

Daniel Fast

I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Daniel 10:3

Allowed Foods

- Vegetables
- Fruits
- Beans
- Nuts
- Potatoes

Things to Avoid

Allowed but should be limited

- Butter
- Extra Sauces
- Hot Sauce
- Condiments
- Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.
- Coffee Creamer

Food Not Allowed

- Meat (bacon, beef, bison, chicken, lamb, pork, and turkey).
- Dairy (butter, cheese, cream, milk, and yogurt)
- Fish
- Eggs
- Deep Fried Snacks and Foods: Corn chips, French fries, and potato chips. Baked chips are acceptable.
- Sodas with sugar (1 diet soda or artificially sweetened cup of coffee or tea per day)
- Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup.



21 DAYS

— OF PRAYER —
AND FASTING

January 2nd - January 25th
Excluding Sundays

Instructions

- Identify an accountability partner that will walk with you during the reading.
- Read one passage from John daily and respond to the prompt.
- Attend or log into Wednesday evening Bible Study to receive teaching from the readings.

John 1 Jesus called his disciples away from what they were doing to follow him. What is God calling you away from in 2026?

John 2 Pray for someone in your life who is recently married.

John 3 Meditate on John 3:16 and share the scripture with someone.

John 4 Pray for someone in your life who needs healing.

John 5 What are you waiting for someone to do that you can do for yourself?

John 6 Offer to feed someone today.

John 7 Pray for better relationships in your family today.

John 8 Pray for a non-judgmental spirit towards those who have fallen.

John 9 What things in your life seem unfair? Pray that God will help you to deal with those things.

John 10 How can you have abundant life in 2026?

John 11 Pray that God helps you deal with death in 2026.

John 12 Pray that you will be able to carry your crosses in 2026.

John 13 Pray for a spirit of love in 2026.

John 14 What does it mean that Jesus is the way, the truth, and the life?

John 15 Jesus had to deal with people disliking him. Pray for strength to endure hatred from others in 2026.

John 16 Ask God to turn 2025's sorrows into 2026 joys.

John 17 Pray for believers in other countries today.

John 18 Jesus was challenged by Pilate and the high priest. Pray that God helps you stand when your faith is challenged.

John 19 Jesus had to deal with the pain of the cross. Ask God to give you the ability to endure your physical pain.

John 20 The resurrection was a miracle. Ask God for miracles in 2026.

John 21 Jesus restores Peter after the denial. Ask God to restore you from any failures in 2025.

Tips for Prayer, Fasting, and Bible Reading

1. Pray about your fast throughout each day and for several days before you start.
2. Ask God to keep your body strong and steady (steady mood, steady insulin, glucose, etc) while you fast.
3. DRINK LOADS OF WATER—distilled water, if possible.
4. Set aside time to pray and read the Bible during your fast.
5. Be specific about your prayer.
6. Keep a journal, and write down two things each day:
 - What God says to you concerning the scripture reading for the day.
 - How well the fast went that day.
7. When you feel hungry, stop and pray.
8. Give or help someone every day during your fast. Offer whatever you can as a love offering to God.
9. Purposefully clear your schedule of as many things as you can.
10. Above all else, remember that fasting is about seeking God and aligning our hearts with His.