



Fasting Guide & **2026 Prayer** **S C H E D U L E**

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The Self-Examination Fast – The One Day Fast

In Leviticus 23:27, we read about a one day fast: “Also on the tenth day of this seventh month *there shall be* a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD.” What is this about? There is a confirming scripture in Jeremiah 36:6, which says: “Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD’S house upon the fasting day: and also thou shalt read them in the ears of all Judah that come out of their cities.”

In other words, God is saying, “I want you to set aside a certain time that you fast and seek Me, and here is the purpose for it- - for self-examination and consecration.” When you do this fast, you need to say, “God, I’m doing a checkup on me spiritually. How am I doing? Do I love you like I loved you when I first met you? Have I drawn closer to You this year, or have I lost my passion? Is my worship what you desire? Is it at the level You desire? Am I living it before my children? Is my family seeing Christ in me? What about my temper? What about my words? What about my attitude? Am I negative? Am I ugly in my actions towards people? Lord, I’m bringing myself to You because I really do want to be more like You, and I need a self- examination. I’m seeing some things in my life that are not like You, and I want You to help me deal with them on this fast.” The one day fast is **a fast of self-examination.**

The Esther Fast – The Three Day Fast

In Esther 4:16 we read of the fast initiated by Queen Esther. “Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which *is* not according to the law: and if I perish, I perish.” She needed favor with the king when she stood before him. The purpose of the three-day Esther fast is to seek God’s favor in the time of crisis. Are you in trouble? Is your home in trouble? Is one of your kids in trouble? Are your finances in a state of crisis? One biblical reason to fast is when there is trouble in your life.

When trouble and great crisis come, we should not fall to pieces or collapse. We don’t back down when the enemy comes in. We rise up like a flood, come right back at him and say “You think you are bringing a crisis to me. You meant this crisis for my evil, but God is going to turn it around for my good, and this crisis is going to become a blessing.” If you are in crisis, if you are in trouble, if the crisis of depression, hopelessness, or bankruptcy is threatening you; give God a chance. Give

God a chance in the trouble. God will turn that crisis and deliver you, just as He delivered Paul in Acts 9. When Paul was converted, the people he used to be with tried to kill him. That's what you call a crisis. But because he had fasted, God had a plan for his deliverance

The Daniel Fast (Instructions)

Daniel 1:12 "Please test your servants for ten days, and let them give us vegetables to eat and water to drink."

Daniel 10:3 KJV I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Step 1: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step 2: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

Step 3: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer.

Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step 4: Pray to Perceive Sin's Role in Poor Health

Notice James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- Prayer alone may not gain healing; faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.

- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

Step 5: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step 6: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step 7: Yield All Results to God

Daniel said, "As you see fit, deal with your servants" (Dan. 1:13).

Daniel Fast Foods (To Include)

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries (remove seed it is highly poisonous when opened), cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, dates, persimmons, etc. Remember to read the labels.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, fresh chili peppers, bell peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, peas, lentils, tomatoes, jicama, beans, olives, snow peas, cilantro, chard, kyle, etc. Remember to read the labels.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, buckwheat groats, Spelt, flaxseed, etc. Remember to read the labels.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame seeds. Also nut butters including Almond butter, etc. Remember to read the labels.

All legumes. These can be canned, dried, fresh. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans, etc. Remember to read the labels.

All quality oils including but not limited to olive, grape seed, peanut, & sesame. Use a minimal amount (nickel size) Remember to read the labels.

Beverages: spring water, distilled water or other pure waters. Remember to read the labels.

Condiments: vinegar, organic pure ketchup, organic pure mustard, salsa, etc. Remember to read the labels.

Other: soy meat, tomato paste, gluten free seitan, pure potato flakes, capers, hummus, whole wheat pasta, corn pasta, corn tortillas, whole wheat tortillas, spelt tortillas, rice cakes & crackers, popcorn, popcorn cakes & crackers, and corn crackers, corn cakes, corn chips, etc. Remember to read the labels.

herbs & spices: Dried allspice, dried basil, cinnamon, cloves, dried ginger, turmeric, dried mustard powder, tarragon, thyme, oregano, fenugreek, nutmeg, cardamom, bay leaves, marjoram, crushed red peppers, cayenne pepper, pepper (black, red, white, green), ancho chili powder, chipotle chili powder, dried chipotle, coriander seeds, onion powder, paprika, smoked paprika, sweet paprika, smoked jalapeno, other crushed chili peppers, rosemary, sage, saffron, cumin, arrowroot, mace, fennel, natural salts, unsweetened cocoa powder, etc. Remember to read the labels.

Nut & Grain Milks: fresh almonds, coconut milk, rices (unbleached – not white rice), dry oats, dry soy. Remember to read the labels.

Daniel Fast Foods (To Avoid)

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, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol. **Remember, READ THE LABELS**

Fasting to Lift God's Judgment from Another's Life

1 King 21:27-29

And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly.

And the word of the LORD came to Elijah the Tishbite, saying, Seest thou how Ahab humbleth himself before me? because he humbleth himself before me, I will not bring the evil in his days: *but* in his son's days will I bring the evil upon his house.

Ahab was so wicked that the prophet told him the dogs would lick up his blood, and hearing that so moved him that he humbled himself and began to fast. God said that because that wicked man had humbled himself in fasting, God would lift the judgment. I believe that you can fast and pray and by doing so lift judgment off another's life and give them more time for God's mercy to do a work in that person's life. If you know someone for whom you desire to see God's judgment lifted, pray these words:

Jesus, I claim this person for you, I pray that even as I fast, You will lift judgment off _____'s life and extend mercy. Bring that person to his or her senses, I pray. Break the yoke of sin that binds. Loose the bands of wickedness. Break up and mess up ungodly associations in that person's life. Drive him or her to their knees. In Jesus' name, amen.

The Fast for Healing

Just as 1 Corinthians 13 has become known as the "love chapter" Isaiah 58 is the "fasting chapter". In that chapter we read:

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.

Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I *am*. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

-Isaiah 58:6-9

This portion of Scripture says that your health will spring forth speedily. Fasting can usher in God's healing.

The Fast before a Battle

There is another fast in Judges 20, which is a powerful chapter about fasting. God had told the children of Israel to fight the tribe of Benjamin, because the tribe of Benjamin had become perverted and God was ready to judge them. He said, "I want you to fight against them." They prayed and sought the Lord, and then asked Him, "Should we go now?" And God said yes. He told them to send Judah up to the battle first. They sent Judah and his men to battle, and they lost the battle, losing 22,000 men. Think about what had happened; they did just what God told them to do, and it was a failure and a disaster. They went back home and cried and sought God as earnestly as they knew how to do. Then they again asked, "Should we go out today and fight against the enemy again?" Again, God said, "Yes, absolutely go." They went out to the battle and lost 18,000 more men. In two days, 40,000 Israeli soldiers were dead. The amazing thing is that God had told them to do it, and yet they were suffering defeat.

But then we come to verse 26, which says: "Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD." The children of Israel fasted that day until the next evening and brought a peace offering before the Lord. If you read the rest of the story, that time they went out and completely killed off the enemy.

What is that about? You should never go into a major battle without fasting first. Don't expect to walk into expansion and do great things for God, or to start a new initiative or plan that launches you out or expands your business, without putting a day of fasting behind that effort. Something happens when we fast and pray that will not happen if you don't fast, even if God told you to do it. First, you need to attach fasting to it. It will bring the victory every time.

The Dominion fast -The forty day fast

Why did Jesus fast for forty days and forty nights? (see Mathew 4). He did it for dominion. He did it for authority. Adam lost dominion when he ate of the fruit of the tree God told him not to eat. Esau lost his birthright by eating. In the wilderness, the children of Israel lost the Promised Land by eating quail when God had given them His supernatural provision of manna. Is that meat you feel like eating rather than fasting worth the risk of you missing the promise of God? Fasting makes you tough in the spirit. Fasting makes the inner man rise up and say, "Devil, who do you think you are to mess with my family, or put fear in my mind, or inflict my body. Greater is He that is in me." By fasting forty days and nights, Jesus got back dominion. He returned in the power of the Spirit after he fasted.

Prayer Schedule & Details (Jan 5th – 25th) 2026

We will be dedicating 21 days of prayer & fasting beginning in January of 2026. Please read the schedule below carefully and make preparations/arrangements ahead of time.

Our prayer theme is “CALLED TO BE LIKE JESUS” 2 Cor. 3:18

21 DAYS	PRAYER	&	FASTING	2026
	Daily	6:00 am	Mon.-Sat.	
	Tuesdays	7:00-8:30 pm	•	
	Wednesdays	7:00-8:30 pm	•	
Prayer Structure:	Open with welcome and encourage everyone to pray for one hour. Close prayer at end of one hour.			

