

# 2026 Fasting Guide

**Fasting without replacing God's Word for food, is just a diet!**

## **Matthew 4:4**

**Fasting is a natural discipline that can bring supernatural results. Several people in the Bible including Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul and even Jesus fasted.**

*"This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, your healing shall spring forth." -Isaiah 58:6*

This fast is designed for individuals age 18 and up only. If you have health concerns, please contact your doctor before starting.

This 14-day fast starts **Sunday, January 25<sup>th</sup> @ 6pm** and ends **Saturday, February 7<sup>th</sup> @ 6pm.**

The fast is designed around the Daniel Fast program and is a partial fast which means items have been limited or removed from our regular diet, such as meat, caffeine, sweets, breads, etc. Each day we'll have a specific restriction as well as a Bible reading. You may read or listen to your Bible selection on the days they are listed.

For a full list of dietary items that are allowed and not allowed as well as recipes for "The Soup" and other approved meals, go to...

- Online at [www.rfmi.org](http://www.rfmi.org)
- RF Mobile App and click on the "Fast" icon
- Various sections in this packet

Most of the items listed for this fast were designed around resources found at <https://draxe.com/nutrition/daniel-fast/> (which also provides a doctor's perspective on the fast).

Our prayer for you and all of Refiner's Fire is that this fast will draw you personally closer to the Lord and that it would help you begin to see God in a fresh new way while also drawing us all closer in unity as a church body. We are excited to see what God will do for us and through us along with our families, our friends, and our co-workers in this brand-new year. **Happy Fasting!**

**Sunday, 1/25 (6pm):** **Water & Meat Only on This Day**

**Monday, 1/26**

**Bible Reading: 1 Thessalonians Ch.1**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup" \(eat as much as you want\)](#)

**Tuesday, 1/27**

**Bible Reading: 1 Thessalonians Ch.2**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Wednesday, 1/28**

**Bible Reading: 1 Thessalonians Ch.3**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Thursday, 1/29****Bible Reading: 1 Thessalonians Ch.4**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Friday, 1/30****Bible Reading: 1 Thessalonians Ch.5**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Saturday, 1/31****Bible Reading: 2 Thessalonians Ch.1**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Sunday, 2/1****Bible Reading: 2 Thessalonians Ch.2**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Monday, 2/2****Bible Reading: 2 Thessalonians Ch.3**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Tuesday, 2/3****Bible Reading: 1 Timothy 1**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Wednesday, 2/4****Bible Reading: 1 Timothy 2**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Thursday, 2/5****Bible Reading: 1 Timothy 3**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Friday, 2/6****Bible Reading: 1 Timothy 4**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**Saturday, 2/7****Bible Reading: 1 Timothy 5&6**

Breakfast - Raw fruit or other Daniel Fast breakfast item

Lunch - Raw or cooked vegetables or other Daniel Fast lunch item

Dinner - Any bean or vegetable soup or "The Soup" or other Daniel Fast item

During dinnertime, try to eat with those who live with you. While you are eating together, no technology (cell phones, smart devices, TV, etc.)

[Read guidelines for what to drink](#)

[All meals can be replaced with "The Soup"](#)

**FAST ENDS AT 6 PM- YOU DID IT !!!!**

# Guidelines for Daniel Fast

## Foods We May Eat

Sweetener: Raw Natural Honey or Monk Fruit sweetener

For Cooking: Extra Virgin Olive Oil

Whole grains: Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water

Legumes: Black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, mung beans, pinto beans, split peas (canned versions can be used if no salt or other additives are contained and the only ingredients are beans and water)

Fruits: Apples, apricots, avocados, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon (in all cases, frozen versions can be used, but not canned versions or freeze dried that contain added sugars)

Vegetables: Artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, green beans, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, peppers, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini (in all cases, frozen versions can be used, but not canned versions)

Seeds/Nuts: Almonds, cashews, chia seeds, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (raw, sprouted or roasted with no added salt)

Liquids: Coffee (black only), water, 100% all-natural fruit juices (where applicable), 100% all-natural vegetable juices (Choose any of these throughout the day to have)

## Foods We May NOT Eat

Breads, pasta, white flour (and all products using it), white rice, crackers (unless made from sprouted ancient grains), dairy products, meat (where applicable), iodized salt, cookies (and other baked goods), oils, juices, fried foods, energy drinks, carbonated beverages, caffeine, food containing preservatives or additives, refined sugar, sugar substitutes (raw, natural honey and monk fruit sweetener is ALLOWED), margarine, shortening, high fat products, gum, mints, candy

## “The Soup”

- 1 or 2 cans of stewed or cubed tomatoes
- 1 Zucchini (chopped)
- 3 large green onions
- 1 large can of (no fat) chicken broth
- 1 pkg. Lipton soup mix (or chicken noodle or onion)
- 1 bunch of celery
- 2 cans of green beans or fresh beans
- 2 green peppers
- 2 lbs. carrots
- 1 bundle of cilantro

Cut veggies in small to medium pieces.

Cover with water and boil fast for 10 minutes.

Reduce heat to simmer and continue cooking until veggies are tender.

Season with salt, pepper, curry, parsley, cilantro (if desired) or bouillon (Bovril) or hot sauce (Worcestershire).

Eat as much as you want. This soup will not add calories. The more you eat, the more you will lose. Take a thermos with you if you are away during the day.