

SHEDIAC BAY COMMUNITY CHURCH FAST
FEBRUARY 24, 2026 - APRIL 04, 2026
40 DAYS

Welcome to our SBCC 40 day Fast. Our fast will begin **Tuesday, February 24, 2026** and end **Saturday, April 04, 2026**. These dates are inclusive.

The theme of our fast is 'COME AND SEE' with the focus on love. For those interested SBCC has a prayer guide, available today. Of course, one can participate without the guide (using their own personal prayers) if one so chooses.

The guide consists of each day numbered, a scripture reading and a brief prayer. Each scripture is taken from the New Living Translation (NLT).

WHY FAST?

Charles Stanley (American Southern Baptist Minister and Author) explained fasting is a spiritual discipline, not a diet, designed to temporarily eliminate distractions (food, or activities, etc.) to focus on God through prayer. It is a way to deepen communion with the Father, seek his direction, and foster spiritual awareness.

HOW CAN I FAST?

There are a variety of ways one can fast. Some examples include: giving up a favorite television show, Netflix, social media, video gaming, taking time from leisure to spend in prayer. Some choose to fast from certain foods or skip a meal.

*******ALERT*****FOR THOSE WHO HAVE SPECIFIC DIETARY NEEDS (ex. DIABETES), SENIORS, WE STRONGLY RECOMMEND YOU DO NOT USE FOOD AS YOUR MEANS OF FASTING. YOUR HEALTH COULD BE JEPORDIZED WHICH GOD WOULD NOT WANT.**

Other methods of fasting are suggested above or another of your own choosing.

God Bless You!

FAST GUIDE:

DAY ONE

SCRIPTURE: Taste and see that the LORD is good. Psalm 34:8

PRAYER: Lord, thank you for this opportunity to know you better.

DAY TWO

SCRIPTURE: I will gather you together and bring you home together. Zephaniah 3:20

PRAYER: It is wonderful, Lord, to be a member of your family.

DAY THREE

SCRIPTURE: Perfect love expels all fear. 1 John 4:18

PRAYER: I know I have nothing to fear with you, my Lord.

DAY FOUR

SCRIPTURE: Surely your goodness and unfailing love will pursue me all the days of my life. Psalm 23:6

PRAYER: I thank you Lord for the value you have placed on me.

DAY FIVE

SCRIPTURE: I will never fail you. I will never abandon you. Hebrews 13:5

PRAYER: Ah Lord, I love your promises.

DAY SIX

SCRIPTURE: Your love delights me. Song of Songs 4:10

PRAYER: You and I, Lord, delight in one another.

DAY SEVEN

SCRIPTURE: He was full of unfailing love and faithfulness. John 1:14

PRAYER: Jesus, your love is true.

DAY EIGHT

SCRIPTURE: Then I saw heaven opened, and a white horse was standing there. It's rider was named Faithful and True. Revelation 19:11

PRAYER: Thank you, Lord, for your forever love.

DAY NINE

SCRIPTURE: For everyone who calls on the name of the LORD will be saved. Romans 10:13

PRAYER: Thank you, Jesus, for saving me.

DAY TEN

SCRIPTURE: We love each other because he loved us first. 1 John 4:19

PRAYER: Your example is always good and loving Jesus. I have much to aspire to. Please help me to be more like you, Jesus.

DAY ELEVEN

SCRIPTURE: There is no greater love than to lay down one's life for one's friends. John 15:13

PRAYER: Please help me to love as you love Jesus.

DAY TWELVE

SCRIPTURE: Above all, clothe yourself with love which binds us all together in perfect harmony. Colossians 3:14

PRAYER: God, may our world harmonize your love to one another and to you as well.

DAY THIRTEEN

SCRIPTURE: Don't just pretend to love others. Really love them...love each other with genuine affection. Romans 12:9

PRAYER: It is my desire to really love others with genuine affection. Please help me to demonstrate sincere, genuine love to you and to others Lord.

DAY FOURTEEN

SCRIPTURE: Put on your new nature, created to be like God - truly righteous and holy. Ephesians 4:24

PRAYER: God, with you to help me I know I can be all you have called me to be.

DAY FIFTEEN

SCRIPTURE: God looked over all he had made, and he saw that it was very good. Genesis 1:31

PRAYER: Thank you for creating me God. I love all your creation Lord. It is so very beautiful.

DAY SIXTEEN

SCRIPTURE: But the godly are as bold as lions. Proverbs 28:1

PRAYER: Please give me boldness and courage to do your will my Lord.

DAY SEVENTEEN

SCRIPTURE: Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love. 1 Corinthians 16:13-14

PRAYER: Please, Holy Spirit, fill me with the attributes listed above.

DAY EIGHTEEN

SCRIPTURE: I am praying not only for these disciples but also for all who will ever believe in me through their message. John 17:20

PRAYER: Oh Jesus, all those centuries ago you were thinking of me. Thank you, Jesus, for your everlasting love.

DAY NINETEEN

SCRIPTURE: My God will send forth his unfailing love and faithfulness. Psalm 57:3

PRAYER: God, you never tire of telling me you love me. God, you have never failed me in any way. My heart is full and grateful.

DAY TWENTY

SCRIPTURE: The eternal God is your refuge, and his everlasting arms are under you. Deuteronomy 33:27

PRAYER: God, thank you for your strength and help in bringing me to DAY TWENTY of this fast. We are at the midway point. I pray for your continued help and strength for me and everyone else as we follow this fast.

DAY TWENTY-ONE

SCRIPTURE: I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself. Jeremiah 31:3

PRAYER: God, I love it when you call myself and others 'my people.' Thank you for drawing us to yourself.

DAY TWENTY-TWO

SCRIPTURE: And may the Lord make your love for one another and for all people grow and overflow. 1 Thessalonians 3:12

PRAYER: Lord, I pray this same prayer for myself and others.

DAY TWENTY-THREE

SCRIPTURE: For the happy heart, life is a continual feast. Proverbs 15:15

PRAYER: Lord, life with you is a continual feast. Truly never a dull moment. And I pray others may come to know you and to love you and experience the same.

DAY TWENTY-FOUR

SCRIPTURE: The LORD himself will fight for you. Just stay calm. Exodus 14:14

PRAYER: Lord, if anyone within our midst is being held back from accepting you as their Lord and Savior, for whatever reason, I ask you to fight for them. And I ask for your peace and calmness for them. Thank you, my Lord.

DAY TWENTY-FIVE

SCRIPTURE: I will bless my people and their homes around my holy hill...There will be showers of blessings. Ezekiel 34:26

PRAYER: Lord, I thank you for your blessings. And I open my heart and my arms to receive all you choose to give me

DAY TWENTY- SIX

SCRIPTURE: Love each other deeply with all your heart. 1 Peter 1:22

PRAYER: It is my will to do all you ask of me. Please help me to reflect your love to others.

DAY TWENTY-SEVEN

SCRIPTURE: I will sing of the LORD's unfailing love forever...Your unfailing love will last forever. Psalm 89:1-2

PRAYER: Lord, I thank you and praise you for our worship team at SBCC. They help me to sing of your unfailing love. I pray for your blessings for our SBCC worship team. And I am grateful how they lead people to you.

DAY TWENTY- EIGHT

SCRIPTURE: May the LORD bless you and protect you. May the LORD smile on you and be gracious to you. May the LORD show you his favor and give you his peace. Numbers 6:24-26

PRAYER: I ask this blessing for SBCC, our community, and our world. Thank you, Lord.

DAY TWENTY-NINE

SCRIPTURE: Come close to God, and God will come close to you. James 4:8

PRAYER: I pray if anyone amongst us is doubting that they can have a relationship with you that you would visit them in a special way and remove the doubts.

DAY THIRTY

SCRIPTURE: Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8

PRAYER: All is beautiful in your vast creation my Lord. I praise you and thank you for the peace I experience as I admire it.

DAY THIRTY-ONE

SCRIPTURE: Don't you realize that all of you together are the temple of God and that the Spirit of God lives within you? 1 Corinthians 3:16

PRAYER: This is awesome God. Thank you.

DAY THIRTY-TWO

SCRIPTURE: If you seek him you will find him. 1 Chronicles 28:9

PRAYER: I pray all will seek you, my Lord.

DAY THIRTY-THREE

SCRIPTURE: Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promises. Hebrews 10:23

PRAYER: God, I love your promises.

DAY THIRTY-FOUR

SCRIPTURE: Then you will know that I am the LORD. Those who trust in me will never be put to shame. Isaiah 49:23

PRAYER: Thank you, my Lord, for taking care of me.

DAY THIRTY- FIVE

SCRIPTURE: God has given each of you a gift from his great variety of gifts. Use them well to serve one another. 1 Peter 4:10

PRAYER: I pray for discernment for those unsure what gifts you have given to them. And I pray we answer YES to your call to us to use these gifts.

DAY THIRTY-SIX

SCRIPTURE: Yet true godliness with contentment is itself great wealth. 1 Timothy 6:6

PRAYER: Truly God my cup runneth over. I can not imagine my life without you. You have brought such love, depth and meaning to my life. Thank you for all you have done for me and my family.

DAY THIRTY- SEVEN

SCRIPTURE: Jesus Christ is the same yesterday, today, and forever. So do not be attracted by new ideas. Your strength comes from God's grace. Hebrews 13:8-9

PRAYER: Where would I be without you Jesus? Life makes sense with you in it. Thank you for your word and your wisdom.

DAY THIRTY-EIGHT

SCRIPTURE: But as for me and my family, we will serve the LORD. Joshua 24:15

PRAYER: I pray all may come to love and serve you, my Lord.

DAY THIRTY-NINE

SCRIPTURE: Be sure of this: I am with you always, even to the end of the age. Matthew 28:20

PRAYER: Jesus, I cling to you now and forever. Thank you for your constant presence.

DAY FORTY

SCRIPTURE: For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish, but have eternal life. John 3:16

PRAYER: I pray all will believe in Jesus and go on to eternal life with him when this earthly life is over.