

RESET FAST
2026

THIS KIND COMES OUT

JANUARY RESET FAST
DEVOTIONAL



the
Gathering
Church

TABLE OF CONTENTS

Welcome Letter	03
Prayer Schedule	04
Fasting Guide	05
Week 1: Renewing the Mind	06
Week 2: Healing the Heart & Emotions	07
Week 3: Restoring the Body	08
Week 4: Covering the Home & Family	09
January Daily Scripture Calendar	10
Notes	13



WELCOME LETTER FROM PASTORS GERALD & LYNN



Happy New Year, Saints!

The Lord has graciously allowed us to cross over into a brand-new year. While God Himself is not confined by time, He gives it to us as a gift — a fresh opportunity to reflect, refocus, and give Him praise. And so, we begin this year with thanksgiving in our hearts!

As in years past, it's time for our Reset Fast — a sacred space we set aside to draw closer to God through prayer and fasting. But this year, we're approaching the fast with fresh focus and holy boldness. We recognize that we are always in a spiritual battle, and some of the challenges we've been facing are not just circumstantial — they are spiritual.

This year, we're going after the hard things — the habits, patterns, strongholds, and hidden struggles that just won't seem to break. We want them to come out. And as Jesus said in Mark 9:29, "This kind can come out only by prayer and fasting."

So we invite you to join us — fully and faithfully — for the next 30 days as we humble ourselves before God, fast with intentionality, and reset with expectation. Let's believe together for freedom, breakthrough, healing, and renewed focus in 2026.

This is your moment to reset — body, soul, and spirit. Let's begin, in Jesus' name.

With love and grace,
Pastors Gerald & Lynn
The Gathering Church



PRAYER SCHEDULE

- Monday Nights at 7:00 PM (Virtual Prayer)
- Wednesdays at 12:00 PM (Virtual Prayer)
- Saturdays before service (On-site)

TGC is inviting you to a scheduled Zoom meeting.

Topic: TGC Prayers

Join Zoom Meeting

[https://us02web.zoom.us/j/82819503757?
pwd=S1Job09lTzFZOENkVExoajFnbmVDdz09](https://us02web.zoom.us/j/82819503757?pwd=S1Job09lTzFZOENkVExoajFnbmVDdz09)

Meeting ID: 828 1950 3757

Passcode: TGC



FASTING GUIDE & MEDICAL DISCLAIMER

Please consult your physician before beginning any fast, especially if you have medical conditions or are taking medications.

This fasting guide is a flexible template. Adjust it to fit your needs.

Though biblical fasting traditionally involves food, those unable to fast from food may consider fasting from distractions like social media, TV, smoking, or shopping.

Weekly Fasting Schedule:

- **Week 1** (Jan 3–9): Remove all refined sugars and pastries
- **Week 2** (Jan 10–16): Remove dairy, pastas, and rice
- **Week 3** (Jan 17–23): Remove all meats (eat fruits, raw vegetables, water, and herbal teas only)
- **Week 4** (Jan 24–30): Water-only or liquid fast (as able)

We break the fast together on January 31.



WEEK ONE: RENEWING THE MIND (JAN 3–10)



Fasting Focus: Remove all refined sugars and pastries

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2

Scriptures:

- Romans 12:2
- 2 Corinthians 10:4–5
- Isaiah 26:3
- Philippians 4:8
- 2 Timothy 1:7

Sample Prayer:

Father, I surrender my thoughts to You. Cleanse my mind from fear, worry, and anything that does not reflect Your heart...

Journal Prompts:

- What anxious thoughts am I ready to let go of?
- What thought patterns are being challenged this week?
- Which scripture spoke to my heart most clearly today?
- What lies have I believed that need replacing with truth?

Reflection: “Set your minds on things above, not on earthly things.” — Colossians 3:2



WEEK TWO: HEALING THE HEART & EMOTIONS (JAN 10–16)



Fasting Focus: Remove dairy, pastas, and rice

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3

Scriptures:

- Psalm 34:18
- Ezekiel 36:26
- Hebrews 12:15
- Matthew 11:28
- Proverbs 4:23

Sample Prayer: Lord, heal every place in my heart that has been wounded...

Journal Prompts:

- Who or what do I need to forgive this week?
- What emotional triggers is God exposing in me?
- Where do I need healing — emotionally, relationally, spiritually?
- How is God inviting me to receive His love more deeply?

Reflection: “Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23



WEEK THREE: RESTORING THE BODY (JAN 17–23)



Fasting Focus: Remove all meats (eat fruits, raw vegetables, water, and herbal teas only)

“By His wounds, we are healed.” — Isaiah 53:5

Scriptures:

- 3 John 1:2
- Isaiah 53:5
- Psalm 103:2–3
- Proverbs 3:7
- 8- Romans 12:1

Sample Prayer:

Father, I bring my body before You. Cleanse me of anything that harms my health...

Journal Prompts:

- How have I neglected or mistreated my body?
- Where do I need healing physically or emotionally?
- What boundaries do I need to set for a healthier lifestyle?
- What habits is God calling me to shift in this new season?

Reflection: “Honor God with your body.” — 1 Corinthians 6:20



WEEK FOUR: COVERING THE HOME & FAMILY (JAN 24–30)

Fasting Focus: Water-only or liquid fast (as able)

“As for me and my house, we will serve the Lord.” — Joshua 24:15

Scriptures:

- Joshua 24:15
- Psalm 91:1–2
- Proverbs 24:3
- Isaiah 54:13
- Psalm 127:1

Sample Prayer:

Lord, I lift my household to You. May peace reign in every room and Your presence fill every corner...

Journal Prompts:

- What would it look like to build my home with God at the center?
- Where is the enemy trying to bring division or confusion?
- What family patterns do I need to pray over or break?
- What promises has God made to my household that I can stand on?

Reflection: “The Lord blesses the home of the righteous.” — Proverbs 3:33



JANUARY DAILY SCRIPTURE CALENDAR



Date	Scripture
Jan 1	Isaiah 43:19
Jan 2	Romans 12:2
Jan 3	Philippians 4:6-7
Jan 4	Deuteronomy 31:6
Jan 5	Ephesians 6:11
Jan 6	Jeremiah 29:11
Jan 7	2 Timothy 1:7
Jan 8	Psalms 34:18
Jan 9	Matthew 5:4
Jan 10	Isaiah 61:3



JANUARY DAILY SCRIPTURE CALENDAR



Date	Scripture
Jan 11	Hebrews 4:16
Jan 12	1 Peter 5:7
Jan 13	Proverbs 3:5-6
Jan 14	Psalms 147:3
Jan 15	Isaiah 53:5
Jan 16	3 John 1:2
Jan 17	Psalms 103:2-3
Jan 18	Romans 8:11
Jan 19	Proverbs 4:20-22
Jan 20	James 5:15



JANUARY DAILY SCRIPTURE CALENDAR



Date	Scripture
Jan 21	Psalms 30:2
Jan 22	Joshua 24:15
Jan 23	Isaiah 54:13
Jan 24	Proverbs 24:3
Jan 25	Psalms 127:1
Jan 26	Psalms 91:1-2
Jan 27	Psalms 112:1-2
Jan 28	Acts 16:31
Jan 29	2 Corinthians 10:4-5
Jan 30	Mark 9:29
Jan 31	Romans 8:37

“WRITE THE VISION AND MAKE IT PLAIN...” — HABAKKUK 2:2

[illegible]

