



THE DANIEL FAST

January 12 – February 1, 2026

The 21-day Daniel Fast is inspired by Daniel 10:2-3, in which Daniel, during his time of mourning and seeking God, abstained from rich food, meat, and wine. The passage reads, "In those days, I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks").

As a church family, we will take 21 days to deepen our relationship with God through fasting certain foods and liquids. During the fast, we focus on what God wants to do in our personal lives and what He desires to do in our faith family.

Are you new to fasting? Fasting and prayer are powerful vehicles that help people draw closer to God. This is a God-designed discipline to enable you to enter a focused time of seeking the Father, His wisdom, intervention, and direction. It is a time for the spiritual renewal of our commitment to Him and to empty ourselves of practices that limit our growth, development, and effectiveness in life and ministry.

Remember, "it's where your heart is that matters with God." So, try not to get too hung up on what you should and shouldn't eat or do. The most important part of the fast is denying yourself physically to seek the Lord in prayer and grow closer to Him. It is okay that your fast may look a little different than someone else's. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. The food guidelines offered are meant to be just that – a guide. They are given to help you create boundaries for your fast.

As a ministry, we will focus on specific weekly topics during this Daniel Fast. The weekly topics are outlined below, and I encourage each member to consider their heart, set a goal, pray, and read the word with a pencil or pen to draw closer to God. The prompts below are designed to support each week's focus. This intentional time is an excellent opportunity to trust God for His response to your questions and challenges.

I ask that you daily confess the word of God over your life (e.g., "I am healed," "I am delivered," "I am loved," "I am an overcomer," "I am victorious," "I am more than a conqueror," "no weapon formed against me shall prosper," etc.). If you have concerns that cause you worry and stress, give them to the Lord during the fast. Please utilize our information and embrace each opportunity through this experience and enriching journey.

Mother Gloria Cooper, Administrator
Greater Antioch Church

THE GREATER ANTIOCH CHURCH 2026 DANIEL FAST

In addition to adhering to the Daniel Fast eating guidelines, we will focus on specific weekly topics outlined below.

WEEK 1: FASTING FROM DISTRACTIONS - JANUARY 12–17, 2026

Focus:

- Eliminate distractions (social media, TV, excessive screen time) to create space for God.

Scripture for Meditation:

- “Be still, and know that I am God.” – Psalm 46:10
- “Set your minds on things that are above, not on things that are on earth.” – Colossians 3:2

Journal Prompts:

- What distractions consume most of your time and energy?
- How can you intentionally create space for God this week?
- How do you feel when you intentionally pause to be still before God?
- What is God revealing to you as you focus on Him instead of distractions?

Week 1 Challenge:

- Dedicate the time you’d typically spend on distractions to prayer, Bible reading, or journaling.

WEEK 2: FASTING FROM COMPLAINING - JANUARY 18–24, 2026

Focus:

- Replace negativity and complaints with gratitude and praise.

Scripture for Meditation:

- “Do all things without grumbling or disputing.” – Philippians 2:14
- “Give thanks in all circumstances, for this is the will of God in Christ Jesus for you.” – 1 Thessalonians 5:18

Journal Prompts:

- What situations or people tend to trigger complaints in your life?
- How can you shift your perspective to gratitude in these moments?
- What are three things you are thankful for today?
- How does expressing gratitude change your mood, outlook, or relationship with God?

Week 2 Challenge:

- Keep a gratitude journal, listing things you are thankful for each day. Use moments of frustration as opportunities to pray or speak words of thanksgiving.

WEEK 3: FASTING FROM FEAR AND WORRY - JANUARY 25–February 1, 2026**Focus:**

- Release anxiety and trust God's plans, surrendering control and fear to Him.

Scripture for Meditation:

- "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Philippians 4:6
- "For God gave us a spirit not of fear but of power, love, and self-control." – 2 Timothy 1:7

Week 3 Challenge:

- Begin and end each day with a prayer of surrender. Identify specific worries and release them to God in faith.

Journal Prompts:

- What fears or worries weigh on your heart right now?
- How can you practically surrender these anxieties to God?
- Reflect on a time when God answered a prayer or came through for you in the past. How does this build your faith for the future?
- What promises of God can you cling to as you face uncertainty?

Reflection at the end of the Fast:

- What has God revealed to you over the past three weeks?
- How has fasting impacted your relationship with Him?
- What habits or practices will you continue as a result of this fast?

PRACTICAL GUIDELINES FOR THE DANIEL FAST**Encouraging Scriptures**

- "Draw near to God, and He will draw near to you" (James 4:8, ESV).
- "Seek first the kingdom of God and His righteousness, and all these things will be added to you" (Matthew 6:33, ESV).
- "I can do all things through Him who strengthens me" (Philippians 4:13, ESV).

Foods to Eat:

- Fruits (fresh, frozen, or dried)
- Vegetables (raw, cooked, or juiced)
- Whole grains (brown rice, quinoa, oats)
- Nuts and seeds (unsalted)
- Legumes (beans, lentils, chickpeas)
- Water, herbal teas, and natural fruit juices

Foods to Avoid:

- Meat and animal products
- Dairy products
- Processed foods and refined sugar
- Leavened bread
- Caffeinated beverages

Prepare Your Heart and Mind

- Begin with prayer, asking God for strength and focus (Philippians 4:13).
- Set realistic goals for your spiritual growth during the fast.

Plan Your Meals

- Stock up on Daniel Fast-friendly foods before starting.
- Experiment with simple recipes to avoid monotony.

Stay Spiritually Nourished

- Dedicate daily time for Bible reading and prayer.
- Meditate on scriptures like Isaiah 58:6-11, Matthew 6:16-18, and Psalm 34:8.

Journal Your Journey

- Write down your prayers, insights, and how God speaks to you during the fast.
- Record any breakthroughs or answered prayers for encouragement.

Be Flexible: If you stumble, don't give up. Lean on God's grace and continue.

NOTES:
