

PURPOSE · POWER · INFLUENCE · IMPACT

FIRST FRUITS FASTING PRAYER & GIVING

ISSUE NO. 07 · JANUARY 2026 · FASTING

PUTTING GOD FIRST IN EVERYTHING.



GOSPEL FELLOWSHIP

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21 Days

OF PRAYER + FASTING



IN THIS ISSUE

PASTOR'S NOTE

We are so glad you have decided to participate in our annual twenty-one day Daniel Fast. There is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting.

This fast has been modified from Daniel's original fast so that everyone is able to participate. Whether you have done a twenty-one day Fast before, or if this is your first time, you can experience what God has in store for you in a powerful way.

JANUARY 2026 | ISSUE 06

The tools provided in this guide are practical guidelines to help you navigate through your personal twenty-one day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next twenty-one days. May God continue to bless you and enlarge you as you seek Him first. Supernatural blessing be upon you, your family and God's extraordinary purpose for your life!

First Fruits Fasting

Prayer & Giving



Preparation

This purpose of this magazine is to guide you into a successful fasting experience. The blessings, insights, and revelations you gain during your time of extended prayer and fasting can be life-changing. It is extremely exciting each year to hear about the miracles and blessings people have experienced on the fast. In order for us to experience result during the fast it is important for us to remain consistent and persistent. One of the primary reason people break the fast is because they didn't prepare. Instead, so many people just jump in and try to go for it. It's like never training for a marathon and starting the race anyway!

Preparing for your fast is part of the fast. When you prepare you're in a period of expectation and anticipation. The time can be joyful and spiritually charged. I would like to give you some tips about preparing for your fast.

Learn about the fast: The truth is, there is a lot of erroneous information "out there" about the First Fruit Fast. This guide has been put together to simplify

Establish your purpose for your fast: Fasting is a time to be highly focused on specific areas of your life. Do you have financial pressures? Issues with relationships? Need healing in your body? Do you want to learn more about prayer, worship, or developing your faith? Open your heart to God for your NOW

experience. You will draw nearer to Him. And as you study His Word and use other study materials, you will learn, grow and enter into a powerful time of transformation. Blessings. Answers. Growth. Love. They all await you!

First Fruits Fasting

Prayer & Giving



Planning Is A Big Part Of Success, Plan To Succeed

Most people begin the fast being highly focused on the food and the changes to their menus. I encourage you to keep your meals simple and easy to prepare. One of the greatest mistakes I see today is that people put way too much focus on the food miss out on the powerful spiritual benefits of the fasting experience. Remember, this is a fast (which means to restrict food for a spiritual purpose). Keep the main thing the main thing. Eat simply. And invest most of your time and attention on your Lord.

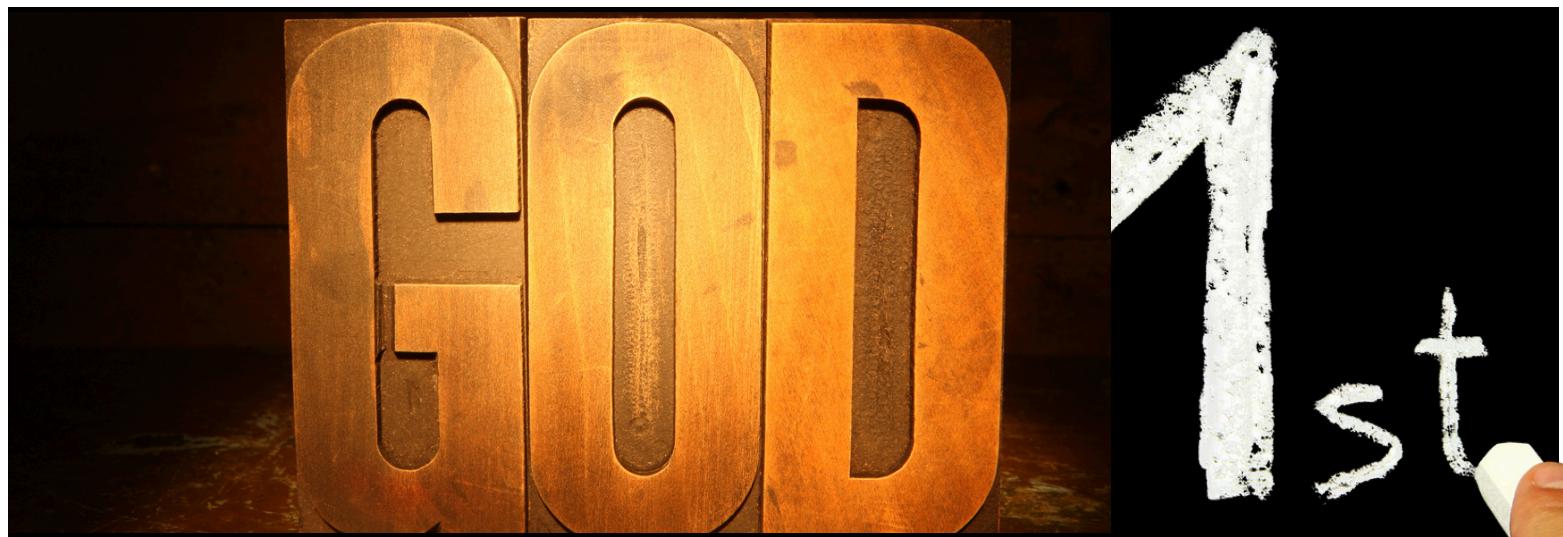
Put your flesh where it belongs . . . under submission. One of the most powerful lessons you can learn on the Daniel Fast is how to put your flesh in its rightful place, which is under the authority of God. Your flesh may throw a fit. It might try to sabotage you and tempt you to break the fast or change the guidelines to satisfy its desires. But we are called to walk in the Spirit and not by the flesh.

You can work on your self-control muscles during the fast and realize that you don't have to give in to the whims of your flesh. This is one of the most powerful lessons you can learn during your fast.

If you have health issues then be sure to follow the advice of your earthly physician as you pray to your Great Physician. Due to medical needs or special issues, you many need to modify the fast. Keep the core of the fast and make the slight adjustment. This is the same for pregnant or nursing mothers and for athletes who expend a lot of energy.

Get support and encouragement – we provides lots of help, tips, encouragement and support to anyone who wants it through our websites, app, and daily prayer. Also, keep visiting our app as we update and add helpful information and tips weekly.

Be blessed!



The Fast is a biblically based partial fast referenced in the bible, particularly in two sections of the Book of Daniel. Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink." Daniel 10:1-2, which says, "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Fasting is a natural discipline that can bring supernatural results. It is important for believers to be confident that fasting works when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul even Jesus...fasted. The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

When you study the Scriptures, you'll find that when people fasted it was for a purpose – not just a religious exercise. Daniel fasted from the king's foods and wine because they had been offered to the Babylonian gods and he didn't want to defile his body. He later prayed and fasted to "encourage" the prophesied release from captivity for the Israelites from Babylon. And in his third recorded fast, Daniel was seeking solace for the great pressure he felt because of a dream he had experienced. In the Old Testament, when the Nation of Israel sought to hear God's voice clearly, repent before the Lord, or conquer an enemy, they engaged in a collective fast (Daniel 9:3-5; Deut 9:15-18; 2 Chron. 20:3-4). Within the New Testament we see that Jesus not only embarked on a 40 day fast before beginning His ministry, but He also Expected his followers to fast (Matt. 6:16-18; Matt. 9:14-17).



FASTING PRAYER GIVING

We also find in the New Testament, people would fast when they needed guidance or answers to prayers. Many times, when the Scripture used the words “by prayer and supplication” it likely referred to fasting. Remember: Fasting doesn’t change God, fasting changes you! Rely in the Word of God to transform your life and conform your will to His will. Fasting is setting us apart . . . and centering our lives on God. It’s not just eating differently and expecting some supernatural results. But rather, fasting helps us focus more on God and His Word and as His truth takes root in our heart, we experience the supernatural power of the Most High God.

The Fast involves a spiritual commitment to God. One to stay pure before the Lord and to seek the Lord’s wisdom, direction and answers to prayer. We want you to use these 21-Days of Consecration to write your goals and what you seek to accomplish during this time. What are some areas you want to see victory in your life? What sins are you struggling with that you want to conquer once and for all? Habakkuk 2:3 says, “write the vision down and make it plain...” We encourage you to write down your goals.

Let the JOURNEY Begin! Give Jesus

the

First Fruit
fast

19

How to Begin:

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

-Unsaved, Backslider, Unchurched, Harvest Seat, Project Lear (creative ideas, sponsors, benefactors), your specific petitions

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

What To Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face

The book of Acts records believers fasting before they made important decisions (Acts 13:2; Acts 14:23). Fasting and prayer are often linked together (Luke 2:37; Luke 5:33).

“Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping and with mourning” (Joel 2:12)

Please do not start the Fast without the approval of your primary healthcare professional.



Food List

Beverages: spring water, distilled water or other pure waters, 100% all-natural fruit juices, 100% all natural vegetable juices, coconut water, coconut kefir and homemade almond milk.

All fruits: These can be fresh, frozen, dried, juiced, cooked or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables: These can be fresh, frozen, dried, juiced, cooked or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.



Food List

All whole grains: including whole wheat, brown rice, millet, quinoa, buckwheat, oats, barley, grits, whole wheat pasta, whole wheat tortillas, legumes, dried Beans, pinto beans, split peas, lentils, black eyed peas rice cakes and popcorn.

All nuts and seeds: including sunflower seeds, cashews, peanuts, sesame, almonds, chia seed, flaxseed, pumpkin seed, walnuts. Also nut butters including peanut butter. Note: Maybe Raw, sprouted or dry roasted (no salt added)

All legumes: These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans ,mung bean white beans. • All quality oils including olive, canola, grape seed, peanut, and sesame. Note: May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Fast is water.

FOODS THAT PROVIDE NATURAL ENERGY



Bananas • Apples • Oranges •
Pineapples • Strawberries • Melons
Blueberries • Pears • Apricots • Plums
Cherries • Limes • Papayas
blackberries • Raspberries • Quinoa •
Beans • Beets • Lentil



Cashews • Almonds • Hazelnuts • Pistachios •
Peanut Butter • Lentils • Broccoli • Papayas •
Avocado • Raisins • Kale • Spinach •
Mushrooms • Oatmeal • Whole Grain Cereal
Hummus • Peaches • Edamame • Trail Mix
Brown Rice • Brussels Sprouts • Walnuts
Coconut water • Asparagus • Almond Butter

FOODS TO AVOID



Note: Sea salt or himalayan salt is allow. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

All meat and animal products: including beef, lamb, pork, poultry, and fish. All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including: sugar, raw sugar, syrups, molasses, cane juice, date honey, and stevia. All leavened bread and baked goods.

All leavening agents including: yeast, baking soda and baking powder. All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including: potato chips, French fries, corn chips. All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including: coffee, carbonated beverages, energy drinks, and alcohol.

NOTE: Nutritional supplements are optional – but any taken would preferably be in line with the ingredients that are listed.

A close-up photograph of a man with dark hair and a mustache, wearing a black suit jacket and a white shirt. He is looking down with his eyes closed, his hands clasped together in a prayerful gesture. The background is a plain, light-colored wall.

DAILY PRAYER GUIDE

START AT DAY 1 GO
STRAIGHT THREW TO DAY 21



SUNDAY,
JANUARY 4

“PUTTING GOD FIRST IN EVERYTHING

Joel 2:12-13;
Romans 12:1-2

DAY 1



MONDAY,
JANUARY 5

RENEWING MY MIND

Genesis 12:3
Psalm 25:22

DAY 2



TUESDAY,
JANUARY 6

FAITH OVER FEAR

Scripture: 2 Timothy 1:7

Psalm 27:1

DAY 3



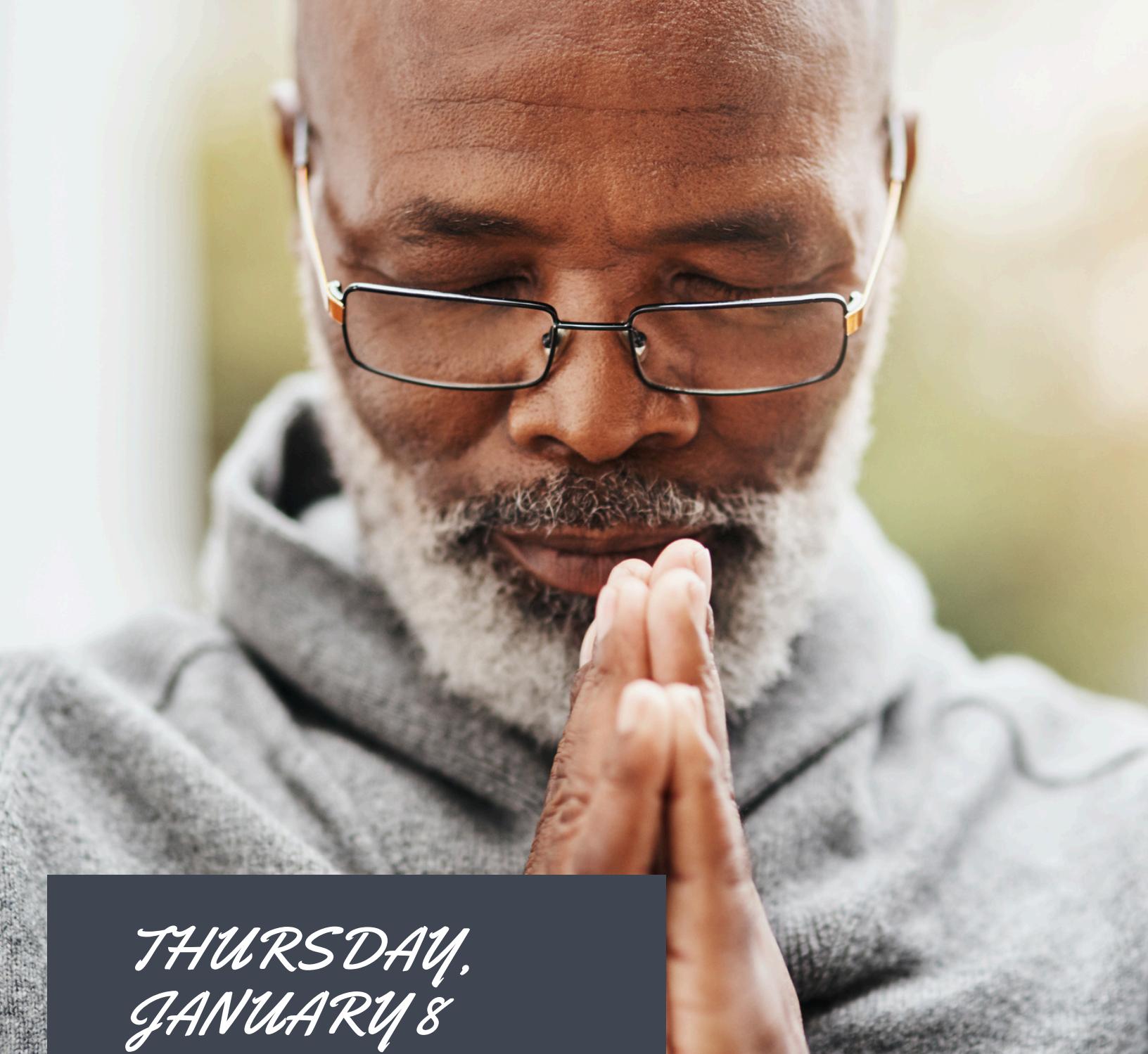
*WEDNESDAY,
JANUARY 7*

WALKING IN OBEDIENCE

Deuteronomy 28:1-2

James 1:22

DAY 4



THURSDAY.
JANUARY 8

REVIVING MY PRAYER LIFE

Luke 18:1

1 Thessalonians 5:17

DAY 5



FRIDAY.
JANUARY 9

BREAKING STRONGHOLDS

2 Corinthians 10:3-5

Isaiah 54:17

DAY 6



*SATURDAY,
JANUARY 10*

RENEWED STRENGTH

Isaiah 40:31

Philippians 4:13

DAY 7



*SUNDAY,
JANUARY 11*

PUTTING GOD FIRST

Matthew 6:33

Proverbs 3:9-10

DAY 8



*MONDAY,
JANUARY 12*

THE POWER OF FIRST FRUITS

Proverbs 3:9-10

Exodus 23:19

DAY 9



*TUESDAY,
JANUARY 13*

HEARING GOD'S VOICE CLEARLY

John 10:27

Isaiah 30:21

DAY 10



*WEDNESDAY,
JANUARY 14*

WALKING IN LOVE

1 Corinthians 13:1-8
John 13:34-35

DAY 11



THURSDAY,
JANUARY 15

HEALING AND WHOLESOME

Isaiah 53:5
Jeremiah 30:17

DAY 12



*FRIDAY,
JANUARY 16*

VICTORY IN SPIRITUAL WARFARE

Ephesians 6:10-18

2 Chronicles 20:15

DAY 13



*SATURDAY,
JANUARY 17*

FAMILY RESTORATION AND UNITY

Joshua 24:15

Colossians 3:13-14

DAY 14



REVIVAL IN THE CHURCH

Habakkuk 3:2

Acts 2:42-47

DAY 15

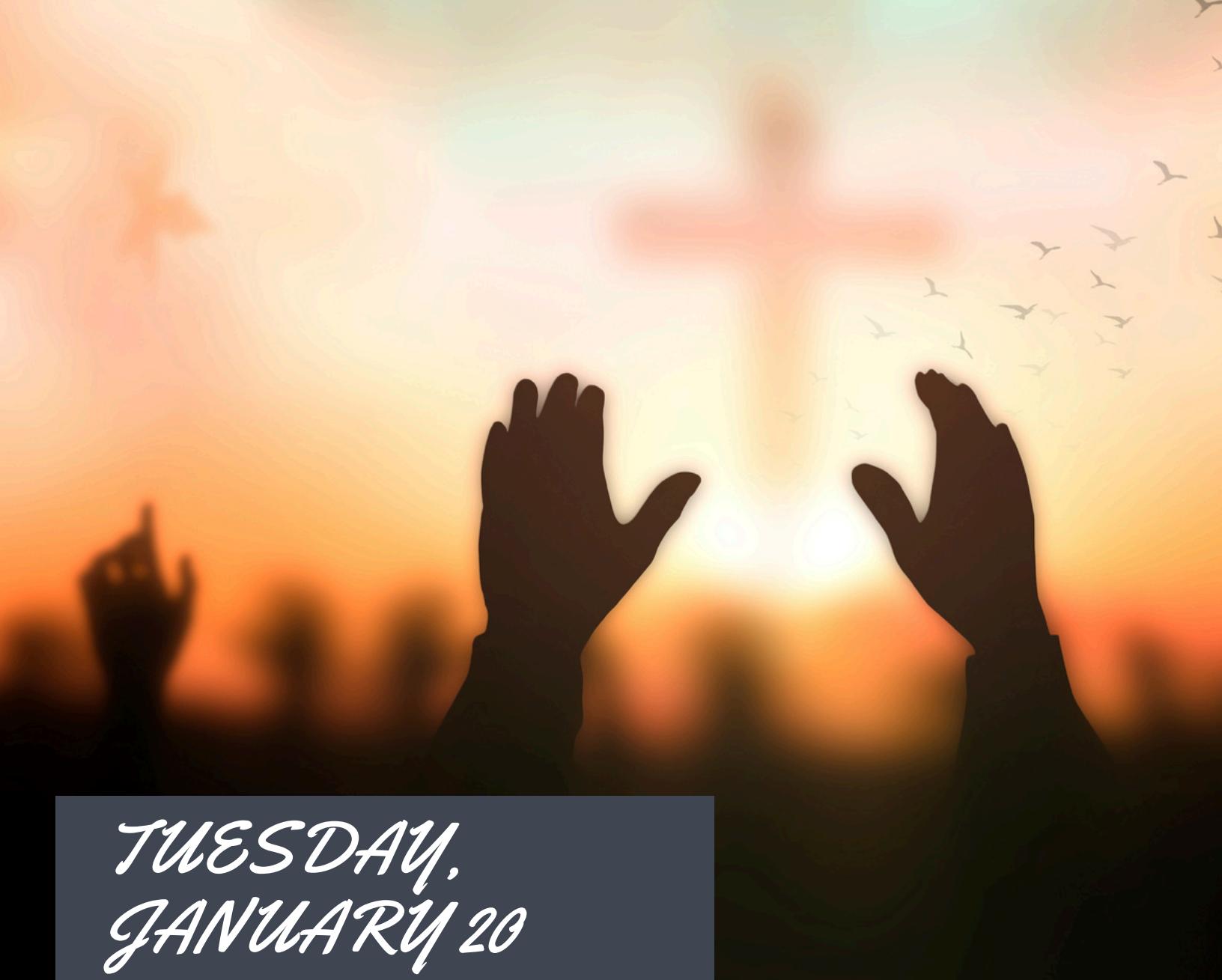


*MONDAY,
JANUARY 19*

VISION AND PURPOSE

Habakkuk 2:2-3
Proverbs 16:3

DAY 16



*TUESDAY,
JANUARY 20*

RESTORING JOY AND PEACE

Philippians 4:6-7

Nehemiah 8:10

DAY 17



*WEDNESDAY,
JANUARY 21*

GREATER FAITH FOR GREATER WORKS

John 14:12-14
Hebrews 11:6

DAY 18



THURSDAY,
JANUARY 22

FINANCIAL BREAKTHROUGH AND STEWARDSHIP

Malachi 3:10
2 Corinthians 9:8

DAY 19



*FRIDAY,
JANUARY 23*

FINISHING STRONG

2 Timothy 4:7
Galatians 6:9

DAY 20



*SATURDAY,
JANUARY 23*

BREAKING GENERATIONAL CURSES

Philippians 1:6

Psalm 126:3

DAY 21

First Fruits Daily Prayer

Dear Lord,

Forgive me for the things I have done that is not pleasing to you. Thank you for bringing me into your family. May I never disappoint you in the way I treat others. Make me an instrument of your peace that others may see the qualities of character that can only be attributed to your presence in my life.

Watch, Oh Lord, over those who are weeping and give your angels charge over those who are sleeping. Tend your sick ones Oh Lord, rest your weary ones, bless your dying ones and soothe your suffering ones.

Oh God, I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may love in me - love the Father and love all humankind. I give you my whole self Lord, that you may grow in me, so that it is you who lives, works and prays in me. I praise and worship you because you are God. I am honored to be your servant.

I take my stand today against the devil and his schemes against me, my family and my ministry. Father, as I take up each piece of the armor, please secure it in place on me.

I take up the shield of faith and extend it over myself. It extinguishes all the fiery darts of the evil one. I put on the helmet of salvation, which protects my mind from the enemy's attacks.



First Fruits Daily Prayer

I have the mind of Christ. I put on the breastplate of righteousness, which covers my body with the righteousness of God. In Christ, every foothold of evil has been washed away and I am clothed in righteousness! I gird my loins with the belt of truth. Your word, O God, is truth.

Father, sanctify me according to your word and remind me through the Holy Spirit of the truth that destroys the lies of sin. I shod my feet with the preparation of the Gospel of peace. I have peace with God through the blood of Jesus. I have favor with God and with man. I walk in my inheritance as an adopted son of God and have authority over evil in Jesus' name. I will use the Sword of the Spirit by speaking the Word of God as it applies to whatever situation I may face today. Father, please remind me of your Word via the Holy Spirit. I will continue to pray in the Spirit throughout the day and intercede for all Christians as the Holy Spirit prompts me. Thank you Father for the whole armor of God. Please surround me with your hedge of protection as I move forward on the spiritual battlefield today. I praise and worship you now and forever in Jesus name Amen.

