

# January 2026

Pray prior to reading the passage. Ask God to speak to you about it. Take notes of what the Holy Spirit says to you about the passage. Write the revelations down in your journal. Then pray over the passage and notes again asking God to help you live and be led by what you've learned.

Read the passage several times a day.

Consult your physician prior to the eating adjustment. Also, remember take your meds!

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Hebrews 11:6 Proverbs 3:5-6 Mark 9:23	2 2 Timothy 2:26 Galatians 5:1	3 Philemon 1:6 Psalms 139:14
4 1 Peter 3:8 Matthew 5:23 - 25	5 Mark 16	6 Malachi 3:8-12 Leviticus 27:30 2 Cor. 9:7-13	7 Hebrews 12:15 1 Cor. 6:19-20	8 Philippians 4:6 Matthew 6	9 Proverbs 1	10 Proverbs 2
11 Proverbs 3	12 Proverbs 4	13 Proverbs 5	14 Proverbs 6	15 Proverbs 7	16 Proverbs 8	17 Proverbs 9
18 Proverbs 10	19 Proverbs 11	20 Proverbs 12	21 Proverbs 13	22 Proverbs 14	23 Proverbs 15	24 Proverbs 16
25 Proverbs 17	26 Proverbs 18	27 Proverbs 19	28 Proverbs 20	29 Proverbs 21	30 Proverbs 22	31 Proverbs 23
Keep a journal of your daily prayer request and when you saw the answers.		Don't just pray for yourself, include others in your prayers.		Share your faith with someone out of Church at least once a week.		Invite someone to Church to get blessed by the Word you receive.

# TEMPLE MINISTRIES

## *Prayer* and **FASTING**



*Sedric D Veal Sr*

Lead Servant

MARK  
9:14 - 29  
\* 28 - 29

**January 1 - 8, 2026**

**6:00AM - 6:00PM**  
**Vegetables and Fruit ONLY**  
**Drinking Water Only 24 hrs**