–24

## Week 3 (Feb. 16 – Feb. 20)

### Renewal Is Required. #Renewal

God doesn't just change our situation—He renews our minds, hearts, and perspectives. Rebirth involves unlearning what no longer serves the new life God is forming within us. This week challenges us to allow God to reshape how we think, respond, and believe so we can fully live in the newness He provides.

- Ezekiel 36:26–27
- Romans 8:10–11
- 2 Corinthians 4:16
- Colossians 3:9–10

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#PromisesChurchFast and be sure to tag @PromisesChurchPHL!*

\*If you have a medical condition and/or are taking medication, please adhere to medical advice.





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## Week 4 (Feb. 23 – Feb. 27)

### Rebirth Is Strengthened Through Resistance.

New life attracts resistance. Just as newborn strength develops through use, our rebirth is fortified when tested. God allows pressure not to break us, but to establish us. This week explores how opposition can confirm transformation and how perseverance protects what God is birthing in us.

- James 1:2–4
- 1 Peter 1:6–7
- Romans 8:18
- Isaiah 66:9

## Week 5 (March 2 – March 6 )

### Rebirth Releases Purpose. #Rebirth #Purpose

Rebirth is never just for us—it's for impact. God brings new life so it can bear fruit, bless others, and glorify Him. This final week centers on stepping forward with clarity, boldness, and obedience into what God has reborn in us. What God renews, He also sends.

- 2 Corinthians 5:17–20
- Galatians 2:20
- Matthew 5:14–16
- John 20:21
- Extra Prayer

Rebirth is a process, not a moment. During this fast, we've surrendered, trusted, renewed, endured, and stepped forward. May the new life God began during this fast continue to grow well beyond it.

If you missed a week, visit our website to catch up on what you missed:  
[www.promiseschurch.org](http://www.promiseschurch.org).

Thank you so much for joining us on this fast. It really means a lot to us to be able to humble ourselves with other believers and to share in God's word. We've learned a lot and we hope you have also.

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