

TRAIN MY HANDS FOR WAR

86Hours Water Fast

Prayer · fasting · surrender

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

IMPORTANT: NO AFFILIATION, NO OWNERSHIP, NO INVOLVEMENT

We have no affiliation, ownership, partnership, sponsorship, or involvement with the organizations listed below, and they have no involvement with us. Nothing here is an endorsement - these are unbiased informational pointers for our visitors. Verify all details, eligibility, dates, and requirements directly with each organization.

WHO IT SERVES

Anyone willing to set aside food and seek God - believers and seekers alike

SUMMARY

86Hours is a free, semi-annual guided Christian water fast and, like this Connect Group, a Fall 7 Rise 8 Ministry Experience. The fast runs roughly 86 hours - starting after dinner Monday and ending Friday morning at breakfast - with daily 30-minute prayer Zooms, Scripture, day-by-day guidance, and group encouragement throughout. The next fast is January 4-8, 2027, beginning at 7:00 PM Central on January 4. There is no cost, no coaching, no program, and nothing for sale. The focus is not performance; the focus is surrender.

WHAT THEY DO

- A free semi-annual guided water fast: Monday after dinner through Friday morning breakfast (about 86 hours).
- Daily 30-minute prayer Zooms with encouragement and accountability, plus a gentle break-fast Friday morning.
- Day-by-day guidance, Scripture, and devotion for each stretch of the fast.
- Open signups and calendar reminders for every session - free, online, and open to all.
- Six stated reasons for fasting: seek God first, quiet the flesh, sharpen discernment, build discipline, reset body and mind, and pray in community.

HOW TO GET STARTED

1. Read the plan first

Look over the schedule, the daily Zoom times, and what the 86 hours actually ask of you before you commit.

2. Sign up and set reminders

Registration is free on 86hours.com, and a calendar file adds every prayer call to your calendar.

3. Clear it with your doctor

A multi-day water fast is not for everyone. Talk to your physician first, especially with any medical condition, medication, or pregnancy.

4. Show up and surrender

Start after dinner Monday, join the daily prayer calls, and break the fast gently Friday morning with the group.

WEBSITE

<https://86hours.com/>

PLEASE NOTE

86Hours is a separate Fall 7 Rise 8 Ministry Experience, not part of our monthly gathering at 3 Embers Grappling Academy, and this listing is informational only. Extended water fasting carries real health risk: consult a physician before fasting, and stop if you are unwell. Confirm current dates and details on 86hours.com.

trainmyhandsforwar.com | mail@trainmyhandsforwar.com

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