

West Mount Sinai Baptist Church

117 Akins Street Barnesville, Georgia 30204



DAYFAST

JANUARY 2 - 22, 2026

2026

Fasting & Prayer Guide

“God, Family, & Destination”

But seek ye first the kingdom of God, and his righteousness; an all these things shall be added unto you.

-Matthew 6:33-

Rev. Waylon Knight, Pastor



Saints of God,

Fasting means to abstain. Typically, this correlates to going without food, drink, or a combination of the two for a certain period. Prayer is defined as a devout petition to God or a conversation with God. As we keep these definitions in mind, it leads us to the word “consecration”, which comes from the word consecrate: to set apart or dedicate to some purpose. Therefore, we are taking this time of 21 days to devote ourselves to constant communication with God while abstaining from various foods and drinks. There's no such thing as fasting without prayer. Fasting is not necessary for salvation, but it's essential on our Christian Walk of faith. Jesus Christ told us in Matthew 17:1-21 that “some things” only come by prayer and fasting. This is so important because all of us have “some things” we want Jesus to do for us, our families, and our community. As a point of emphasis, Jesus participated in a 40 day fast according to Luke 4:1-13 and Matthew 4:1-11. It must also be noted that the scripture says that the “Spirit” led Jesus into the wilderness to be tempted of the devil.

This is a reminder that we must seek guidance of the Holy Ghost as we participate in this period of consecration. Also, we must remember that this is an optimal time for the devil to tempt us with his unfruitful tricks. Since the devil tempted Christ during his period of prayer and fasting, it is expected that he will attempt with us. Therefore, go the extra mile and display increased patience, understanding, compassion, and temperament. The best way to accomplish this is to pray and reflect before you react or respond. When you feel frustrated or at a low point in your spirit, stop and breathe for 10 seconds and say “Lord, guide me”. Then say “Lord, you promised that if I acknowledge you, you will direct my path”. Lastly, I encourage you to recite Psalm 23 each time you feel overwhelmed. The devil can't fight the word of God.

I am encouraging everyone to participate in the Daniel Fast. The concept of this fast can be found in Daniel 1:8-14. This fast is a partial fast that concentrates on eating fruits, vegetables, grains, and nuts for a certain amount of time. I have allowed a few extra items into our fast so that certain needs may be met.

Remember that during this time of fasting you should be praying daily about the prayer foci. Secondly, please make sure that you read the daily scriptures. This is a grand time for parents to include the children. You may choose to let them read the scripture aloud, and then you all answer the questions together. I have studied to make them brief so that everyone can participate in the devotionals without being bogged down with excessive time. Remember this is not a time to brag, boast, or appear to be overly spiritual. Make sure your motives are right. During this time of consecration, make sure:

- You don't broadcast that you are fasting, except for clarity's sake.
- Wash your face and keep your body in an appropriate manner. Keep mints close by because your breath can take a different odor during this time.
- Drink at least five glasses of water per day. This equals 3 bottles of water (16 oz) per day.
- If you begin to have a headache, it means your body is in ketosis and you should drink more water or 100% fruit juice with no added sugar. Your body is sending you signals of dehydration.

Prayer and fasting will help us have a more intimate relationship with God, allow us to gain and witness miracles in our lives, and become a more dedicated Kingdom-Building Disciple that focuses on sharing love with mankind.

Be blessed,

Pastor Knight



Purpose: Good health and for obedience toward God (Daniel 1:12-20)
(24 Hours)

You are to eat:

All fruits, vegetables, and legumes

(fresh, frozen, dried, juiced, or canned)

All whole grains

(brown rice, oats, grits, rice cakes, popcorn, whole wheat pasta)

All nuts and seeds

(sunflower, cashews, peanuts, peanut butter, nut butters)

All oils and seasonings

(canola, olive, peanut, sesame)

Water & 100% Fruit Juice

(no sugar added)

Tofu

(veggie burgers)

Decaffeinated coffee

(one cup a day, no sugar)

*You may use honey if it's for medical/health reasons

Avoid:

All meat (beef, pork, poultry, lamb, fish)

All sweets (cake, pie, snack cakes, cookies, pudding)

All deep-fried snacks (potato chips, French fries, corn chips)

All other beverages (tea, Kool-Aid, energy drinks, alcohol, carbonated drinks)

Additional Fast Options

Samuel Fast

Purpose: Revival (1 Samuel 7:6)

Abstain from all fried foods, fast food, and bread.
(9 am – 5 pm)

Disciples and Elijah Fast

Purpose: Breaking addictions and every yoke
Matthew 17:20-21; 1 Kings 19:2-18

Abstain from meats and sweets
(9 am – 5 pm)

Ezra and Esther Fast

Purpose: Solve problems and seek protection from the evil one (the devil)
Ezra 8:21-23; Esther 4:16

Abstain from sodas and sweets (24 Hours)



Everyone is asked to abstain from television for 2 hours each day.

Use this time to pray, read, and spend time with family.

Youth Fast

11-18 years of age

No sweets from 6:00 am to 6:00 pm

(candy, soft drinks, sweet tea, sugary treats)

No social media from 6:00 am to 6:00 pm

(includes Facebook, Instagram, Snapchat, Twitter, Kik, etc.)

Limited texting is permitted.

Pray 3 times per day using the Prayer Focus

2025 Daily Scripture Guide

Fasting Day	Scripture
Friday, January 2	Acts 14:19-28 <hr/> <hr/> <p>Drink 3 bottles of water.</p>
Saturday, January 3	Matthew 6:1-18 <hr/> <hr/> <p>Eat a piece of fruit.</p>
Sunday, January 4	Acts 13:1-5 <hr/> <hr/> <p>Eat at least one vegetable.</p>
Monday, January 5	Psalm 35:1-13 <hr/> <hr/> <p>Drink 3 bottles of water.</p>
Tuesday, January 6	Philippians 4:1-7 <hr/> <hr/> <p>Drink some fruit juice.</p>
Wednesday, January 7	Nehemiah 1:1-11 <hr/> <hr/> <p>Eat something green (vegetable or fruit).</p>
Thursday, January 8	Jeremiah 14:11-14 <hr/> <hr/> <p>Drink 4 bottles of water.</p>

Friday, January 9	<p>Daniel 10:1-5</p> <hr/> <p>Eat a piece of fruit with seeds.</p>
Saturday, January 10	<p>1 Timothy 2:1-2</p> <hr/> <p>Eat 2 vegetables.</p>
Sunday, January 11	<p>Joel 2:12-13</p> <hr/> <p>Drink 2 bottles of water.</p>
Monday, January 12	<p>Daniel 1:8-16</p> <hr/> <p>Eat a green fruit.</p>
Tuesday, January 13	<p>Ezra 8:21-23</p> <hr/> <p>Eat a leafy vegetable.</p>
Wednesday, January 14	<p>Ester 4:10-16</p> <hr/> <p>Drink 3 bottles of water.</p>
Thursday, January 15	<p>James 5:10-16</p> <hr/> <p>Eat a fruit.</p>

	Luke 4:1-14
Friday, January 16	<hr/> Eat a vegetable.
Saturday, January 17	<hr/> Isaiah 58:6-9
	<hr/> Drink 2 bottles of water.
Sunday, January 18	<hr/> Colossians 3:1-17
	<hr/> Eat 2 fruits.
Monday, January 19	<hr/> 2 Chronicles 7:1-14
	<hr/> Eat a green vegetable.
Tuesday, January 20	<hr/> Mark 9:20-29
	<hr/> Drink 3 bottles of water.
Wednesday, January 21	<hr/> Psalm 23
	<hr/> Eat a fruit with seeds.
Thursday, January 22	<hr/> Psalm 35:1-13
	<hr/> Pray for your church and pastor.

Prayer Focus

Youself & Your Family

Pray that you will be a greater servant of the Lord; that God will use you and your family for His glory; the safety of your family from all hurt, harm, or danger; for salvation of every member of your family.

The One Special Thing You Want God To Do For You

Pray for whatever your heart desires from God.

West Mount Sinai Baptist Church

Pray that we, as a church, will love one another and forgive each other for all wrongs that may have been done; that we will follow our pastor's divine leadership as he follows the direction from God.

Pastor Knight

Pray that God will keep him and his family from all hurt, harm, and danger; that he will hear and yield to the voice of God for his life and for the ministry of WMSBC; that he will continue to preach with power, teach with understanding, and reach the lost sheep unto salvation.

2026 Prayer & Consecration Spiritual Supports

Morning Glory Prayer	Prayer & Fasting Scriptural Teaching	Topical Bible Study
Monday – Saturday 6:30 am	Each evening 7 pm	TBA
(909) 318-7838	Facebook Live	WMSBC

Testimonies and concerns during the consecration period will be able to be posted daily.