



## 21-Day Fasting Guide- January 5-January 25, 2026

This guide provides an outline for participants in a 21-day fast, incorporating the **Daniel Fast**, **Partial Fast**, and **Distraction Fast** options to accommodate various spiritual and physical needs.

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### Purpose of the Fast

- Deepen your relationship with God.
- Seek clarity, direction, and breakthroughs for your life and ministry.
- Focus on spiritual growth and removing distractions to better hear from God.

### Three Types of Fasts

#### 1. Daniel Fast

- Focus: Plant-based foods only, no processed foods, sugars, or animal products.
- Foods Allowed: Fruits, vegetables, whole grains, legumes, nuts, seeds, and water.
- Foods to Avoid: Meat, dairy, sweets, bread with yeast, fried foods, and beverages other than water.

#### 2. Partial Fast

- Focus: Abstain from meals during specific hours (e.g., 6 AM to 6 PM or sunrise to sunset).
- Consume a simple meal or light snack outside fasting hours if needed.
- Stay hydrated with water during the fasting period.

#### 3. Distraction Fast

- Focus: Abstain from specific activities that consume your time or energy (e.g., social media, TV, unnecessary shopping).
  - Replace these activities with prayer, Bible reading, and spiritual reflection.
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## **Daily Themes and Scripture Focus**

### **Week 1: Renewal and Consecration**

- **Day 1:** Repentance and Cleansing – Psalm 51:10-12
- **Day 2:** Surrender – Romans 12:1-2
- **Day 3:** Seeking God's Will – Matthew 6:33
- **Day 4:** Trust in God – Proverbs 3:5-6
- **Day 5:** Spiritual Hunger – Matthew 5:6
- **Day 6:** Overcoming Temptation – 1 Corinthians 10:13
- **Day 7:** Strength from God – Isaiah 40:29-31

### **Week 2: Spiritual Growth and Vision**

- **Day 8:** Renewed Mind – Philippians 4:8
- **Day 9:** God's Purpose – Jeremiah 29:11
- **Day 10:** Faith in Action – James 2:17
- **Day 11:** The Power of Prayer – James 5:16
- **Day 12:** Walking in Love – 1 Corinthians 13:4-7
- **Day 13:** Boldness in Faith – 2 Timothy 1:7
- **Day 14:** Bearing Fruit – Galatians 5:22-23

### **Week 3: Breakthrough and Worship**

- **Day 15:** Victory in Christ – 1 John 5:4
  - **Day 16:** Overcoming Barriers – 2 Corinthians 10:4-5
  - **Day 17:** Walking in Obedience – John 14:15
  - **Day 18:** Rest and Reflection – Matthew 11:28-30
  - **Day 19:** Joy in the Lord – Nehemiah 8:10
  - **Day 20:** Giving God Glory – Psalm 96:1-4
  - **Day 21:** Celebrating Breakthrough – Ephesians 3:20-21
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## **Practical Tips for Fasting**

1. **Prepare Your Heart and Mind**
    - Pray for guidance and strength before starting.
    - Journal your thoughts and prayers daily.
  2. **Stay Hydrated**
    - Drink plenty of water, especially during the Daniel and Partial Fasts.
  3. **Modify as Needed**
    - Listen to your body and consult with a doctor if you have health concerns.
  4. **Replace, Don't Just Remove**
    - Replace meals or distractions with time in prayer, worship, and Bible reading.
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## **Daily Prayer Format**

1. **Begin with Worship** – Exalt God through songs or psalms.
2. **Pray the Word** – Use the day's Scripture to guide your prayer.
3. **Intercede** – Pray for your family, ministry, community, and nation.
4. **Listen** – Spend time in silence to hear from God.
5. **End in Thanksgiving** – Thank God for strength and clarity throughout the fast.

**May this fasting journey bring you closer to God and His  
purpose for your life!**

## **REBUILDING KEY AREAS OF OUR LIVES – SCRIPTURE FOCUS**

### Rebuilding Relationships

- Joel 2:25 – I will restore to you the years that the locust has eaten.
- Ephesians 4:31–32 – Forgiveness and kindness toward one another.
- Colossians 3:13–14 – Love binds everything together in perfect harmony.
- Malachi 4:6 – Turning hearts back to one another.

### Rebuilding Finances

- Haggai 1:7–9 – Consider your ways and rebuild God’s house.
- Proverbs 3:9–10 – Honor the Lord with your wealth.
- Deuteronomy 8:18 – God gives power to get wealth.
- Malachi 3:10 – God rebukes the devourer.

### Rebuilding Health

- Isaiah 58:8–11 – Healing springs forth speedily through fasting.
- 3 John 1:2 – Prosper in health as your soul prospers.
- Psalm 147:3 – He heals the brokenhearted.
- 1 Corinthians 6:19–20 – Your body is God’s temple.

### Rebuilding Ministry & Purpose

- Nehemiah 2:17–18 – Let us rise up and build.
- Isaiah 61:4 – Rebuild the ancient ruins.
- Ephesians 2:10 – Created for good works.
- 1 Corinthians 15:58 – Your labor in the Lord is not in vain.