

The 2026 21-Day Daniel Fast

January 4, 2026 – January 24, 2026

“Fasting is not merely going without food for a period of time. That is dieting—maybe even starving—but fasting it is not. Biblical fasting is refraining from food for a spiritual purpose.”

Bethlehem’s annual church-wide 21-day Daniel Fast is scheduled to begin on **January 4, 2026, and end January 24, 2026**. As we fast for our breakthrough and a fresh anointing, we have the confidence and expectation that fasting will bring us into a deeper, more intimate, and powerful relationship with the Lord. Are you ready?

Theme: Lord, *Bless Me Indeed*

Worship Song: Bless Me (The Prayer of Jabez) [Bless Me \(The prayer of Jabez\)- lyrics](#)

Resource – Thirsty, a 31-day devotional by Jamie Morgan

Scripture: 1 Chronicles 4: 9-10

⁹ And Jabez was more honourable than his brethren: and his mother called his name Jabez, saying, Because I bare him with sorrow.

¹⁰ And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

Step 1: Choose your fast.

There are several types of fasts. The one you choose is between you and God. He will honor your best sacrifice. You may want to confer with your doctor before starting a fast.

- Full Fast
Drink only liquids (you establish the number of days).
- The Daniel Fast
Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables. See more detailed guidelines on last page.
- 3-Day Fast
This fast can be Full Fast, Daniel Fast or give up at least one item of food.

FAST * PRAY * WORSHIP

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➤ **Partial Fast**

The partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasts —a Full Fast, Daniel Fast or give up at least one item of food.

Step 2: Set your objective.

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically for your breakthrough. Write out your specific breakthrough objective.

Step 3: Pray daily.

- Complete your daily devotions on our relaunched webpage, available 24 hours a day.
- Click on the video for the day and pray the “thirsty” scripture passage for the day.
- Join the Intercessory Prayer Ministry on Monday’s at 6:00 p.m. on Mondays. And Wednesdays at 6:00 a.m. via Zoom. **Register in advance for this meeting:**
- <https://us06web.zoom.us/meeting/register/tZlsf-ihqTosGtGieOVP97Jk7sph1R1Vgg40>
- After registering, you will receive a confirmation email containing information about joining the meeting.

Step 4: Celebrate

Meet in the church sanctuary on Monday, January 26, 2026, for prayer, communion, testimonies, and praise reports at 6:30 p.m.

Note: You can put your specific prayer request in the prayer box in the vestibule or email to bbcprayerministry@gmail.com.

Level Up in 2026!

Bethlehem’s Intercessory Prayer Ministry
Deaconess Sharon Gladman, Chairperson
bbcprayerministry@gmail.com

The Intercessory Prayer Ministry invites you to join us and participate in the 21-day Daniel Fast. We will begin on Sunday January 4, 2026. Join us as we start to clean ourselves from the inside and out. We ask that you make a commitment to the Lord even if your fast is less than 21 days, 1 day or several days. We ask that you honor your commitment for "He is a rewarder of those who diligently seek HIM." (Hebrews 11:16).

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Foods to Avoid

Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservation or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products using Butter, Margarine, Shortening, High Fat Products.

Foods You May Eat

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplants, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams and Zucchini
Veggie Burgers are an option if you are not allergic to soy.

Liquids:

Spring Water, Distilled water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetables Juices.

Others:

Seeds, Nuts Sprouts

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