THE RAMP CHURCH TORONTO

FASTING PACKAGE

2026

THE YEAR OF STEWARDSHIP



MESSAGE FROM PASTOR PIERRE

Dear Friends,

As we enter 2026, the Year of Stewardship, we do so with spiritual awareness and great expectation. I sense that the Lord is calling my family and our church into a season of deeper faithfulness and accountability. This is not simply a year of acquisition, but a year of alignment—less about asking for more, and more about stewarding well what God has already placed in our hands.

The Spirit of the Lord is emphasizing stewardship as an invitation, not a burden. Before expansion comes order, before increase comes responsibility, and before promotion comes faithfulness. God is looking for men and women He can trust with greater responsibility and greater impact.

This workbook has been prayerfully prepared to help you identify what God has entrusted to you in this season and to bring every area of your life under the Lordship of Jesus Christ. This journey will sharpen spiritual sensitivity, strengthen obedience, and release divine order in our faith, our families, and our finances.

As we enter this week of consecration, we are not focused on deprivation, but realignment. These seven days are a sacred pause—an opportunity to invite the Holy Spirit to reorder our priorities, refine our motives, and recalibrate our lives according to God's design. Through prayer and fasting, we position ourselves to hear clearly and respond faithfully.

While this journey is personal, we encourage you to engage corporately through daily video devotionals and our prayer gatherings at 6:00 AM online and 7:00 PM in person (Monday–Friday). More information can be found on our website: www.ramptoronto.com/fasting.

We step into this season with anticipation, believing that faithfulness now will lead to fruitfulness in the future. On behalf of Lady Annick and I, thank you for walking with us as we pursue God's heart and transformational life in Christ.

With love and great expectation,

-Your Pastor





YOUR GUIDE TO FASTING

It's one thing to know about God – it's a different thing to be known by God. Fasting and prayer are two powerful ways to intentionally posture yourself to experience His presence, receive His plans for your life, and to increase in His power.

We are convinced that when God's people seek His face with a repentant and contrite spirit, God hears from heaven and responds with healing and wholeness for lives, our church, our communities, our nation, and our world. Fasting, coupled with prayer, can bring about resurrection and revival.

We encourage you to commit yourself to seeking God both intensely and intently during these seven days.

WHAT IS FASTING?

Fasting is abstaining in a meaningful way from food and our routine activities to focus on God. Typically, it is food and drink, but it can also include, cell phone, computer, e-mail, social media, etc. Fasting breaks the carnal desire to habitually feed our fleshly desires and makes us depend on the Spirit of God to satisfy our needs. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change. Fasting allows the Holy Spirit to work in a most unusual and powerful way. It is also considered an act of humility before God, as it acknowledges the limitations of our humanity and pursues divine intervention in the events of our physical world. Fasting must be done seriously, reverently, and prayerfully. It must never be commonplace but rather a heartfelt seeking of God's will and glory in one's life and the life of the church (Isaiah 58:3-9; Matthew 6:16-18).

PURPOSE OF FASTING:

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to encounter God. "He must become greater and greater, and I must become less and less." (John 3:30, NLT).

HOW TO FAST

Be open to the instructions of the Holy Spirit and be willing to make necessary changes. We encourage you to journal your prayer times and take note of what is revealed to you. Who knows what God wants to give or show you? Ephesians 1:3 says that there are spiritual blessings assigned to us. There are gifts God wants to bestow on us, gifts such as wisdom, anointing, new prayer mantles, healing power, joy or encouragement; and the list goes on. When we lay aside the things that divide our focus from the things of God, He can unveil things about our lives that we never knew.

Discreetly

"But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."
(Matthew 6:17–18, NLT)

With Faith

"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."
(Hebrews 11:6, NLT)

01

PREPARE YOUR HEART

"Create in me a clean heart, O God. Renew a loyal spirit within me." (Psalm 51:10, NLT)

02

PREPARE YOUR MOTIVES

"The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple." (Psalm 27:4, NLT)

03

PREPARE YOUR BODY

"Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple." (1 Corinthians 3:16–17, NLT)

04

PREPARE YOUR SCHEDULE

"O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water."
(Psalm 63:1, NKJV)

TYPES OF FASTS

The goal of fasting is to bring alignment between our will and the will of God. Fasting should **never produce harm.** Therefore, accommodations for all health concerns should be made with the advice of your medical professional before participating and making any major dietary changes.

COMPLETE

In this fast, you're allowed to consume liquids from 6 AM to 6 PM, primarily water, with a light juice as an option.

PARTIAL

This type of fast involves skipping one meal a day.

DANIEL

This fast includes removing all processed foods, meat, dairy and sugars. See the next page for a list of foods you can eat and foods to avoid.

DANIEL FAST AT A GLANCE

FOODS TO EAT	FOODS TO AVOID
• All Fruits: Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh/ raw, frozen, dried, juiced, or canned in their own juice, not syrup!) • All Veggies: Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried, or canned) • Whole Grains: Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc. • Other Natural Foods: Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages, and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar • Sweeteners: Stevia, Equal, Splenda, Agave Nectar	• All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish • All dairy products including but not limited to milk, cheese, cream, butter, and eggs • All sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice • All yeasted bread including Ezekiel Bread (it contains yeast) and baked goods • All refined and processed food products including but not limited to artificial flavourings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives • All deep-fried foods including but not limited to potato chips & potato fries • All solid fats including shortening, margarine, lard, and foods high in fat • Beverages, including but not limited to, caffeinated drinks, carbonated beverages, energy drinks, and alcohol

THE WRONG MENTALITY

Focusing too much attention on food and not on your fellowship with God.

During your fast, you will likely make a significant change in your daily routine and the foods you eat. With this in mind, **KEEP YOUR MEALS SIMPLE**. Take the Daniel Fast for example. Every year, people start the Daniel Fast but often quit because preparing the food becomes too complicated or they are disappointed that they didn't receive spiritual breakthrough. They focus too much on the food they are eating (or not eating).

If you opt for the Daniel Fast or selective fast, some foods are permitted while others are restricted. However, especially as it relates to the Daniel Fast, the priority is not about changing what you eat, although modified diet is required. Biblical fasting is restricting food for a spiritual purpose.

Planning your meals is not about finding ways to satiate your appetite so you don't feel like you are missing the foods you normally eat. If you keep your meals simple, requiring little time to prepare, then you can devote more time to the spiritual insights that God wants to share with you. Remember, you can't starve the flesh while you continue to indulge it.

"For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live." (Romans 8:13, NLT)



YOUR GUIDE TO PRAYER

HOW TO PRAY:

01 **BY FAITH WITH EXPECTATION**
(MARK 11:22-24)

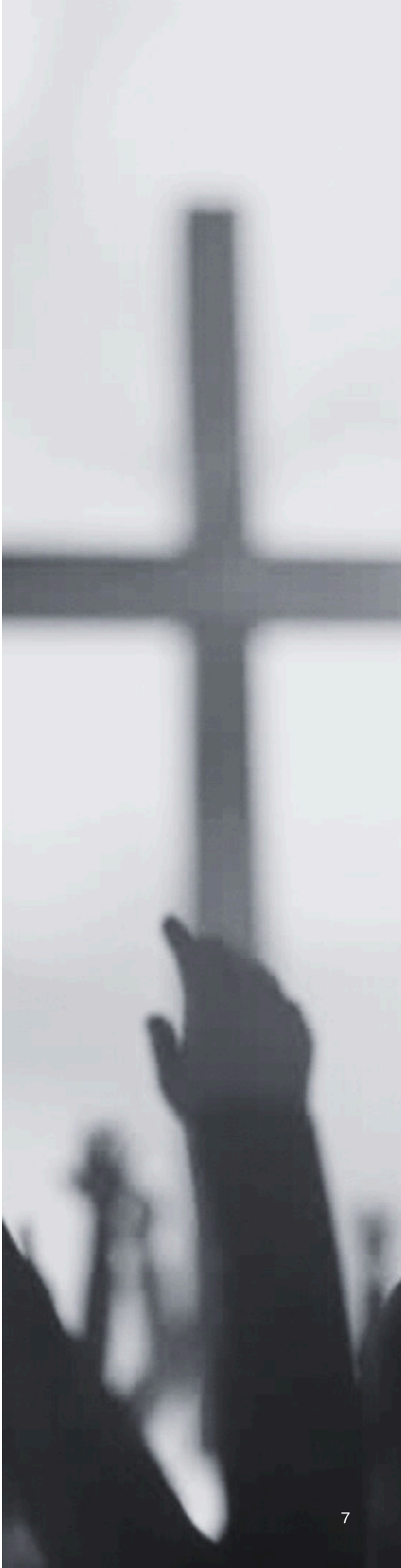
02 **USING THE WORD OF GOD**
(ISAIAH 55:6-11, HEBREWS 4:12)

03 **IN THE SPIRIT**
(ROMANS 8:26-27, JUDE 1:20, 1 CORINTHIANS 14:2)

04 **IN AGREEMENT**
(MATTHEW 18:19)

05 **CONTINUOUSLY**
(1 THESSALONIANS 5:17, LUKE 18:1, 1 TIMOTHY 2:8)

06 **WITH POWER AND AUTHORITY**
(MATTHEW 10:1, MATTHEW 16:19, LUKE 10:19, EPHESIANS 2:6)





PRAYERS TO BEGIN YOUR DAY

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time. Here is an example of how you can pray using scriptures:

SCRIPTURE

"During the night Jacob got up and took his two wives, his two servant wives, and his eleven sons and crossed the Jabbok River with them. After taking them to the other side, he sent over all his possessions. This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. When the man saw that he would not win the match, he touched Jacob's hip and wrenched it out of its socket. Then the man said, "Let me go, for the dawn is breaking!" But Jacob said, "I will not let you go unless you bless me." "What is your name?" the man asked. He replied, "Jacob." "Your name will no longer be Jacob," the man told him. "From now on you will be called Israel, because you have fought with God and with men and have won." "Please tell me your name," Jacob said. "Why do you want to know my name?" the man replied. Then he blessed Jacob there. Jacob named the place Peniel (which means "face of God"), for he said, "I have seen God face to face, yet my life has been spared." The sun was rising as Jacob left Peniel, and he was limping because of the injury to his hip."
(Genesis 32:22–31, NLT)

PRAYER

"God, Your Word tells me that if I wrestle with You, that if I tarry in Your presence, and that if I am desperate enough to do whatever it takes to receive my blessing, You will give it to me. Just as Jacob wrestled with the Heavens, today I wrestle through prayer. Whatever it takes, I will receive, and I will not let You go before You bless me today, Lord. Change my name, and let it be said that I wrestled with God and men and have won. In Jesus' name. Amen."



DAILY PRAYER FOCUS

DAY 1 – STEWARDSHIP OF THE HEART
Proverbs 4:23, Psalm 51:10, Matthew 6:21

DAY 2 – STEWARDSHIP OF TIME
Ephesians 5:15-6, Psalm 90:12, Ecclesiastes 3:1,
2 Chronicles 12:32

DAY 3 – STEWARDSHIP OF THE MIND
Romans 12:2, Philippians 4:8, 2 Corinthians 10:4-5

DAY 4 – STEWARDSHIP OF THE BODY
1 Corinthians 6:19-20, Romans 12:1, Galatians 5:16

DAY 5 – STEWARDSHIP OF FINANCIAL RESOURCES
Luke 16:10-11, Proverbs 3:9-10; Proverbs 21:5-6,
1 Timothy 6:17

DAY 6 – STEWARDSHIP OF THE ANOINTING
1 Peter 4:10, Romans 12:6-8, Leviticus 24:1-2

DAY 7 – STEWARDSHIP OF INFLUENCE
Matthew 28:18-20, Psalm 145:4, Exodus 18:14-18

DAY 1

STEWARDSHIP OF THE HEART
PROVERBS 4:23, PSALM 51:10, MATTHEW 6:21

1. What desires, attachments, or motivations currently compete with God for first place in my heart?

2. In what areas has my heart become guarded by fear, disappointment, or distraction rather than faith?

3. What would it look like for my heart to be fully aligned with God's purposes in this season?

DAY 2

STEWARDSHIP OF TIME
EPHESIANS 5:15-6, PSALM 90:12, ECCLESIASTES 3:1, 2 CHRONICLES 12:32

1. How am I currently spending my time, and does it reflect my values and priorities before God?

2. What distractions or habits are preventing me from redeeming my time wisely?

3. What season do I believe God has me in right now, and how should my time be stewarded accordingly?

DAY 3

STEWARDSHIP OF THE MIND
ROMANS 12:2, PHILIPPIANS 4:8, 2 CORINTHIANS 10:4-5

1. What thought patterns or beliefs need to be surrendered and renewed by God's truth?

2. What voices (media, conversations, internal narratives) most influence my thinking?

3. How can I intentionally guard and discipline my mind to align with God's Word?

DAY 4

STEWARDSHIP OF THE BODY
1 CORINTHIANS 6:19-20, ROMANS 12:1, GALATIANS 5:16

1. In what ways have I honored—or neglected—my body as the temple of the Holy Spirit?

2. Are there habits or disciplines God is inviting me to adjust for greater holiness and health?

3. How can I better submit my physical life to the leading of the Spirit?

DAY 5

STEWARDSHIP OF FINANCIAL RESOURCES
LUKE 16:10-11, PROVERBS 3:9-10; PROVERBDS 21:5-6, 1 TIMOTHY 6:17

1. How faithful have I been with the resources God has entrusted to me?

2. Do my financial decisions reflect trust in God or dependence on wealth?

3. What practical changes can I make to honor God more fully with my finances?

DAY 6

STEWARDSHIP OF THE ANOINTING
1 PETER 4:10, ROMANS 12:6-8, LEVITICUS 24:1-2

1. What gifts or anointing has God placed on my life, and how am I currently stewarding them?

2. Have I allowed fear, comparison, or comfort to limit my obedience in serving others?

3. How can I keep the “oil” fresh in my life—through devotion, discipline, and availability?

DAY 7

STEWARDSHIP OF INFLUENCE
MATTHEW 28:18-20, PSALM 145:4, EXODUS 18:14-18

1. Who has God entrusted to my influence—at home, work, church, or in the community?

2. How intentional am I about passing on faith, wisdom, and encouragement to others?

665

3. Which environments or relationships might God be calling me to steward differently for greater impact?