

30 2026: FASTING GUIDE

DAY
CORPORATE PRAYER TARGETS
JAN. 2ND-JAN.31ST

*"Prayer Targets for A Touch of God's Presence Ministries
for the year 2026 during the 30 day fast."*

PRAYER TARGETS:

Youth & Seniors
Divine Healing
Faithful Tithers
Generous Givers
Job Promotions
New Businesses
Poverty and Lack
Raises & Bonuses
Divine Protection
Members (ATOGP)
Leadership (ATOGP)
Emotional Illnesses
Pastors & Leaders
Universal Church
Unexpected Money
Financial Difficulties
Financial Increase
Debt Cancellation
Debt Eradication
Generational Curses
Sickness and Disease
Emotional & Mental Stress
Financial Donors/Partners
President & Government
Mayors & Commissioners
Cities/Nations & Communities



30 2026: FASTING GUIDE

DAY
YOUR COMPLETE GUIDE
JAN. 2ND-JAN.31ST

A TOUCH OF GOD'S PRESENCE MINISTRIES

Foods to include during the Fast

All fruits: These can be fresh, frozen, dried, juiced 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 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

All whole grains: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils: Including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Spring water, distilled water or other pure waters.

Other: Tofu, soy products, vinegar, seasonings, salt, herbs and spices, caffeine free herbal teas.

Foods to avoid during the Fast

All meat and animal products: including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products: Including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners: Including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia and cane juice.

All leavened bread: Including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products: Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods: Including but not limited to potato chips, French fries, corn chips.

All solid fats: Including shortening, margarine, lard and foods high in fat.

Certain Beverages Including but not limited to coffee, tea, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

IMPORTANT HEALTH NOTE:

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.