

VOX CHURCH 2026 // FASTING PLAN

FEB. 16-18

“THOSE WHOM I LOVE, I REPROVE
AND DISCIPLINE, SO BE ZEALOUS AND REPENT.”
REVELATION 3:19

Over the next three days, we will come together as one community, seeking God through the sacred practices of fasting and prayer. God is calling each of us to embrace repentance. Godly repentance is always marked by Christ-like humility, and in humbling ourselves, we discover a fresh zeal and passion awaken within our hearts.

PREPARE FOR THE WEEK

Make room in your schedule. It is wise to not add fasting to an already over-busy life, so as you prepare, ask yourself: What can I cut out of my schedule? How can I slow down and find time to pray and seek God? Making these types of adjustments gives God room to speak and move in your life.

Wholeheartedly commit. The more fully you engage in this time, the more meaningful and impactful it will be for you. Don't dabble or take shortcuts—dive in with your whole heart!

Choose your fast. Each of these choices suggest fasting from food and drinking only liquids. However, if you have a persistent medical condition, please consult your physician first.

- + **Full fast.** 24 hours, no food, only liquids to drink.
- + **Partial fast.** Skip one or two meals each day.

Do this in community. Invite a trusted friend to partner with you in this process. Connect often. Pray for one another.

Approach this time with faith. Whatever your experience is with fasting—we are all growing! The goal is not perfection—it's union with Jesus. Don't give up; God is with you.

BEST USE OF THIS COMPANION GUIDE

Each section was created to support you. Here's a brief description of this guide.

Morning Focus: Read the scripture passage provided and use the reflection questions for journaling and prayer. Each day, a "Go Further" section is available for anyone who desires to go deeper with God in the day's theme.



Midday Prayer: The Psalms give us the words and structure to express the full spectrum of human emotions in prayer—from joy to sorrow, faith to doubt. Each day you'll find a psalm to not only read but to pray through deeply and personally.



Evening Examen: The Examen is a simple daily prayer practice where you reflect on your feelings and experiences to recognize what drew you closer to God and what distanced you. You invite God to help you review your day, identifying what energized you and what left you feeling drained, and to reveal his perspective on those moments. You'll find several Examen questions to guide your reflection and prayer as you close out the day.

MONDAY, FEBRUARY 16 MORNING FOCUS: REPENTANCE

DAY 1

Today's text: John 1: 7-10; Corinthians 7:1, 8-11

Today's text focuses on repentance—a change of mind that leads to a change of direction. For followers of Jesus, godly repentance is the path to Christ-like character. Yet not all repentance is the same. Religious repentance is often self-centered, grieving the consequences of sin rather than the sin itself. Godly repentance, shaped by God's lovingkindness, is gospel-centered and sorrowful because sin dishonors God.

Many believe the way to God is through living a good life, but this mindset makes repentance feel ill-fitting. It threatens the false hope that rests on personal performance. But thanks be to God because the gospel offers a better way! When our acceptance is found in Christ alone, not in our own goodness, repentance becomes a gift from God. As this truth takes root in our hearts, we are freed to confess and turn from sin with confidence. This is the life of true freedom.

Reflect and Journal

- What comes to mind when you think about repentance?
- When you fail, do you get stuck in regret rather than moving towards grace? Why do you think that is true for you?
- Where do you feel pressure to be “good enough” for God?
- How does it change things to remember that God accepts you because of Jesus, not your performance?
- Is there something God may be asking you to turn away from or change direction in today?

Go Further →

“An idol is anything more important to you than God. Anything that absorbs your heart and imagination more than God. Anything you seek to give you what only God can give. Anything so central and essential to your life, that should lose it, your life would feel hardly worth living.” - Tim Keller

- Keep in mind that idols can be the good things God has given us—family, vocation, relationships, health—just to name a few. Invite the Holy Spirit to help you see any idols you are holding fast to. Don’t rush this. Let his lovingkindness draw you to repentance.
- Consider how you often react to others in times of stress. Honestly describe those reactions. How do they reveal what you value most?
- When your reputation, position, status or value feels threatened, how do you respond?
- What does your response to failure or success reveal about what you worship?

MIDDAY PRAYER // PSALM 51

Reflect and Pray

- Our sin always impacts others, yet the psalmist says to God, “...**against you, you only have I sinned...**” What does this mean to you?
- Use this QR code to end your time in worship and surrender.



EVENING EXAMEN

Read Acts 3:19-20 & Romans 2:3-4

- Begin with one minute of silence. Invite the Holy Spirit to help you review the day.
- Consider these questions:
 - + How did I respond to the conviction of the Holy Spirit today?
 - + When did I yield to his voice? When did I resist his voice?
 - + How will I respond to God's lovingkindness inviting me into more repentance right now?
- Closing Prayer: *"Thank you, Father. I believe that as I confess my sin, the blood of Jesus cleanses me from all sin. You are faithful and just to forgive my sins and to cleanse me from all unrighteousness. Amen."*

TUESDAY, FEBRUARY 17 MORNING FOCUS: HUMILITY

DAY II
2

Today's text: *Philippians 2:1-11*

Humility is a virtue that marks the mature follower of Jesus. One could even say that the importance of this virtue springs from the fact that it is found as a part of the character of God. This truth is displayed in our text as we see Jesus set the example of true humility. It's worth noting, that biblical humility is more than a quiet attitude hidden in the heart; it shows itself in the way we live. Scripture describes the humble as those who willingly accept lowly circumstances and who choose to walk alongside those the world overlooks. As followers of Jesus, when we embrace this same mindset, one of humility, we most reflect the heart of God to those around us.

This work of transformation is beyond our own strength. Opening our hearts to the Spirit's work and cooperating with his promptings, supplies the grace and the power to truly humble ourselves before God and before others.

Reflect and Journal

- How open are you to confessing when you are wrong, especially within community, and what might that reveal about your practices of humility?

- Does honoring others above yourself come naturally or reluctantly to you? What does that say about the posture of your heart?
- As you meditate on what humility truly is, what role does repentance play in bringing about genuine spiritual transformation? How can you make more room for genuine repentance?

Go Further →

- How does selfishness undermine true humility, and where do you see its presence in your own life?
- What acts of repentance and obedience is God calling you into that will humble your pride and train your heart to honor others within your community?
- As you pray, ask God to bring to mind anyone you have treated as unworthy of honor. What obedient steps can you take to walk in humility and repair what has been broken?

MIDDAY PRAYER // PSALM 131

Reflect and Pray

- What role does humility play in the calm and quiet contentment described in this psalm?
- Use this QR code to end your time in worship and surrender.



EVENING EXAMEN

Read James 1:19-25

- Begin with one minute of silence. Invite the Holy Spirit to help you review the day.
- Consider these questions:
 - + **A lack of humility is often displayed in our actions and responses to others. Today, were you one who was quick to listen? Or were you more likely to interrupt or half-listen to others?**

- + In your interactions with others, were you slow to speak? As others spoke, were you more focused on what you would say next? Or did you practice active listening?
- + At work and at home, were you slow to anger? How did this impact your connection with others?
- Closing Prayer: *“Jesus, I want to be a doer of the Word, not only a hearer who deceives themselves. Holy Spirit, create in me a meek and humble heart. Help me be one who looks into the Word intently. Use God’s Word to transform me today. I rest in faith that you are doing good work in me. Amen.”*

WEDNESDAY, FEBRUARY 18

MORNING FOCUS: ZEAL

DAY III
3

Today's text: James 4:4-10

James 4:5 describes the jealousy of God that longs for our spirits. While contemporary use and understanding of jealousy suggests a negative characteristic of insecurity, this is not the case in the biblical context. Instead, jealousy of God refers to an intense passion and love for his people. God's jealous nature manifests in the form of zealousness. But what does it mean to be zealous? The word "zealous" finds its origin in the Greek word "zelos", which refers to a passionate commitment to something. When we see zeal in scripture, it is used in two ways: the first referring to the zeal of the Lord for his people, and the second refers to the zeal of the people for the Lord. God tethers himself to his people in a covenant of eternal love.

This scandalous love of God, his jealousy for his people, and the zeal of the Creator of the Universe for you and for me should rightfully shock and humble us. James appeals to this great mystery and exhorts us to humbly repent and let zeal for the Lord to ignite and burn bright within us.

Reflect and Journal

- How do you think pride impacts your relationship with God and your zealous commitment to him?
- James provides several imperatives in 4:7-10. Reread these verses and make note of how this text challenges and encourages you.
- Meditate on James 4:10. Write this verse in your journal. How can you humble yourself before the Lord right now?

Go Further →

Our response to grace and God's zeal for us should result in a burning desire for God in return. Take the next ten minutes to express your love to God. You can write a prayer, a poem, or a song that declares your hearts yearning for his consuming presence, his perfect ways, and his loving grace.

MIDDAY PRAYER // PSALM 73

Reflect and Pray

- If you can, find a quiet space to read Psalm 73 out loud. As you read, posture your heart in praise. Read it slowly and let the words wash over you as you connect with the raw emotions of the psalmist. Recognize that cadence of expression beginning with praise, moving into repentance for an envious heart, and then ending in inward clarity and thanksgiving. Continue to thank God in your own words for his lavish grace and love for you.
- Use this QR code to end your time in worship and surrender.



EVENING EXAMEN

Read James 139:23-24

- Begin with one minute of silence. Invite the Holy Spirit to help you review the day.
- Consider these questions:
 - +When was your zeal for the Lord most felt today?
 - + How can you move towards a life that grows the fire sparked within you today? How is the Holy Spirit inviting you into deeper relationship?
 - + As this time of fasting comes to a close, reflect on the last three days. Where do you see God speaking to you in the time you sacrificed in pursuit of him?
- Closing Prayer: "Father, thank you for your continued presence and pursuit of me. I confess that I have not been zealous for you even as you have chased after me. And so, I repent of my apathy and ask that would you search me and know me. Help me to humble myself and surrender to your love. Ignite a zeal within me that makes me a witness to your grace. I ask this in Jesus' name. Amen."