

2026, In the Mix

Lifestyle Reset

We are committed to helping the body of Christ live and thrive the way God originally intended. When HE created man, HE did so in HIS image and that was void of disease. We have divine instructions on how to live through fasting and prayer and much of what we see regarding preventative medical ailments are directly correlated to the lack thereof and our lifestyle. So, as we align with HIM and actively believe for every area of our lives to ACCELERATE, let us remember the physical and take charge of our temple!

The Accelerated Initiative

January 18 – 31

Avoid	Seek
<ul style="list-style-type: none">○ Sweets○ Dinner bread (preferably sandwich bread also)○ Fried foods (anything whereby grease is added to prepare)○ Red meat: limited to once a week (cholesterol and fats)○ Sodas, juices, etc.: Water, black/green tea, coffee only (sweeteners permitted, no creamers)○ Unnecessary social media○ ALL negative strongholds	<ul style="list-style-type: none">○ Medical permission/supervision○ 15 min of Praise, Prayer, Preparation○ 2026: What is your WHY?○ 3 days of physical exercise, 5-30 minute workouts to begin<ul style="list-style-type: none">➤ Walking➤ Full body○ Fruits○ Vegetables○ Protein (varies widely, 0.75-1 gm/kg of body weight for most)

Matthew 15:32 Feeding the multitude after 3 days of fasting

Then Jesus called his disciples, and said, *I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way.*

Matthew 6:17-18 Behavior during fasting

Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fasted, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father which is in secret, shall reward thee openly.

Date of Victory	Successes	Challenges
Jan 18		
Jan 19		
Jan 20		
Jan 21		
Jan 22		
Jan 23		
Jan 24		
Jan 25		
Jan 26		
Jan 27		
Jan 28		
Jan 29		
Jan 30		
Jan 31		