



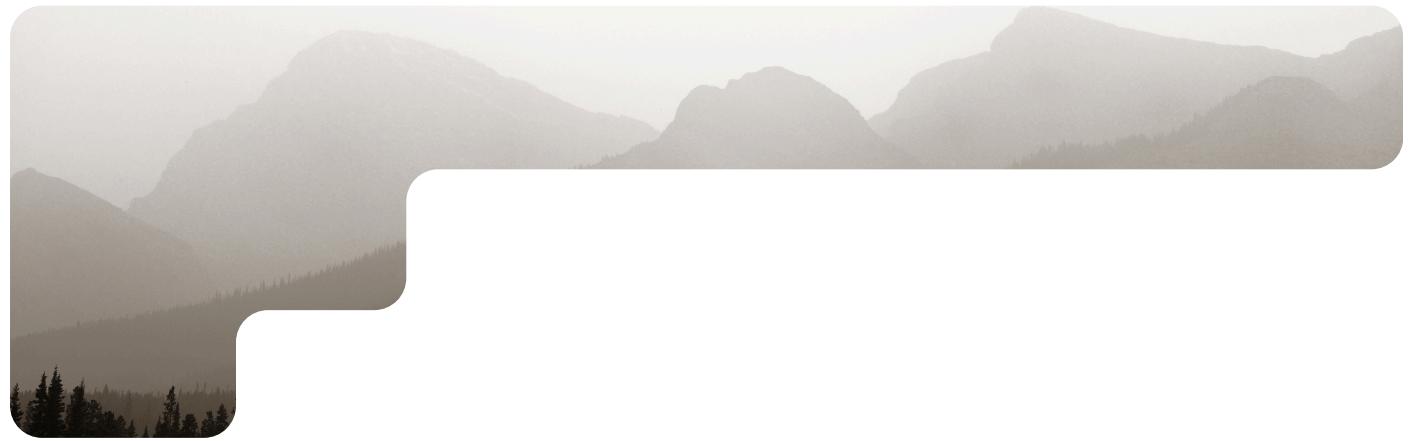
2026

# Daniel Fast

# “Upon This Rock”

*Matthew 16:18b*

Follow Christ Together · Grow Together · Impact the World Together



Fasting and prayer are sacred practices through which God's people return to Him, seek His direction, and experience His power in fresh and transformative ways. In Scripture, fasting is not merely the absence of food; it is the presence of a deeper hunger for God. It is a voluntary act of self-denial that shifts our focus from physical nourishment to spiritual dependence—quieting the body so the soul can hear and aligning our hearts more fully with God's purposes.

As First Baptist Church of South Orange begins the Daniel Fast, we do so grounded in our 2026 theme, "Upon This Rock." Jesus builds His church upon a firm foundation of devotion, obedience, and divine revelation. Fasting strengthens that foundation by drawing us back to Christ Himself—the Rock on which we stand. As a church committed to Following Christ Together, Growing Together, and Impacting the World Together, we enter this season not as individuals walking alone, but as a unified body seeking God with one heart and one voice.

*Fasting is not merely the absence of food; it is the presence of a deeper hunger for God.*

We begin this fast with great expectancy:

- that we will return to God with renewed devotion;
- that we will be strengthened by His Spirit;
- that we will receive fresh revelation and spiritual breakthrough;
- that we will grow together in unity and purpose;
- and that we will impact the world with renewed clarity and power.

Fasting and prayer draw us closer to Christ and remind us that our strength, our guidance, and our impact flow only from Him.



## HOW TO PREPARE FOR THE DANIEL FAST



Preparing for the Daniel Fast is both a spiritual and practical process. Begin by setting your heart and intention before God. Spend time in prayer, asking the Lord to guide your fast, clarify your purpose, and align your spirit with His will (Daniel 1:8). Spiritually, approach the fast with humility and expectation. Decide what you are seeking from God—renewal, clarity, breakthrough, or deeper intimacy—and commit to daily prayer, Scripture reading, and reflection. Consider reducing distractions ahead of time so you can be more attentive to God's voice.

**You are not fasting in your strength. God supplies what you need.**



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Practically, prepare your body by planning simple, plant-based meals that include fruits, vegetables, whole grains, legumes, nuts, seeds, and water. Gradually reduce caffeine, sugar, and processed foods before the fast begins to make the transition smoother. Review the Daniel Fast guidelines and stock your kitchen with appropriate foods. Above all, remember that the Daniel Fast is not about restriction alone, but consecration—setting yourself apart to seek God wholeheartedly. Enter the fast with faith, discipline, and a posture of obedience, trusting God to meet you during this sacred time.

# PRINCIPLES FOR A FRUITFUL DANIEL FAST



- Enter the fast prayerfully, seeking God's direction and purpose
- Plan meals ahead to minimize stress and distractions
- Sleep is important as good nutrition and exercise. 7 - 9 hours is recommended for all adults
- Stay hydrated and listen to your body
- Set aside intentional time each day for prayer and Scripture
- Read the FBCSO devotional "The Word For You Today". Use the devotionals to help focus your mind and still our heart on how God is speaking to you.
- Limit media and other distractions to create space for God
- Extend grace to yourself and others throughout the journey

**In the New Testament,  
“fasting” means one who  
has not eaten, one who is  
empty and centers around a  
relationship with God**



## Returning to God

As we begin this fast, the prophet Joel reminds us that biblical fasting is a heart-cry, not a habit. God calls His people to rend their hearts, not merely their garments—revealing that fasting must flow from genuine repentance rather than ritual observance. This sacred act is not about outward appearance, but inward surrender.

*"While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Acts 13:2*

Fasting is an expression of sincere repentance and renewed devotion. It intensifies our longing for God and positions us to respond faithfully to His invitation: “Return to Me.” (Malachi 3:7; Jeremiah 24:7) As the people of God, our individual obedience matters. Each act of devotion strengthens the spiritual posture of the whole body. When we choose to fast with sincerity and humility, we collectively create space for God to move among us—bringing renewal, clarity, and breakthrough. This journey requires personal commitment, because corporate transformation begins with individual hearts fully turned toward the Lord.

As we enter this season together, may each of us respond with willing hearts, knowing that God honors obedience, receives repentance, and restores those who return to Him fully.

Day 1

**Joel 2:12** “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”

Day 3

**Matthew 5:6** ‘Blessed are those who hunger and thirst for righteousness, for they will be filled.’

Day 2

**Psalm 51:10** ‘Create in me a pure heart, O God, and renew a steadfast spirit within me.’

Day 4

**Psalm 62:5** ‘Yes, my soul, find rest in God; my hope comes from him.’

*When Daniel prayed, God responded immediately. Expect heaven's attention today.*

Day 5

**Daniel 1:8** ‘But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.’

Day 6

**Exodus 20:3** ‘You shall have no other gods before me.’

Day 7

**Psalm 34:1** ‘I will extol the Lord at all times; his praise will always be on my lips.’

*Prayer / Journaling*

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# POWER OF PRAYER

## *“Strength for the Journey”*

While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for Me Barnabas and Saul...’ Then after fasting and praying they laid their hands on them and sent them off.”

In Acts, the early church fasted when they sought God’s direction. They understood that major decisions should flow from prayerful listening, not human reasoning.

When they fasted and prayed, the Holy Spirit spoke.

As we fast, we seek God’s voice for our personal lives, our families, and our church. We ask Him to show us the next steps—how to walk in purpose, how to serve, how to build, and how to witness more effectively as a church grounded on “the Rock.”

The early church fasted when they sought God’s direction. They understood that major decisions should flow from prayerful listening, not human reasoning.

## Day 8

**Isaiah 40:31** “but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

## Day 10

**Psalm 111:37** “Turn my eyes away from worthless things; preserve my life according to your word.”

Day 9

**2 Corinthians 12:9** “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

## Day 11

**Romans 12:2** “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

***Heaven hears you. Your prayers  
matter more than you know.***

## Day 12

**Philippians 4:13** "I can do all this through him who gives me strength."

## Day 14

**Galatians 6:9** “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Day 13

**Daniel 6:10** “Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.”

# Prayer / Journaling



# FASTING

## Spiritual Breakthrough

"This kind can come out by nothing but prayer and fasting." Jesus taught that some spiritual battles require intensified spiritual power.

Fasting strengthens the believer's authority, increases spiritual sensitivity, and breaks cycles the enemy hoped would never be broken.

During this fast, we believe God for:

- Breakthrough in stubborn areas
- Healing in emotional and spiritual places
- Restoration of marriages and families
- Freedom from strongholds
- Revival in our church

Fasting adds earnestness, focus, and fire to our prayers. It positions us for divine intervention.



## Day 15

**Daniel 10:12** “Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.”

## Day 16

**Jeremiah 33:3** “Call to me and I will answer you and tell you great and unsearchable things you do not know.’

Day 17

**Isaiah 58:6** “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

## Day 18

**Habakkuk 2:1** “I will stand at my watch and station myself on the ramparts; I will look to see what he will say to me, and what answer I am to give to this complaint.”

*God delights in your consistency.  
Keep going – you're halfway there.*

Day 19

**Luke 18:1** “Then Jesus told his disciples a parable to show them that they should always pray and not give up.”

Day 21

**Ephesians 3:20** “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”

Day 20

**Matthew 6:22-23** “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!”

## Prayer / Journaling



## *Daniel Fast Guidelines*

On the next page is a clear, simple outline of foods to include and avoid during the Daniel Fast. While slight variations exist, these are the guidelines we will observe together.

***You can do this — “God strengthens you  
from the inside out.”***

# **DANIEL FAST APPROVED FOODS**

## **Vegetables**

(All fresh, frozen, or canned with no added sugar, chemicals, or preservatives)

- Leafy greens: spinach, kale, collard greens, mustard greens, Swiss chard, arugula
- Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, cabbage
- Root vegetables: carrots, beets, turnips, radishes
- Squash: zucchini, yellow squash, butternut squash, acorn squash
- Peppers: bell peppers (all colors), hot peppers
- Onions, garlic, scallions, leeks
- Tomatoes (fresh or canned without additives)
- Cucumbers
- Green beans
- Okra
- Eggplant
- Celery
- Mushrooms
- Asparagus
- Sweet potatoes and yams (baked or roasted, no sweeteners)
- Corn (whole or frozen, no additives)

**You are not fasting in your strength. God supplies what you need.**

# DANIEL FAST APPROVED FOODS

## Fruits

- (Fresh, frozen, dried, or canned in water only)
- Apples
- Bananas
- Oranges, tangerines, clementines
- Grapefruit
- Lemons and limes
- Berries: strawberries, blueberries, raspberries, blackberries
- Grapes
- Pineapple
- Mango
- Papaya
- Pears
- Peaches
- Plums
- Cherries
- Watermelon
- Cantaloupe
- Honeydew
- Avocados
- Dates (unsweetened)
- Figs
- Raisins (no added sugar)

# **DANIEL FAST APPROVED FOODS**

## **Carbohydrates / Whole Grains**

- (Whole, unprocessed, no yeast or additives)
- Brown rice
- Wild rice
- Quinoa
- Barley
- Millet
- Farro
- Oats (steel-cut or old-fashioned; not instant)
- Whole grain pasta (100% whole wheat or legume-based)
- Ezekiel bread (if following a modified Daniel Fast)
- Corn tortillas (100% corn, no additives)
- Sweet potatoes and yams
- Whole grain couscous

## **Helpful Reminders**

Read labels carefully

Avoid white flour, refined grains, sweeteners, and leavened breads

Keep foods as close to their natural form as possible

# FOODS NOT ALLOWED

## All Animal Products

Dairy, eggs,  
Fish, meat, poultry

## Sweeteners

Natural or artificial

## Leavened Breads

Anything containing baking powder, baking soda, or yeast

## Refined Grains

White flour  
White rice

## Processed Foods

Those containing artificial flavors, preservatives, or chemical additives

## Refined Oils

Canola, corn, soybean, Vegetable oils

## Beverages

Alcohol, coffee, tea

## Other

Deep-fried foods, gum, mints



Gracious and Faithful God,

We come before You with thankful hearts. We praise You for meeting us throughout this season of fasting and prayer. You have drawn us closer, strengthened our faith, and reminded us that You alone are our source and our foundation.

Lord Jesus, You are the Rock upon which we stand. We thank You for the renewal You have worked in us—individually and collectively. Seal in our hearts every lesson learned, every prayer offered, and every revelation received during this fast.

As we move forward, help us not to return to old patterns, but to walk in renewed obedience and devotion. Empower us by Your Spirit to live out what You have revealed, to remain united as Your church, and to stand firm upon the truth of Your Word.

Send us now to follow Christ together, to grow together in faith and love, and to impact the world together with boldness, humility, and compassion. May our lives reflect Your glory, and may our church continue to be built upon You alone.

We offer ourselves anew to You, trusting You to complete the work You have begun.

In the mighty name of Jesus Christ, our Rock and Redeemer,  
Amen.