



**FUELED FOR THE
MISSION**

21 DAYS
PRAYER & FASTING GUIDE



WHY WE PRAY AND FAST TOGETHER

Prayer and fasting are essential because God's mission requires God's fuel. We cannot carry out what God has called us to do running on our own strength. As a church, we are adhering to the Mission called Operation Reach, and before we can reach out effectively, we must first be fueled properly. These 21 days are about positioning ourselves before God so God can shape our hearts and strengthen us for what lies ahead.

During these 21 days, we are learning to stop depending on ourselves and start depending fully on God. Throughout the fast, we will be challenged to live out Operation Reach in practical ways. We will reach up through prayer and worship, acknowledging that our help comes from the Lord. We will reach in, allowing God to purge us and prepare us. And we will reach out, opening our eyes to the people God has placed around us and responding with obedience. We are doing this together because there is power in unity. When a church prays and fasts together, God moves in ways that do not happen in isolation.





WHAT IS THE DANIEL FAST?

The Daniel Fast is a Bible-based fast in which people intentionally give up choice foods in order to seek God with greater focus through prayer. This fast is inspired by the prophet Daniel found in Daniel 1 and Daniel 10:3, who chose to avoid “choice food,” meats, and wine, and instead ate vegetables and fruits while he humbled himself before God. His decision was about spiritual dependence on God and obedience.

The Daniel Fast creates space for prayer by removing distractions and comforts we often rely on daily. It helps us become more aware of God’s presence and more sensitive to His voice. Every hunger pang becomes a reminder to pray. Every craving becomes an invitation to depend on God. As we fast, we are trusting God to fuel us for the mission ahead. We believe these 21 days will prepare us to walk boldly and live out the mission in 2026.





THREE WAYS TO PARTICIPATE IN THE FAST

We recognize that everyone's health, schedule, and spiritual journey are different. Choose the option that allows you to fully engage while honoring your body and your commitment to God.

OPTION 1: FULL DANIEL FAST

- Eat only approved foods (vegetables, fruits, etc.- see table) for the full 21 days.
- Drink water and pure juices.
- This option is observed 24 hours a day.

OPTION 2: PARTIAL DANIEL FAST

- Fast daily from 7:00 a.m. to 7:00 p.m.
- During those hours, eat only approved foods (vegetables, fruits; see table) for 21 days.
- Outside of those hours eat modestly and intentionally (do not over-indulge).

OPTION 3: MODIFIED FAST

- Sacrifice at least one food item for the entire 21 days.
- Examples include sweets, meats, soda, fast food, or caffeine.
- Choose something you enjoy so it represents a true sacrifice.

Whatever option you choose, commit to it prayerfully and consistently for 21 days.

21 DAYS

PRAYER & FASTING GUIDE

FOODS YOU MAY EAT

WHOLE GRAINS AND NUTS

Brown Rice	Oats	Barley	Nuts	
------------	------	--------	------	--

LEGUMES

Dried Beans	Pinto Beans	Split Peas	Lentils	Black Eye Peas
-------------	-------------	------------	---------	----------------

ALL FRUITS

Apples	Apricots	Bananas	Blackberries	Blueberries
Boysenberries	Cantaloupes	Cherries	Cranberries	Dates
Figs	Grapefruits	Grapes	Guava	Honeydew
Melon	Kiwi	Lemons	Limes	Mangoes
Nectarines	Papayas	Peaches	Pears	Pineapples
Plums	Prunes	Raisins	Raspberries	Strawberries

ALL VEGETABLES

Artichokes	Asparagus	Beets	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower	Celery	Chili Peppers
Corn	Cucumbers	Eggplant	Garlic	Gingerroot
Kale	Leeks	Lettuce	Mushrooms	Mustard Greens
Okra	Onions	Parsley	Potatoes	Radishes
Rutabagas	Scallions	Spinach	Sprouts	Squash
Sweet Potatoes	Tomatoes	Turnips	Watercress	Yams
Zucchini				

LIQUIDS (No Sparkling or Flavored Water)

Bottled Water or Tap Water	100% Fruit Juices	100% Vegetable Juices	Honey	Pure Olive Oil for cooking/sautéing
----------------------------	-------------------	-----------------------	-------	-------------------------------------

SEASONINGS

Herbs and Powders	Seasonings	Salt and Pepper		
-------------------	------------	-----------------	--	--

FOODS TO AVOID

All Meats	White Rice	Fried Foods	Caffeine	Carbonated Drinks
Foods Containing Preservatives or Additives	White Flour and products using it	Margarine or Butter	Shortening	High Fat Products
All Breads	All Candy	Desserts	Milk or Eggs	Cream Sauces