St. Paul Baptist Church of Gonzales

Standing in the Gap: Corporate Fasting Guidelines for the Protection of Our Families

Our families are under a strategic spiritual assault. The enemy seeks to disrupt our homes, divide spouses, scatter our youth, and steal our peace. But God has given **St. Paul Baptist Church of Gonzales** the authority to push back the darkness. When we unite in a corporate fast, our collective prayers shift the spiritual atmosphere. Prepare your heart, mind, and body to stand as a gatekeeper for your household.

Fasting Schedule & Options

- **Dates:** Monday, October 5 through Sunday, October 11, 2026 (concluding together during Communion Worship).
- **The Daniel Fast:** No meat, sweets, bread, or processed foods. Only water, fruits, vegetables, and whole grains.
- **The Partial Fast (6:00 AM – 6:00 PM):** No solid foods during daylight hours; break the fast with a light, healthy meal.
- **The Media & Distraction Fast:** If medical conditions prevent dietary restrictions, abstain from television, social media, entertainment, and secular music to focus on God's Word.

Daily Corporate Prayer Focus

Mon, Oct 5 **Day 1**	**Blood Shield over the Household** **Focus:** Boundary of protection around our homes, children, and spouses. **Scripture:** *Psalm 91:11-12; Isaiah 54:17*
Tue, Oct 6 **Day 2**	**Uprooting Division & Sealing Footholds** **Focus:** Break strife, anger, and conflict; forgive quickly and leave no foothold. **Scripture:** *Ephesians 4:26-27; Psalm 133:1*
Wed, Oct 7 **Day 3**	**Tearing Down Mental Strongholds** **Focus:** Guard the minds of our youth and spouses against fear, anxiety, and worldly influence. **Scripture:** *2 Corinthians 10:5; Philippians 4:7*
Thu, Oct 8 **Day 4**	**Breaking Generational Cycles** **Focus:** End patterns of divorce, addiction, poverty, and trauma; a godly legacy begins. **Scripture:** *Joshua 24:15; Galatians 3:13*
Fri, Oct 9 **Day 5**	**Rebuking the Devourer (Finances & Health)** **Focus:** Restore health, vitality, and financial stability to our church families. **Scripture:** *Jeremiah 30:17; Malachi 3:11*
Sat, Oct 10 **Day 6**	**Setting the Altar for Deliverance** **Focus:** Consecrate our hearts and dedicate our homes fully to the Lord. **Scripture:** *Psalm 139:23-24; Joshua 3:5*
Sun, Oct 11 **Day 7**	**Corporate Communion & Victory** **Focus:** Celebrate the victory bought by the body and blood of Jesus. **Scripture:** *1 Corinthians 11:26; Revelation 12:11*

Important Instructions for the Congregation

- **Hydrate Constantly:** Drink plenty of water to keep your body clean and energized.
- **Replace Feed with Prayer:** When tempted or hungry, immediately open your Bible or pray.
- **Family Altars:** Gather your family for 10 minutes each evening to read the daily Scripture and pray together.