

The Turning Point

A Will Alignment Fast & Devotional

January 7–13, 2026

Closing Communion & Prayer: January 13 at 6:00 PM (Zoom)

The Turning Point: A Will Alignment Fast & Devotional

January 7–13, 2026

Closing Communion & Prayer: January 13 at 6:00 PM (Zoom)

Instructions for the Will Alignment Fast & Devotional

This fast is designed to align our will with God's will. Participation requires intentionality, discipline, and spiritual awareness. The goal is not simply to complete the fast, but to discern direction, make divine shifts, and leave with clarity and strategy.

1. Follow the Fasting Guidelines

Each participant should follow the daily fasting structure as outlined, making adjustments as needed for health or medical reasons. This is a **progressive fast**, meaning restrictions increase gradually to help the body and spirit adjust.

If at any point physical weakness, illness, or medical concern arises, **adjust immediately**. God honors wisdom and obedience more than strict adherence to form.

The fast is successful not by how little you eat, but by how much you listen.

2. Replace Hunger and Desire with Prayer

Hunger—whether physical, emotional, or mental—is a signal to pray.

When hunger comes:

- Pause
- Drink water
- Pray intentionally instead of eating immediately

When the desire arises to scroll, watch television, check social media, or engage in activities you are abstaining from:

- Stop and pray before acting
- Acknowledge the urge without condemnation
- Redirect your attention to God

Use hunger and desire as **spiritual alerts**, not frustrations.

Suggested prayer when hunger or desire arises:

“Lord, I acknowledge this desire. I choose alignment over appetite. Feed me with Your wisdom and direction.”

3. Complete the Daily Devotional Fully

Each day includes a scripture, a devotional thought, a seeking prompt, and a prayer focus. Do not rush through these moments.

Daily practice should include:

- Reading the scripture slowly
- Sitting with the devotional thought
- Completing the “Today I am seeking God for” section honestly
- Praying the prayer focus intentionally

This devotional is designed to build clarity **day by day**, not all at once.

4. Journal Daily Reflections

Journaling is not optional—it is essential.

Each day, write responses to:

- What did God reveal today?
- What did I notice about myself today?
- What is shifting in my thinking, desires, or priorities?
- What instructions, confirmations, or corrections did I sense?

Do not edit yourself. Write honestly. Patterns will begin to emerge.

5. Listen for Direction, Not Just Comfort

This fast is not primarily emotional—it is directional.

God may challenge assumptions, disrupt comfort, and require decisions. Pay attention to:

- Repeated thoughts or scriptures
- Conviction without condemnation
- Peace that accompanies a brutal truth
- Resistance that reveals areas of misalignment

Clarity often comes quietly.

6. Develop a 3-Month Strategy by the End of the Fast

By the conclusion of this fast, each participant should leave with **a clear, prayerful strategy for the next three months.**

Your strategy should address:

- Spiritual focus (prayer, study, discipline)
- Personal obedience steps
- Relationships to strengthen, adjust, or release
- Assignments to pursue or pause
- Habits to establish or eliminate
- Goals aligned with God's direction—not pressure or fear

This strategy should reflect **alignment**, not ambition.

7. Prepare for Communion and Commitment

On January 13 at 6:00 PM (Zoom), we will break the fast together through communion. Come prepared to:

- Declare what God has revealed
- Commit to what He has instructed
- Seal your turning point with obedience

Communion is not an ending—it is a commissioning.

This fast marks a transition. Do not approach it casually.

God is positioning you for a turning point—not by force, but by alignment. If you lean in fully, you will not leave this fast the same.

Medical Disclaimer & Wisdom Statement

This fast is voluntary and adaptable. If you are pregnant, nursing, diabetic, taking medication, recovering from illness, or managing a medical condition, modify the fast accordingly and consult your healthcare provider if necessary. You may focus on media fasting, prayer, and consecration rather than food restriction.

God honors obedience, not harm. Fasting is a spiritual discipline, not a competition.

Will Alignment Fast Do's & Don'ts

DO

- Follow the daily fasting guidelines, adjusting as needed for health.
- Pray whenever hunger or desire arises—use it as a cue to seek God.
- Replace food, social media, and TV time with prayer, Scripture, and stillness.
- Complete the daily devotional and journal every day.
- Drink water consistently.
- Listen for direction, conviction, and clarity.
- Expect to leave this fast with a plan for the next season.

DON'T

- Don't chew gum.
- Don't treat this as a diet, challenge, or competition.
- Don't use social media or watch television on restricted days.
- Don't rush the devotional or skip journaling.
- Don't condemn yourself if adjustments are necessary.
- Don't finish the fast without developing a 3-month strategy.

Fasting Guidelines

Participants should adjust as needed based on health, age, medication, and spiritual maturity.

Day 1–2 (January 7–8): Awareness & Detox

Food: Light meals (vegetables, soups, and fruit); no meat

Drinks: Water, herbal tea

Media: No social media; limit TV to essential news only

Focus: Recognizing distractions and misplaced dependencies

Day 3–4 (January 9–10): Consecration

Food: One light meal per day (preferably evening)

Drinks: Water only

Media: No social media or television

Focus: Listening, repentance, and surrender

Day 5–6 (January 11–12): Dependence

Food: Liquids only (water, broths if needed)

Media: Complete media fast

Focus: Trusting God in discomfort and uncertainty

Day 7 (January 13): Alignment & Obedience

Food: Water only until communion

Media: None

Focus: Commitment, obedience, and readiness

6:00 PM WILL ALIGNMENT BREAK-FAST - Communion, prayer, and declaration

Zoom: zoom.us/j/82078114943

We will break the fast together through communion, declaring that this is our turning point. We align our will with God's will, obey without delay, and step into divine shift, alignment, and acceleration.

Day 1 – Recognizing the Turning Point

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”
Isaiah 43:18–19 (NIV)

Turning points often arrive quietly—disguised as discomfort, disruption, or dissatisfaction. God is not punishing you; He is positioning you.

Today I am seeking God for:

Clarity to recognize what season He is closing and what new work He is beginning.

PRAYER FOCUS

Lord, open my eyes to the turning points You have placed before me and help me release what no longer belongs in this season.

JOURNAL REFLECTION

Day 2 – Understanding Why

“In their hearts humans plan their course, but the Lord establishes their steps.”
Proverbs 16:9 (NIV)

Misalignment often occurs not because we ignored God, but because we moved ahead without Him. Understanding the “why” brings peace to the redirection.

Today I am seeking God for:

Understanding of why He is shifting my path and interrupting my plans.

PRAYER FOCUS

God, help me understand Your purpose in this redirection and trust Your process.

JOURNAL REFLECTION

Day 3 – Surrendering Control

“Trust in the Lord with all your heart and lean not on your own understanding.”
Proverbs 3:5–6 (NIV)

Alignment requires release. God cannot realign what we refuse to relinquish.

Today I am seeking God for:

The grace to surrender control, outcomes, and expectations.

PRAYER FOCUS

I release my understanding and submit fully to Your wisdom and direction.

JOURNAL REFLECTION

Day 4 – Repentance & Realignment

“If we confess our sins, He is faithful and just and will forgive us.”

1 John 1:9 (NIV)

Repentance is not shame—it is reset. God realigns what humility exposes.

Today I am seeking God for:

A clean heart, renewed motives, and corrected direction.

PRAYER FOCUS

Lord, realign my heart, my will, and my ways with Yours.

JOURNAL REFLECTION

Day 5 – Obedience at the Crossroads

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”

Isaiah 30:21 (NIV)

God speaks most clearly at crossroads, but obedience determines the outcome.

Today I am seeking God for:

Courage to obey what He has already spoken.

PRAYER FOCUS

I choose obedience even when it costs comfort, familiarity, or approval.

JOURNAL REFLECTION

Day 6 – Preparing for Acceleration

“Humble yourselves before the Lord, and He will lift you up.”
James 4:10 (NIV)

Alignment precedes acceleration. God elevates what He has aligned.

Today I am seeking God for:

A heart posture that is ready for what comes next.

PRAYER FOCUS

Prepare me for acceleration by deepening humility, trust, and faith.

JOURNAL REFLECTION

Day 7 – Sealing the Shift

“Choose life so that you and your children may live.”
Deuteronomy 30:19 (NIV)

Every turning point demands a decision. Alignment is intentional and requires action.

Today I am seeking God for:

Strength to seal my decision and walk forward in alignment.

PRAYER FOCUS

I choose Your will. I commit to obedience. I step fully into alignment.

JOURNAL REFLECTION

3-Month Alignment Strategy Worksheet

The Turning Point – From Alignment to Action

Complete this worksheet during the final days of the fast and bring it with you to the closing communion.

This strategy is not about doing more—it is about **walking aligned**.
Clarity without obedience wastes the fast.
Alignment activates acceleration.

1. What God Revealed During This Fast

What themes, scriptures, convictions, or confirmations kept recurring?

2. Turning Points Identified

What specific turning points has God highlighted in my life (spiritual, relational, personal, professional, or ministry)?

3. Divine Shifts Required

What shifts is God asking me to make in order to align my will with His?
Examples: mindset, habits, priorities, boundaries, obedience

4. Obedience Commitments (Next 90 Days)

What specific actions must I take—without delay?

Action 1: _____

Action 2: _____

Action 3: _____

5. Focus for the Next 3 Months

Spiritual Focus (prayer discipline, Scripture, fasting rhythm, worship)

Personal Focus (health, rest, discipline, emotional or mental renewal)

Relationships (strengthen, restore, adjust, or release)

6. Assignments to Pursue or Pause

What is God telling me to pursue intentionally?

What is God telling me to pause, stop, or lay down?

7. Habits to Establish or Eliminate

Habits to establish:

Habits to eliminate:

8. 90-Day God-Aligned Goals

These goals should reflect **alignment, not pressure**.

Goal 1: _____

Goal 2: _____

Goal 3: _____

9. Closing Commitment

Write a one-sentence declaration that seals this turning point.

“I commit to _____

in obedience to God’s will for this next season.”

Signed: _____ Date: _____

