



# Daniel Fast 2026

The Basics

**James 4:8 TPT**

**Move your heart closer and closer to God,  
and He will come even closer to you.**

# Why 21 Days of Prayer and Fasting?

**Hello friend,**

Each January, as a church, we set aside 21 days for prayer and fasting. This practice isn't random or symbolic, it's rooted deeply in Scripture, particularly in the book of Daniel.

In Daniel chapter 10, we read that Daniel committed himself to prayer and fasting for three weeks. During that time, he abstained from rich foods and chose simplicity as a way to seek God with clarity and humility. Daniel wasn't fasting to earn God's attention, he was fasting to align his heart with God's voice. And what's so powerful about this story is what we learn behind the scenes.

An angel later appears to Daniel and tells him something remarkable: *from the very first day* Daniel began to pray, his words were heard in heaven. God responded immediately. Yet the answer was delayed because the angel was engaged in spiritual battle—resisting the enemy until help arrived. For three weeks, heaven was moving even though Daniel couldn't see it. This reminds us that a delay is not a denial, and silence does not mean absence. God hears us right away, even when the breakthrough takes time.

That's one of the reasons we commit to 21 days. We don't know what's unfolding in the spiritual realm, but we do know this - prayer matters, persistence matters, and our faithfulness positions us to receive what God is already doing.

Fasting plays a vital role in this season as well. Spiritually, fasting quiets the noise and removes distractions so we can hear God more clearly. It strengthens our dependence on Him, sharpens our discernment, and reminds us that He, not comfort or convenience, is our source. Many people experience renewed clarity, healing, and a deeper awareness of God's presence during a fast.

There are physical benefits too. Stepping away from processed foods and excess sugar often brings increased energy, mental clarity, and a sense of reset in our bodies. While fasting may feel challenging at first, many people describe feeling refreshed and renewed as the days go on, both physically and spiritually.

As you step into these 21 days, my prayer is that you would be encouraged to keep showing up, even when answers feel delayed. Heaven is attentive. God hears you. And more is happening than you can see.

I'm praying for you, fasting with you, and believing that God will meet you in personal and powerful ways during this season.

With faith and expectation,

*Pastor Lindsey*

# 21 Days of Prayer & Fasting Resources

## Pastor Lindsey's Grocery List

### Produce

Apples, Oranges, Blueberries, Strawberries  
Bananas  
Grapes \*I love to freeze these for a refreshing snack  
Tomatoes  
Cucumbers  
Mushrooms  
Kale  
Avocado  
Cilantro, Basil, Rosemary  
White & Red Onions  
Sweet Potatoes  
Russet or Fingerling Potatoes  
Bell Peppers  
Baby carrots  
Garlic  
50/50 Spinach & Spring Mix blend

### Canned/Boxed Items

Amy's Organic Lentil Vegetable soup  
Amy's Organic Black Bean Vegetable soup  
Amy's Organic Chunky Vegetable soup  
Black & Pinto Beans  
Fire Roasted Tomatoes  
Diced Green Chilies  
Vegetarian refried beans  
Barilla Chickpea Pasta  
No sugar added pasta sauce \*\*my fav is Tomato Basil  
No sugar added peanut butter  
Brown Rice or Quinoa  
Olive Oil  
Olives  
No sugar added salad dressing  
Corn or almond flour tortillas  
Corn tortilla chips  
Simply salted popcorn \*\*no butter added  
Plain rice cakes

### Frozen Items

Sweet corn  
Broccoli  
Cauliflower rice  
Stir fry vegetables \*\*no sauce included

### Refrigerated Items

Unsweetened almond or cashew milk  
Tofu  
Fresh salsa  
Guacamole  
Hummus



# 21 Days of Prayer & Fasting Resources



## Tips & Tricks:

Make recipes large enough for multiple meals.

Repeat meals often. The goal during the Daniel Fast is to sustain yourself with healthy and whole food choices. Don't be afraid to repeat meals. Keep it simple. The food should not be the spotlight. Time with God is the main event.



"If You Fail to Plan, You Are Planning to Fail" – Benjamin Franklin

A weekly meal plan removes the guesswork of what I will be eating during the week. This will help you avoid the emotional response of "grab anything" just to satisfy hunger or a craving.



Pinterest is a great and easy resource for Daniel Fast Recipes.

Find easy to follow recipes for breakfast, lunch, dinner, and snacks.

Need to pick up something on the go? Try Chipotle's brown rice and bean bowl topped with veggies, guacamole, and salsa.

# 21 Days of Prayer & Fasting Resources

## Example of Daniel Fast Meal Plan

### Monday

*Breakfast:* Plant-based protein shake: 2 scoops plant-based protein powder, unsweetened cashew milk, ripe banana, and ice.

*Lunch:* Amy's organic lentil vegetable soup and small green salad topped with cherry tomatoes, red onion, sliced cucumbers and carrots with no sugar added dressing.

*Snack:* Baby carrots with hummus

*Dinner:* Vegetable fajitas (bell peppers, mushrooms, onions, green chilies) with vegetarian refried beans topped with guacamole and fresh salsa. Served with small salad.

*Snack:* Fresh fruit

### Tuesday

*Breakfast:* Protein Shake

*Lunch:* Left over vegetable fajitas with corn chips and salsa

*Snack:* Rice cake with peanut butter and apples

*Dinner:* Chickpea cold pasta: cooked & cooled chickpea pasta tossed with bell peppers, red onion, tomatoes, cucumbers, olives, fresh basil, and no added sugar dressing. Salt & pepper to taste.

Serve with small salad.

*Snack:* Frozen grapes

### Wednesday

*Breakfast:* Protein shake

*Lunch:* Amy's organic lentil black bean soup with carrots and hummus

*Snack:* Various fruits & nuts

*Dinner:* Pinto bean soup. Pinto beans with sautéed onion, garlic, salt, pepper and oregano served over cauliflower or brown rice topped with fresh avocado, white onion, and cilantro

*Snack:* Chopped dates and peanut butter on rice cake

### Thursday

*Breakfast:* Protein shake

*Lunch:* Leftover chickpea cold pasta and various fruits

*Snack:* Sliced avocado and tomatoes on top of rice cake

*Dinner:* Tofu scramble with garlic rosemary roasted potatoes

*Snack:* Popcorn

### Friday

*Breakfast:* Protein shake

*Lunch:* Leftover vegetable soup with small salad

*Snack:* Corn tortilla chips and guacamole

*Dinner:* Large green salad and baked sweet potato fries

*Snack:* Baked banana, oat, and peanut butter cookies