



## 21-Day Daniel Fast: The Year of Open Doors

### House of David Worship – January 5th to January 25th

We invite the entire House of David Worship family to join us in 21 days of consecration, prayer, and fasting as we seek God's direction and favor for our 2026 theme: **"The Year of Open Doors."**

#### Important Dates

- **Fast Begins:** Monday, January 5th
- **Fast Ends:** Sunday, January 25th, concluding after the morning worship experience.

#### Prayer Focus: The Year of Open Doors (2026)

Our theme is rooted in the promise of divine access and opportunity. We will pray specifically for:

Focus Area	Description
<b>Access</b>	Open doors to spiritual intimacy, revelation, and divine presence.
<b>Opportunity</b>	Recognition and seizing of God-given chances in ministry, career, and life.
<b>Divine Favor</b>	God's preferential treatment, blessing, and protection over our lives and the ministry.

#### Theme Scripture:

*“I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name. - Revelation 3:8 (KJV)*

#### WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblical, plant-based partial fast based on the experiences of Daniel in Scripture.

##### Scriptural Foundation

- Daniel 1:12 – Daniel ate vegetables and drank water for 10 days.
- Daniel 10:2–3 – Daniel abstained from pleasant bread, meat, and wine for 21 days.

#### Purpose of the Fast

- Spiritual renewal
- Hearing God clearly
- Physical discipline
- Breaking cycles and strongholds
- Preparing for new doors, new seasons, and new assignments

#### WHAT WE ARE PRAYING FOR

During the fast, House of David will seek God for:

##### 1. ACCESS

- Access to provision, wisdom, resources, and supernatural strategies
- Access to new realms of spiritual maturity and revelation

## 2. OPPORTUNITY

- God-ordained connections and divine appointments
- Favorable opportunities in ministry, business, career, family, and relationships

## 3. DIVINE FAVOR

- Favor with God and people
- Doors opening that no one can shut
- God shifting hearts, systems, and decisions on our behalf

### The Daniel Fast: Guidelines

The Daniel Fast is a biblically based, partial fast, primarily following the dietary lifestyle of the Prophet Daniel described in **Daniel 1:8** and **Daniel 10:3**. It is a time to deny the flesh and focus on spiritual growth.

#### ✓ Foods to Eat (From the Earth)

- **All Fruits:** Fresh, frozen, dried, juiced, or canned (in water or their own juice). *Examples: Apples, bananas, berries, grapes, oranges, pineapple, mangoes, etc.*
- **All Vegetables:** Fresh, frozen, dried, or canned. *Examples: Broccoli, carrots, greens, potatoes, tomatoes, corn, celery, mushrooms, sweet potatoes, etc.*
- **All Whole Grains:** Includes brown rice, oats, quinoa, barley, popcorn, and whole-wheat pasta/bread made *without* yeast, sugar, or preservatives.
- **All Legumes:** Dried beans, pinto beans, split peas, lentils, black beans, kidney beans, and canned beans (check for added sugar/salt).
- **All Nuts & Seeds:** Almonds, cashews, pecans, sunflower seeds, nut butters (with no added sugar/oil), and seed butters.
- **Quality Oils:** Olive, canola, grape seed, peanut, and sesame oil.
- **Liquids:** Water, 100% natural fruit or vegetable juices (used sparingly), and unsweetened coconut/almond/soy milk.

#### ✗ Foods to Avoid

- **All Meat & Animal Products:** Beef, chicken, fish, dairy (milk, cheese, butter, eggs).
- **All Sweeteners:** Sugar, raw sugar, honey, agave nectar, maple syrup, corn syrup, molasses, etc.
- **All Leavened Bread:** Yeast, baking powder, or baking soda.
- **All Refined & Processed Foods:** White rice, white flour, artificial flavorings, food additives, and preservatives.
- **All Deep-Fried Foods.**
- **All Solid Fats:** Margarine, shortening, and hydrogenated oils.
- **All Beverages:** Coffee, tea, soda, energy drinks, and alcohol.

## 21-Day Sample Meal Plan

This plan provides a simple, compliant, and balanced guide for your 21 days. Be flexible—swap meals between days as desired!

Week	Day	Breakfast	Lunch	Dinner	Snack Ideas
<b>Week 1</b>	Mon 5	Oatmeal (water base) with fresh berries and cinnamon.	Large salad with mixed greens, bell peppers, and balsamic vinaigrette.	Vegetable Stir-Fry with brown rice and compliant soy sauce.	Handful of almonds/walnuts.
	Tue 6	Banana and almond butter (no sugar added) on whole-grain toast (no yeast/sugar).	Quinoa bowl with chopped cucumbers, tomatoes, and chickpeas.	Lentil Soup with compliant whole-wheat crackers.	Apple slices.
	Wed 7	Fruit smoothie (spinach, mango, water/almond milk).	Baked sweet potato topped with black beans and salsa.	Large Steamed Vegetables (broccoli, green beans, asparagus).	Popcorn (air-popped, no butter/salt).
	Thu 8	Whole-grain cereal (no sugar/yeast) with unsweetened almond milk.	Veggie Wrap: whole-wheat tortilla filled with hummus and fresh veggies.	Pasta Primavera (whole-wheat pasta, olive oil, and mixed sautéed vegetables).	Grapes.
	Fri 9	Scrambled tofu with spinach and bell peppers.	Leftover Pasta Primavera.	Baked Potato Bar: baked potato with veggie chili (no meat/sugar).	Carrot sticks and hummus.
	Sat 10	Oatmeal with a few raisins and pecans.	Bean Salad (kidney, black, chickpeas) dressed in lemon juice and herbs.	Homemade Vegetable Pizza (whole-wheat crust, tomato sauce, compliant veggies).	Compliant dried fruit (apricots).
	Sun 11	Fruit salad with a dollop of compliant yogurt (unsweetened, non-dairy).	Leftover Vegetable Pizza.	Roasted Root Vegetables (carrots, potatoes, onions, olive oil).	Celery sticks.
<b>Week 2</b>	Mon 12	Whole-grain toast with mashed avocado and a dash of pepper.	Brown rice and black bean bowl with corn and cilantro.	Black bean burgers (served on lettuce wraps or compliant bread).	Orange slices.
	Tue 13	Fruit smoothie (banana, kale, unsweetened almond milk).	Large salad with grilled mushrooms and compliant dressing.	Homemade minestrone soup (full of compliant veggies and beans).	Cashews.
	Wed 14	Oatmeal with chopped apples and	Leftover Minestrone Soup.	Broccoli and Chickpea Curry (cooked in vegetable	Pear.

		a sprinkle of cinnamon.		broth/water, served over brown rice).	
	Thu 15	Whole-grain cereal with fresh blueberries.	Whole-wheat pita bread with hummus and raw veggies.	Mexican Fiesta Bowl: brown rice, pinto beans, corn, and salsa.	Edamame (steamed/boiled).
	Fri 16	Banana and walnut butter on whole-grain toast.	Leftover Mexican Fiesta Bowl.	Baked sweet potato wedges with a side of mixed greens.	Compliant trail mix (nuts/seeds/dried fruit).
	Sat 17	Scrambled tofu with diced tomatoes and onions.	Large veggie and bean chili.	Mediterranean Platter: Olives, compliant hummus, whole-wheat pita, sliced cucumbers, tomatoes.	Bell pepper strips.
	Sun 18	Fruit salad (melons, strawberries, grapes).	Leftover Veggie Chili.	Vegetable Kabobs (grilled or baked) served with wild rice.	Sunflower seeds.
<b>Week 3</b>	Mon 19	Oatmeal with mango and flax seeds.	Large green salad with all vegetables, dressed with lemon and oil.	Cauliflower "rice" stir-fry with mixed vegetables.	Almonds.
	Tue 20	Whole-grain toast with mashed avocado and tomato.	Roasted vegetables (peppers, zucchini, squash).	Three-Bean Salad (garbanzo, kidney, black) with compliant dressing.	Apple and compliant peanut butter.
	Wed 21	Fruit smoothie (kiwi, pineapple, coconut milk).	Leftover Three-Bean Salad.	Split Pea Soup with whole-wheat bread.	Dried figs.
	Thu 22	Whole-grain cereal with raspberries.	Quinoa salad with fresh herbs, lemon juice, and chopped nuts.	Tofu and vegetable skewers with a side of brown rice.	Grapes.
	Fri 23	Scrambled tofu with mushrooms and bell peppers.	Lentil and vegetable patty (no egg binding) on compliant bread with mustard.	Compliant veggie burger patty (no meat/cheese) on a bed of greens.	Celery and compliant nut butter.
	Sat 24	Oatmeal with raisins and pecans.	Leftover Veggie Burger.	Large green salad with a variety of raw vegetables and legumes.	Popcorn.
	Sun 25	Fruit salad and water. <b>(Fast ends after morning worship)</b>			

# Theme Scripture Guide

Use these scriptures to guide your meditation and prayer as you focus on **Access, Opportunity, and Divine Favor** during the 21 days.

## YEAR OF OPEN DOORS — Key Scriptures

- Revelation 3:8 (ESV): Open doors no one can shut.
- 1 Corinthians 16:9 (ESV): A great door for effective work has opened.
- Isaiah 45:1–3 (NIV): God opens doors, breaks gates, releases treasure.
- Matthew 7:7 (NIV): Ask, seek, knock — the door will be opened.
- Acts 14:27 (NIV): God opens doors of faith.

### Access

- Ephesians 2:18 (NIV): *"For through him we both have access to the Father by one Spirit."*
- Isaiah 22:22 (NIV): *"I will place on his shoulder the key to the house of David; what he opens no one can shut, and what he shuts no one can open."*
- John 10:9 (NIV): *"I am the gate; whoever enters through me will be saved. They will come in and go out and find pasture."*
- Hebrews 4:16 (NIV): *"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*
- Ephesians 3:12 (ESV): *"in whom we have boldness and access with confidence through our faith in him."*
- Romans 5:2 (KJV): *"By whom also we have access by faith into this grace wherein we stand and rejoice in hope of the glory of God."*
- Psalm 100:4 (NIV): *"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."*

### Opportunity

- Colossians 4:5 (NIV): *"Be wise in the way you act toward outsiders; make the most of every opportunity."*
- Galatians 6:10 (ESV): *"So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."*
- Proverbs 18:16 (NIV): *"A gift opens the way and ushers the giver into the presence of the great."*
- 1 Corinthians 16:9 (ESV): *"for a wide door for effective work has opened to me, and there are many adversaries."*

### Divine Favor

- Genesis 39:21 (NIV): *"But the Lord was with Joseph and showed him steadfast love and granted him favor in the sight of the keeper of the prison."*
- Proverbs 8:35 (NIV): *"For those who find me find life and receive favor from the Lord."*
- Psalm 5:12 (NIV): *"Surely, Lord, you bless the righteous; you surround them with your favor as with a shield."*
- Luke 2:52 (ESV): *"And Jesus increased in wisdom and in stature and in favor with God and man."*
- Proverbs 3:4 (NIV): *"Then you will win favor and a good name in the sight of God and man."*
- Esther 2:17 (KJV): *"And the king loved Esther above all the women, and she obtained grace and favour in his sight more than all the virgins; so that he set the royal crown upon her head, and made her queen instead of Vashti."*

# 21-Day Daniel Fast Shopping List

This list is compiled from the "21-Day Sample Meal Plan" in the main House of David Worship Fast Handout. It covers the core ingredients needed for the entire 21-day period, though we recommend purchasing **fresh produce and perishable items weekly**.

## 1. Fresh Produce (Shop Weekly)

Category	Item	Notes
<b>Fruits</b>	Apples, Bananas, Grapes, Oranges, Pears	For general snacks and breakfast.
	Berries (Strawberries, Blueberries, Raspberries)	For oatmeal and smoothies.
	Mango, Pineapple, Kiwi, Melons	For smoothies and fruit salads.
	Lemons/Limes	For water, dressings, and seasoning.
<b>Leafy Greens &amp; Salad</b>	Spinach, Kale, Mixed Greens	For salads, smoothies, and tofu scrambles.
	Lettuce Wraps/Romaine Hearts	Alternative for burgers/sandwiches.
<b>Cruciferous &amp; Stem</b>	Broccoli, Cauliflower	For steaming, stir-fries, and curry.
	Celery, Bell Peppers (various colors)	For snacks and stir-fries.
<b>Root &amp; Starches</b>	Sweet Potatoes, White Potatoes	For baking, topping, and wedges.
	Carrots	For snacks, soups, and roasting.
<b>Other Vegetables</b>	Zucchini, Squash (Yellow, Butternut)	For roasting and pasta primavera.
	Tomatoes, Cucumbers	For salads and Mediterranean dishes.
	Onions, Garlic	Essential for cooking and seasoning.
	Mushrooms, Asparagus, Green Beans	For main dishes and side vegetables.
	Fresh Herbs (Cilantro, Parsley, Basil)	For seasoning and garnishes.

## 2. Grains & Breads

Item	Notes
<b>Rolled Oats (Old Fashioned)</b>	For daily breakfast oatmeal.
<b>Brown Rice, Wild Rice</b>	For stir-fries and bowls.
<b>Quinoa</b>	For salads and bowls.
<b>Whole-Grain Toast/Bread</b>	<b>MUST BE:</b> No yeast, no sugar, no honey, no preservatives. Check labels carefully!
<b>Whole-Wheat Pasta</b>	For Pasta Primavera.
<b>Whole-Wheat Tortillas/Pita Bread</b>	<b>MUST BE:</b> Compliant (no yeast, no sugar, no oils like lard or shortening).
<b>Whole-Grain Compliant Crackers</b>	For soups (e.g., Lentil Soup).
<b>Whole-Grain Cereal</b>	<b>MUST BE:</b> Compliant (no sugar, no sweeteners, no additives).
<b>Popcorn Kernels</b>	For air-popping (snack).

## 3. Legumes, Nuts, & Seeds

Item	Notes
<b>Dried/Canned Black Beans, Kidney Beans</b>	For chili, burgers, salads, and bowls.
<b>Dried/Canned Garbanzo Beans (Chickpeas)</b>	For salads, hummus, and curry.
<b>Dried/Canned Lentils, Split Peas</b>	For soups and patties.
<b>Tofu (Firm or Extra Firm)</b>	For scrambles and skewers.
<b>Edamame (Frozen or Fresh)</b>	For snacking.

<b>Raw Almonds, Walnuts, Pecans, Cashews</b>	For snacking and adding to meals.
<b>Sunflower Seeds, Flax Seeds</b>	For snacking and adding to oatmeal/smoothies.
<b>Compliant Nut Butter (Almond, Peanut, Walnut)</b>	<b>MUST BE:</b> 100% nuts, no added sugar, oil, or salt.

#### 4. Pantry, Oils, & Liquids

Item	Notes
<b>Bottled Water</b>	
<b>Unsweetened Plant Milk</b>	Almond, Coconut, or Soy milk (must be unsweetened).
<b>Compliant Vegetable Broth</b>	For cooking soups and curries. Check for added sugars.
<b>Quality Oils</b>	Olive Oil, Canola Oil, Grape Seed Oil, Sesame Oil
<b>Balsamic Vinegar</b>	For salad dressing.
<b>Compliant Soy Sauce / Tamari</b>	<b>MUST BE:</b> Check for added sugar/MSG.
<b>Salsa</b>	Check for added sugar.
<b>Compliant Hummus</b>	<b>MUST BE:</b> Oil and seasoning only, no added sugar or prohibited ingredients.
<b>Olives (Green or Black)</b>	Check the brine for added sugar.
<b>Spices &amp; Seasonings</b>	Cinnamon, Black Pepper, Chili Powder, Cumin, Mustard (compliant)
<b>Dried Fruit</b>	Raisins, Apricots, Figs
<b>Tomato Sauce/Paste</b>	<b>MUST BE:</b> Check for added sugar or cheese/dairy ingredients.
<b>Compliant Trail Mix</b>	<b>MUST BE:</b> Nuts, seeds, and compliant dried fruit only.