

2026 Sacred Season

FOOD PLAN

DANIEL FAST

JANUARY 4 - 25

At the beginning of 2026, we are joining together in Sacred Season to seek the Lord.

Spiritual fasting is an abstinence from food or limiting one's food to pursue God. In fasting, we are denying ourselves and declaring to God that it's all about Him and not about us. In Matthew 6:16, Jesus said, "When you fast...the Lord will reward you." God sees what is done in secret and He rewards you; fasting opens the door for breakthrough, miracles and for the power of God to move. There is great power when we fast together, also. Corporate fasting in the Bible caused the church to experience revival, growth, direction, and deliverance for those locked up in darkness. Join us in our fasting schedule below or however you are led for your personal pursuit.

THIS YEAR WE WILL BE DOING THE DANIEL FAST AND FOLLOWING THE FOOD LIST BELOW.

We will begin the fast after we eat lunch on **January 4**, and we will break the fast after the Sacred Sunday service on **January 25**.
Stay mindful to drink water more than anything else during your fast, always starting your day with water.

FASTING IS A TIME TO DENY OURSELVES FOOD SO WE CAN FEAST ON THE THINGS OF GOD. It makes space for us to have more time in prayer and in the Word so we can connect with God on a deeper level. During this Sacred Season, we will be reading through the New Testament together in the 21 days. The daily schedule is listed below.

Fasting without prayer is just dieting, so begin now to think about what you want to see God do in your life this year. What needs do you have? What would you like to see this year in your ministry? Your family? Your health? Your purpose? Etc? Pray over these areas as you are fasting.

TOGETHER, WE WANT TO PRAY FOR OUR CHURCH:

- Pray for the harvest: the lost, our community, prodigal children and family.
- Pray for revival and awakening: greater passion and pursuit for God that transforms lives and draws unbelievers in.
- Pray for growth: fruit that remains.
- Pray for provision for the ministry (every campus): for people to be blessed so the church is blessed, debts paid off, buildings for ministry purpose.
- Pray against and pull-down strongholds of fear, doubt, unbelief, anxiety, confusion, and division.
- Pray against any agenda of hell that would thwart, delay or hinder God's blessing and breakthrough over our lives, our families and our churches.
- Pray for faith, clarity, abundance, vision, supernatural strength and divine purpose.
- Pray for Gen Z and Gen Alpha to walk fully in relationship and obedience to Jesus Christ and His Word, destroying confusion and strongholds over their lives and minds.

Daniel Fast (Food List)

FOODS TO EAT

WHOLE GRAINS

Amaranth, Barley, Brown Rice, Buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta and wild rice

BEANS AND LEGUMES

Black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans and split peas

NUTS AND SEEDS

almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas (pumpkin seeds), Pine nuts, Pistachios, Poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

VEGETABLES

All Vegetables are allowed (fresh, frozen dried, juiced and canned)

FRUIT

All fruits are allowed (fresh, frozen, dried, juiced and canned) however any dried or canned fruit shouldn't contain added sugar (check ingredients)

OILS

Oils such as coconut, olive and sesame... are allowed but should be used minimally. You can sauté foods but don't deep fry them.

OTHER

Unleavened bread (whole grain bread without yeast, sugars or preservatives). Honey in moderation.

All herbs, spices and seasonings are allowed.

BEVERAGES

All water is allowed (still, sparkling, spring and mineral), 100% fruit juice on occasion. decaffeinated tea and coffee.

FOODS TO AVOID

ANIMAL PRODUCTS

Meat (bacon, beef, bison, chicken, deer, lamb, pork and turkey), Dairy (butter, cheese, cream, milk and yogurt). All seafood, eggs

ADDED SUGAR

Agave Nectar, artificial sweeteners, brown rice syrup, cane juice, corn syrup, malt syrup, molasses and raw sugar.

YEAST

Yeast (all leavened bread)

REFINED GRAINS

White Flour and white rice

PROCESSED FOOD

Foods that contain artificial flavorings, chemicals, food additives and preservatives.

DEEP FRIED FOOD

Examples are corn chips, French fries, potato chips (baked chips are ok if they don't contain restricted ingredients, check labels)

SOLID FATS

butter, lard, margarine and shortening

CHOCOLATE

all chocolates (milk, semi-sweet, dark, white, syrup, cacao)

CAFFEINATED BEVERAGES

Coffee, Tea and energy drinks