



T A B E R N A C L E   B A P T I S T   C H U R C H

# FRESHSTART

GIVING OUR FIRST FRUITS TO GOD

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**JANUARY 5-30, 2026**

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*Devotional*



**JOIN US FOR DAILY PRAYER CALLS**

**DIAL-IN NUMBER: 667-930-8560 | ACCESS CODE: 6043130**



**DAILY DEVOTIONALS | TEXT "2026FAST" TO 706-995-7044**

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# WELCOME TO THE FRESHSTART FAST

As we step into the Year of Fulfilled Promises, we begin with a posture of consecration. We are setting aside the first days of 2026 to seek God, tune our ears to His voice, and align our lives with His will. This fast is not simply a diet or a ritual—it is an invitation to renewal, breakthrough, and clarity.

## WHAT IS THE FRESHSTART FAST?

The FreshStart Fast is our spiritual First Fruits—a dedicated offering of the first days of our year to God through prayer, fasting, and consecration. As Israel gave God the first of their increase, we offer Him the first of our attention, appetite, and affection. By beginning the year in focused devotion, we consecrate our hearts, align our lives, and invite God's blessing on everything that follows. We start with Him so we can walk with Him throughout the year.

## HOW THE FAST WORKS

**Start Date:** January 5

**End Date:** January 30

**Type:** Optional

**Focus:** Prayer, Scripture, consecration, and clarity

**Daily Prayer:** 6:00 a.m. Dial-In #: 667-930-8560; Access Code: 6043130

**FreshStart Revival:** January 29

**FreshStart Day of Prayer:** January 30 | Doors open @ 7:00 a.m. – 6:00 p.m.  
(Both Campuses)

**FreshStart Miracles @ Midnight:** January 30 @ 10:00 p.m.



# The Purpose of Fasting



Fasting is a spiritual discipline to better connect us with God. It's all about aligning ourselves with God and what He desires to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year. During the fast, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God. Focus more on the details of connecting with God than the details of the menu and you will discover the blessings of fasting.

I'm encouraging the Tabernacle Baptist Church family to begin 2026 with a corporate fast. We will begin the year fasting from Monday, January 5 - Friday, January 30 (Sunday's off). Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we pray and seek God and give Him our first and best at the beginning of the year, He will honor the sacrifice and bless our ENTIRE year! Fasting should never bring harm to your body. If you have concerns, be sure to consult your healthcare provider before beginning the TBC Fast or making any major dietary change.

**Reverend Dr. Charles E. Goodman, Jr.**  
Senior Pastor/Teacher, Tabernacle Baptist Church



# FASTING OPTIONS

## **1. THE DISCIPLES FAST - Matthew 17:20-21**

Fasting to break addictions.

## **2. THE EZRA FAST - Ezra 8:21-23**

Fasting to solve problems and seek protection.

## **3. THE SAMUEL FAST - 1 Samuel 7:1-8**

Fasting to win people to Christ and petition God to pour Himself out on mankind.

## **4. THE ELIJAH FAST - 1 Kings 19:2-18**

Fasting to break every yoke.

## **5. THE WIDOW'S FAST - 1 Kings 17:12**

Fasting so that others' needs will be met.

## **6. THE SAINT PAUL FAST - Acts 9:9-19**

Fasting for wisdom and insight from God.

## **7. THE DANIEL FAST - Daniel 1:12-20**

Fasting for good health and obedience towards God.

## **8. THE JOHN THE BAPTIST FAST - Matthew 3, Luke 1:15**

Fasting for a stronger testimony and influence.

## **9. THE ESTHER FAST - Esther 4:16**

Fasting for protection from the evil one.

**Option #1:** Abstain from all foods and drinks.

Focus: For wisdom and insight from God. (St. Paul Fast)

**Option #2:** Fruits and Vegetables Only.

Focus: For good health and obedience towards God. (Daniel Fast)

**Option #3:** Abstain from all sodas and sweets; Natural sweeteners and fruits are okay.

Focus: To solve problems and seek protection from the evil one. (Ezra & Esther Fasts)

**Option #4:** Abstain from all types of fried foods and breads.

Focus: To win people to Christ; Fasting so that others' needs will be met; for stronger testimony and influence. (Samuel, Widows and John the Baptist Fasts)

**Option #5:** Abstain from meats and sweets.

Focus: Fasting to break addictions and every yoke. (Disciples and Elijah Fasts)

## **SUGGESTED FOOD GUIDELINES**

**WHOLE GRAINS:** Brown Rice, White Rice

**LEGUMES:** Dried Beans, Lima, Northern, Garbanzo, Pinto, Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-eyed Peas

**NUTS:** Almonds, Peanuts, Pecans, Sunflower Seeds

**FRUITS:** Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Ginger Root, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Peppers, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

**LIQUIDS:** Spring water, Distilled water, 100% All-natural fruit juices, 100% all-natural vegetable juices

**OILS:** Herbs; Olive Oil; Salad Dressings: Vinaigrette Homemade using Vinegar, Olive Oil and Herbs; Homemade French & Italian

**SWEETENERS:** Honey, Maple Syrup



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## Covenant

During the fast, I will specifically pray for:

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*So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23*

I believe that God is the only answer to my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being my basis, I commit myself to the 2026 FreshStart Fast.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# DAILY DEVOTIONAL SCHEDULE

## Week 1: PREPARE THE GROUND

January 5–10 (Mon–Sat)

Weekly Focus: Make room for God's promises.

Anchor: Hosea 10:12

DATE	THEME	SCRIPTURE	REFLECTION	PRAYER FOCUS
Jan 5	Begin Again	Joshua 3:5	The promise starts with consecration.	Fresh Start: Pray for a fresh start and a clean slate. Ask God to prepare your heart for what He will reveal.
Jan 6	Clear the Clutter	Isaiah 43:18–19	Release what's old so God can introduce what's new.	Pray for the ability to let go—old habits, hurts, patterns, and distractions.
Jan 7	Refocus Your Vision	Colossians 3:1–2	What has had your focus more than God?	Pray for spiritual clarity and sharpened vision for 2026.
Jan 8	Purify My Heart	Psalms 51:10	Invite God to cleanse unseen places.	Ask God to purify motives, intentions, and hidden attitudes.
Jan 9	Feed Your Faith	Daniel 1:12–15	Fasting trains desires toward God.	Pray for hunger for the Word and strength to remain disciplined.
Jan 10	Return to the Altar	1 Kings 18:30	Rebuild your devotion life.	Pray for renewal of your prayer life, worship, and spiritual habits.

## Week 2: POSITION FOR PROMISE

January 12–17 (Mon–Sat)

Weekly Focus: Bring your life into alignment.

Anchor: Deuteronomy 28:1–2

DATE	THEME	SCRIPTURE	REFLECTION	PRAYER FOCUS
Jan 12	Align Your Ways	Proverbs 16:3	Your plans prosper when submitted.	Pray for divine alignment—your schedule, decisions, and desires.
Jan 13	Obedience Unlocks	1 Samuel 15:22	Obedience is the key to fulfillment.	Pray for courage to obey God quickly and fully.
Jan 14	Trust His Timing	Ecclesiastes 3:11	The promise has a set time.	Pray for patience and trust as you wait for God's appointed moments.
Jan 15	Release Your Grip	Philippians 4:6–7	Surrender breaks anxiety.	Pray to release worry, control, and anxious thoughts.
Jan 16	Fear Has No Place	Isaiah 41:10	Faith receives what fear rejects.	Pray for boldness and freedom from fear-based decision making.
Jan 17	Stillness is Strength	Psalms 46:10	Stillness creates space for God's voice.	Pray for the discipline to slow down and rest in God's presence.

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# DAILY DEVOTIONAL SCHEDULE

## Week 3: PURIFY & PRESS IN

January 19–24 (Mon–Sat)

Weekly Focus: Deep refinement for spiritual sensitivity.

Anchor: Psalm 24:3–4

DATE	THEME	SCRIPTURE	REFLECTION	PRAYER FOCUS
Jan 19	Refining Fire	Malachi 3:2–3	God removes what isn't needed for promise.	Pray for refinement—ask God to burn away everything that hinders purpose.
Jan 20	Don't Grow Weary	Galatians 6:9	The promise comes to those who persist.	Pray for strength and resilience during the fast and in your journey.
Jan 21	Wait Well	Isaiah 40:31	Waiting produces supernatural strength.	Pray for renewed strength, endurance, and hope.
Jan 22	Fed by the Word	Matthew 4:4	The Word sustains more than food.	Pray for deeper revelation and understanding of Scripture.
Jan 23	Worship in the Waiting	Acts 16:25	Worship unlocks freedom.	Pray for a heart of worship that shifts your atmosphere.
Jan 24	Purified Purpose	2 Timothy 2:21	God uses surrendered vessels powerfully.	Pray for clarity of calling and courage to walk in it.

## Week 4: POSSESS THE PROMISE

January 26–29 (Mon–Thurs)

Weekly Focus: Step boldly into fulfillment.

Anchor: Joshua 21:43–45

DATE	THEME	SCRIPTURE	REFLECTION	PRAYER FOCUS
Jan 26	Faith to Finish	Philippians 1:6	God finishes what He starts.	Pray for perseverance to complete what God has begun in you.
Jan 27	Promises in Motion	Habakkuk 2:3	The promise is on schedule.	Pray for divine acceleration and alignment with God's timing.
Jan 28	Fulfilled & Faithful	1 Kings 8:56	God's promises never fail.	Pray in thanksgiving—declare fulfillment over your life, family, and church.
Jan 29	Taste & See	Psalm 34:8	Celebrate the manifestation.	Pray a prayer of praise and dedication for the year ahead. Offer God your first fruits of devotion and commitment.

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