



My Testimony

The harvest is ready

Fasting 2026

Placing my story in God's hands.
Declaring His goodness.
Stepping into the harvest.

12 January - 1 February 2026

Open your eyes and look at the fields! They are ripe for harvest...
Many of the Samaritans from that town believed in Him
because of the woman's testimony.
John 4:35, 39

They triumphed over him by the blood of the Lamb and
by the word of their testimony...
Revelation 12:11

Congratulations

... on committing to the next 21 days of your life to see God at a new level.

Fasting is a decision to sow to the Spirit, rather than to be ruled by your appetite.

Scripture: Galatians 6:8

"For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life."

Theme Introduction:

This year, as we enter our 2026 season of fasting and prayer, we stand at the edge of a great harvest. The seeds that have been sown in prayer and faith are now coming into fruitfulness. Heaven is calling us to open our eyes and recognise that the fields around us — our families, communities and city — are ripe and ready.

This harvest will not come through programs or plans alone; it will come through *testimony*. Just like the woman at the well, your story of what God has done is the key that can unlock someone else's encounter with Jesus.

Every testimony carries the sound of victory; every story of transformation becomes a seed that multiplies faith.

As we fast, we align our hearts with the Lord of the Harvest. We lay down our own strength and lift up our voices.

We Declare:

"God, use my life, my story and my testimony to bring in Your harvest."

This is the year where **your breakthrough becomes someone else's belief**, where **your testimony becomes someone's turning point**, and where **the seeds of faith you've sown will produce a harvest of joy**.

How to Use This Guide

- Read the Scripture and Devotional each day.
- Pray and make the daily Declaration or Prayer Focus.
- Journal what God is speaking to you.
- Stay consistent and expect breakthrough!

Types of Fast

The type of fasting you choose is up to you.

Remember to replace that time or activity with time with God.

Daniel Fast

Only drink water and juice. Eat only fruit and vegetables.

Partial Daniel Fast

No refined food, sugar, flavouring, caffeine or alcohol.

Sunrise to Sunset

Fast from 6am - 3pm or 6pm.

Partial Fast

Give up at least 1 or 2 meals a day.

Non-Food Fast

Eliminate TV, sports, use of social media, pleasure reading.,

Restrict phone use to calls and messaging only.

Prayer of Petition

A Petition is a formal written request.

Scripture: Isaiah 58:6, 8

Is this not the fast that I have chosen:

To loose the bonds of wickedness, to undo the heavy burdens,
to let the oppressed go free, and that you break every yoke?

... Then your light shall break forth like the morning, your healing shall spring
forth speedily, and your righteousness shall go before you;
The glory of the LORD shall be your rear guard.

In agreement with God's Word, I will be fasting for:

I will be fasting and praying for ICC on: _____

Signed: _____

Date: _____

Prepare

Prior to Beginning the Fast:

- Resist the urge to have that 'last big feast' before you begin the fast.
- Cutting down meals a few days before you begin fasting will signal to your mind, stomach and appetite that less food is acceptable.
- Highly recommend you wean yourself off caffeine and sugar products.
- Where possible, have meals prepared in advance.
- Look at your appointments and try to help minimise outings and further temptations or distractions.

Prepare the Atmosphere for Your Devotion Time:

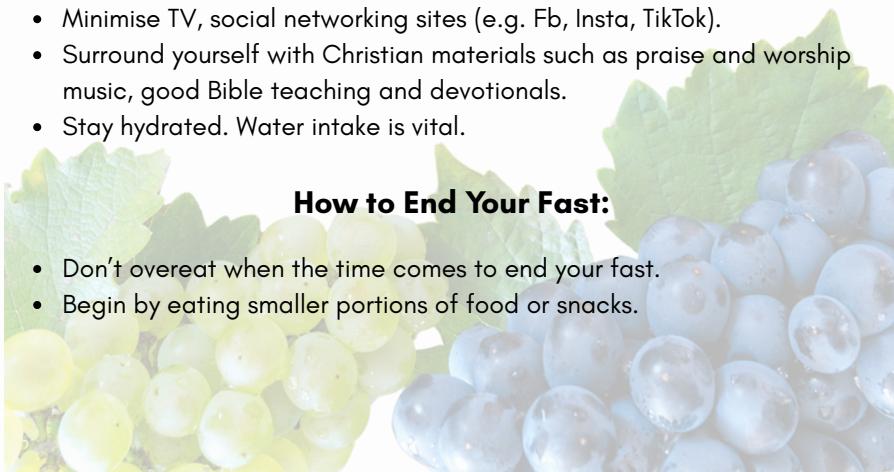
- Play worship music in the background.
- Set your mobile phone to silent or turn it off.
- Find a quiet location with little disturbance.
- Let others know that you do not want to be disturbed.
- Fasting is about your desperately wanting to see and hear God.

Be Intentional During This Fast:

- Identify tangible items or relationships you want to abstain from or minimise.
- Minimise TV, social networking sites (e.g. Fb, Insta, TikTok).
- Surround yourself with Christian materials such as praise and worship music, good Bible teaching and devotionals.
- Stay hydrated. Water intake is vital.

How to End Your Fast:

- Don't overeat when the time comes to end your fast.
- Begin by eating smaller portions of food or snacks.



Preparing the Soil

DAY
1

Scripture: Jeremiah 4:3

Every harvest begins with preparation. Before we see fruit, God calls us to break up the hard ground of our hearts – areas of pride, unforgiveness or complacency. Fasting tills the soil of your spirit, removing weeds and distractions so God’s Word can take root deeply. Today, ask the Lord: “What needs to be surrendered so You can plant something new?”

Activation:

Write down any habits, attitudes or patterns you need to release. And write down the seeds of faith, hope and God’s character that’s being planted in you.

	Habits	Attitudes	Patterns
1. What I'm Leaving Behind			
2. What God Is Growing in Me	Faith	Hope	God's Character

Pray as you write:

“Lord, prepare the soil of my heart for the testimony and harvest You are bringing.”

DAY

2

Forgiveness

One of the biggest hindrances to breakthrough in prayer is *unforgiveness*.

How can you forgive?

God's forgiveness is a gift and it's available to everyone. If you have received the gift of forgiveness from God, forgive others in the same manner, as we are called.

To forgive others, we must allow God's Holy Spirit to work through us to love and forgive them.

Steps to forgiveness:

Acknowledge the wrong:	
Remember God's love:	Thank you God for loving and healing me in these ways:
Release it to God:	God I release _____ and I pray these blessings over them:

Praying for, and forgiving, them also releases heavenly blessings over our life. It's those who've been born again who have the forgiveness of God and so also the ability to forgive others as He has forgiven us.

Holy Spirit, show me where there may be unforgiveness or unresolved hurts in my life.

Triggers and Temptations

DAY
3

What are yours?

An emotional trigger is an experience or state of mind that draws us back into past trauma and causes old feelings and behaviours to arise. A temptation is a situation that presents itself to challenge us to choose between going our own way and our faithfulness and commitment to God.

Scripture: 1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful and he will not let you be tempted beyond your ability but with the temptation he will also provide the way of escape, that you may be able to endure it.

Be Real with God:

Ask the Holy Spirit to show you any triggers you may be having and ask Him to give you practical solutions to help you get through them. For example, when you are tired you get irritable. The practical solution could be taking a few moments to yourself at the end of the day.

Prayer:

Lord, I choose to open and submit my triggers and temptations to You today. Like David, I cry out and tell You my hurts and troubles. I ask You to bring my soul to a place of healing that I may praise Your Name. I trust You to be my Protector, my Shield and the Revealer of my hurts.



DAY
4

Power of Agreement

Keep your words in line.

Scripture: 2 Corinthians 10:5

Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Whatever you come into *agreement* with YOU EMPOWER!
Is there an agreement you have with a lie, a brokenness?
As of today, we are breaking our alliance with it.

Holy Spirit, show me where I have empowered a lie.

Breaking the Alliance	I come out of agreement with this lie. I ask you Lord to forgive me for coming into agreement with this lie (ungodly belief).
Declaring God's Truth	Today I come into agreement with Your truth of...
Activation: Pray over your heart today.	Declare: "My seed will not be stolen or choked. I will see my harvest in Jesus' name."

When Jesus Meets Your Story

DAY
5

The birthplace of testimony.

Scripture: Proverbs 23:7

“For as a man thinks in his heart, so is he.”

Life will always include adversity - it's part of the journey. Plans shift, expectations fall through and moments of sadness or disappointment rise up.

Yet through every season, the Lord remains faithful.

The Samaritan woman at the well is a powerful picture of this truth. She carried shame, rejection and a story she wished she could rewrite. Her circumstances could have kept her hidden... yet Jesus met her right in the middle of them. In one encounter her thinking shifted, her identity was restored and her testimony was born.

She didn't run from her story - she ran with it.

The very place of her pain became the platform for her testimony and that testimony opened the harvest for an entire town.

As you prepare to write the first part of your testimony:

Read the Samaritan woman's story in John 4:35-39.

What did she need to change and how did God shape her story?

She arrived at the well full of shame and embarrassment...

These things
needed to change:

Jesus said:

DAY

6

Congratulations

You've nearly finished week 1!

A Sabbath is a gift from God.

It's for the purpose of remembering that God is the Creator, Sustainer and Redeemer of life.

Sabbath enables us to find our worth in being God's children, which means this 'being' becomes our reality and our identity.

My Sabbath:

For me: Spend time writing the first paragraph of your testimony; 'I was...'

Remember: Use the format of the Samaritan woman that you wrote yesterday. Where were you in life before you met Jesus? What needed to change? What would Jesus say?

Today begin to write:

Part one of your testimony.

I was...

Communion Day

DAY

7

Communion is a tangible expression of God's love.

Scripture: 1 Corinthians 10:16-17

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

Today:

Let us remember that we are not isolated individuals but members of the Body of Christ. We are united through our faith and *communion* is a powerful reminder of our shared identity in Him.

Communion is:

A sacred moment where we encounter the Living Christ, remember His sacrifice and celebrate the unity we share as His body. May this time be a source of spiritual nourishment, encouragement and a rekindling of our devotion to the One who gave Himself for us.

Today, who you would like to encourage and pray for, especially in seeking to receive the gift of salvation?

If there's a voice that needs to be silenced in your life, take communion and ask that the Blood of Jesus makes a divine exchange.

Declare what you would like to receive (salvation, healing, divine prosperity, restoration, forgiveness, peace, power, protection).

DAY
8

Presence

Scripture: Mark 4:39

**Jesus doesn't always calm
the storm by removing it.**

He calms it by His presence. When fear rises and circumstances roar, His peace speaks into the chaos.

The same Spirit that stilled the wind and waves can speak life and calm over your heart today.

Activation/Journaling Prompt:

Reflect on a storm in your life:
an area of fear, trauma, anxiety or uncertainty.

In your journal, write:

The storm I'm facing – Name it honestly.

Where I need Jesus' peace – Declare how you want His presence to rule in this situation.

Pray aloud as you write:

"Lord Jesus, I invite You into this storm. Speak peace, bring clarity and calm my heart as only You can."

Weeds and Wheat

DAY
9

Don't be discouraged

Scripture: Matthew 13:30

Let both grow together until the harvest.

At that time I will tell the harvesters: First collect the weeds and tie them in bundles to be burned; then gather the wheat and bring it into my barn.

In life, wheat (good fruit) and weeds (challenges, difficulties and distractions) often grow side by side. Don't let the presence of weeds discourage you - the harvest will still come. God knows how to separate what is from Him and what is not.

Activation:

Ask the Lord to give you discernment between wheat and weeds in your life.

In the field of my life
these weeds have grown
(e.g. anxiety):

The wheat that is
growing in my life at the
same time is (e.g. God
did not give me a spirit
of fear):

The harvest I will hold is
(e.g. I walk free from the
spirit of anxiety and I will
walk in victory):

Declare:

I will focus on the harvest, not the weeds.

DAY
10

Faith Over Feelings

Scripture: 2 Corinthians 5:7

Feelings can mislead you but faith anchors you.

During fasting, emotions may fluctuate but the harvest is not dependent on how you feel – it's dependent on God's promises. Walk by faith, knowing His Word is your guarantee.

Activation:

Identify the feelings	Anchor in God's Word	Declare your faith
The harvest I will hold is (e.g. I walk free from the spirit of anxiety and I will walk in victory):	Next to each feeling, write a Scripture or promise that speaks truth over that area.	"My faith is greater than my feelings. I will trust God's promises above my emotions."
Morning		
Day		
Night		

Pray:

Lord, even when my feelings fluctuate, help me to stand firm in Your Word. Let faith, not emotion, guide my steps and my decisions.

Trusting God's Timing

DAY
11

Scripture: Ecclesiastes 3:1

Congratulations, we're halfway there!

God's timing is perfect.

Sometimes the waiting season feels like nothing is happening. But delay is not denial. The God of the harvest knows exactly when to release the fruit. Your part is to stay faithful and trust Him.

Activation:

Reflect on an area of your life where you've been tempted to force things or rush ahead.

In your journal, write:

What I want to happen too soon – Name the area honestly.

What I am trusting God for – Declare your faith in His perfect timing.

Pray aloud as you write:

Lord, I surrender this season to You.
I trust Your timing, Your plans and Your perfect harvest in my life.

DAY
12

Strength in the Waiting: Worship

Scripture: Isaiah 40:31

Waiting is not weakness – it's strength training.

God renews those who wait in His presence. When you step into worship, God activates the areas of your brain dedicated to health, healing and problem-solving. Worship gives us strength to wait on God. When you fast, your physical body may feel weak but your spirit grows stronger.

Trust Him to exchange your weakness for His strength.

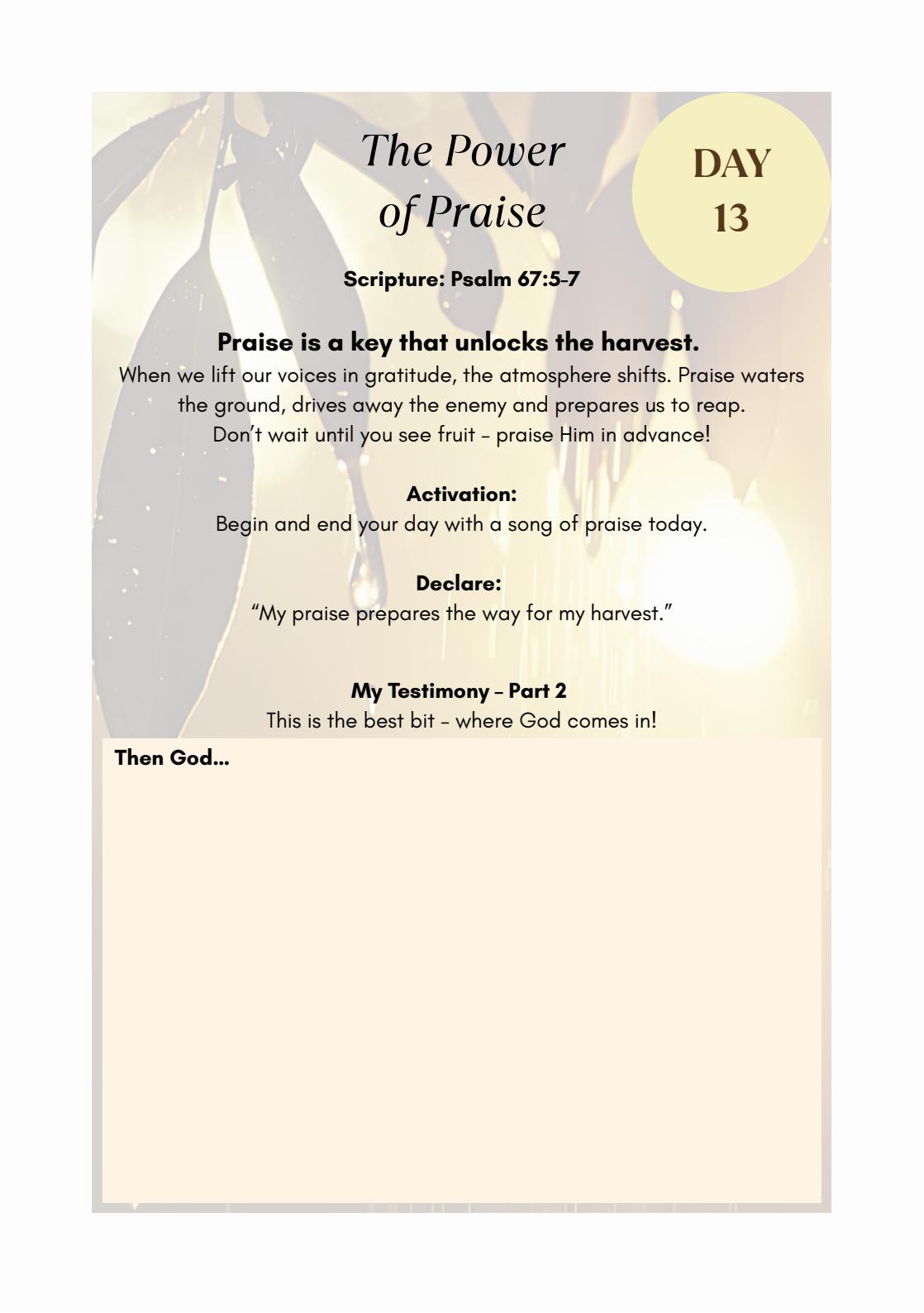
Activation:

Be intentional to spend some time in worship today. As you do, wait to hear how God wants to bring health, healing and solutions to you.

What God is saying:

As you prepare to write part 2 of your testimony tomorrow:

What are some key words that describe God from what you've heard from Him today?



The Power of Praise

DAY
13

Scripture: Psalm 67:5-7

Praise is a key that unlocks the harvest.

When we lift our voices in gratitude, the atmosphere shifts. Praise waters the ground, drives away the enemy and prepares us to reap. Don't wait until you see fruit - praise Him in advance!

Activation:

Begin and end your day with a song of praise today.

Declare:

"My praise prepares the way for my harvest."

My Testimony - Part 2

This is the best bit - where God comes in!

Then God...

DAY

14

Communion Day:

Angels in the Field

Scripture: Matthew 13:39

You are not alone in the harvest.

Heaven's hosts are working with you. Angels minister, protect and prepare the field for increase. Trust that God has assigned help for you in the unseen realm to bring in the harvest.

Activation:

Thank God for His angelic protection.

Declare:

"Heaven's help is with me as I declare my testimony and reap the harvest."

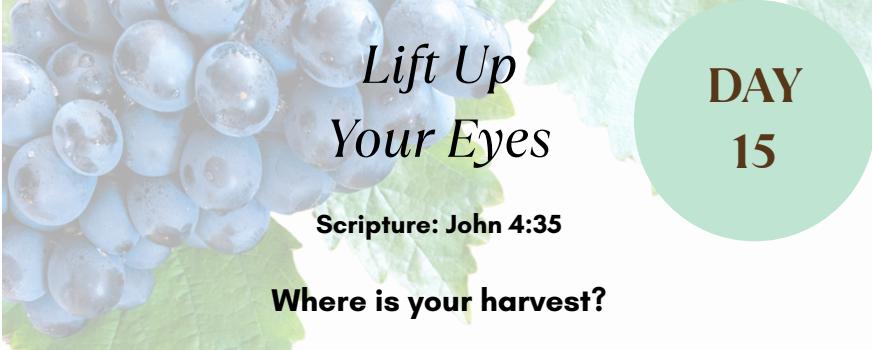
Scripture: Matthew 26:28

This is my blood of the covenant, which is poured out for many for the forgiveness of sins.

Take communion on this day of the fast.

Today we want to seal every promise and truth in God's Word concerning our lives, whilst we silence every negative voice in our lives with the blood of Jesus by taking communion.

Remind yourself of the promises God has spoken over you and make the necessary declarations.



Lift Up Your Eyes

DAY
15

Scripture: John 4:35

Where is your harvest?

Sometimes the harvest is right in front of us but we miss it because we're focused on the wrong things. Jesus reminds us to lift our eyes and see the opportunities around us. This is a season to see with spiritual vision.

The Samaritan woman went back to her community and told her story.

Who's your community? Who needs to hear your story?

Your harvest is all around you.

Make a list of the people you are believing will be in your harvest and commit to praying for them today. Ask the Holy Spirit to get them ready to hear your story as you get ready to tell it.

List:

Activation:

Ask the Lord to open your eyes to the harvest in your workplace, family and community.

Pray:

"Lord, give me harvest eyes."

DAY
16

The Joy of My Story

Scripture: Isaiah 9:3

Harvest is marked by joy!

God turns mourning into dancing when the fruit comes in.
Your fasting and sowing will end in celebration.

Expect joy to overflow as you step into your increase.

Activation:

Take a moment to reflect on the ways God has changed
your mourning into joy.

What are you grateful for today?

How are you expecting the Holy Spirit to move in the lives of the people
around you this year?

Smile intentionally today as a prophetic act of joy.

Today I am grateful for...

Declare:

"My harvest will be full of joy."

The Harvest is Plentiful

DAY
17

Scripture: Matthew 9:37-38

God's heart beats for souls.

The greatest harvest is not money or possessions – but people. Jesus said to ask the Lord of the Harvest to release workers into the field.

He is calling you to be a worker in His field, bringing others into His Kingdom.

Activation:

Ask the Holy Spirit to equip, empower and enlarge you as you step out and prepare to bring in the harvest.

List the ways you want Him to grow you:

DAY
18

The Testimony of My Tears

Scripture: Psalm 126:6

No tear you've sown in prayer will ever be wasted.

God promises that you will return carrying sheaves – evidence of the harvest. Your season of weeping will turn into a season of gathering.

Activation:

Write down one testimony from your past where God turned tears into joy.
Use it as fuel to believe for today's harvest.

My Testimony

Scripture: Zechariah 10:1

DAY

19

Now, as you look back over your journey of surrender, preparation and growth, it's time to declare the outpouring of God's Spirit over your life.

Just as rain brings life to the land, the Spirit brings increase, revival and acceleration to your story.

Speak it aloud and write it down.

Activation:

My Testimony

Look back at days 6 (I was...) and 13 (then God...).

Your story has been unfolding all along.

Now it's time to write the final part of *your testimony*.

Part 3 - Complete. Ready to tell

Now I...

DAY
20

Seal Your Testimony: Communion

Communion and reflection.

Today, as you take communion, have faith to receive God's promises over your life. All because of what Jesus did on the cross.

Scripture: Isaiah 53:5

But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

Go boldly!

We are remembering that we can go boldly before the presence of God.

All of us can. By taking communion, we are testifying that Jesus is the Healer. We are also prophetically declaring divine alignment for every part that needs alignment.

Activation:

Today we will seal every thought, promise and truth in God's Word concerning our lives, whilst we silence every negative voice in our lives with the blood of Jesus by taking communion.

When you take communion, you establish the power of Calvary and everything it represents.

Finish up by writing your reflections of the fast and prepare to put your testimony together.

A Year of Overflow: My Testimony

DAY
21

Scripture: Amos 9:13

God's promise is not just a harvest – it's an overflow.

In this year of harvest, expect acceleration, multiplication and abundance. What took years before will happen in months. The Lord is declaring over you:

"This is your season of increase!"

Activation:

2026 is my year of overflow, increase and breakthrough in Jesus' Name! Thank You, Lord, for all You have built in me and are releasing through me!

HERE IS MY TESTIMONY:

Part 1

Part 2

Part 3