



PowerShift

PRAYER & FASTING

2026 - *Year of Holiness*

Anchor Text: **1 Peter 1:13-25**

MONTHLY CONNECTIONS



First 7 Days & Last Day
of Each Month



12am - 5pm
(in your respective timezone)



Opt into the mobile
thread to receive
inspiration and
encouraging words

JOIN THE MOVEMENT ➤➤➤

www.momentswithmahalia.com/powershift

The Plan When Fasting

1 hour uninterrupted prayer, quiet time

Water/Bone Broth/Tinctures & Herbal
Teas only from 12am to 5pm

Repentance

Moments of Gratitude

Focus on:

GUARDING YOUR MIND

BEING KIND

RESISTING TEMPTATION

FORGIVENESS

CHARACTER REFINEMENT

SELF-DISCIPLINE

¹³Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.

¹⁴As obedient children, do not conform to the evil desires you had when you lived in ignorance.

¹⁵But just as he who called you is holy, so be holy in all you do;

¹⁶for it is written: “Be holy, because I am holy.”^[a]

¹⁷Since you call on a Father who judges each person’s work impartially, live out your time as foreigners here in reverent fear.

1 Peter 1: 13–17

New International Version