

Daniel Fast Preparation Guide

Primm Tabernacle AME Church

January 5 – January 25, 2026 | 21 Days of Prayer, Consecration & Alignment

Theme: Divinely Aligned Church

Dear Church Family & Friends,

As we enter this sacred season of fasting and prayer, we do so with expectation and humility. The **Daniel Fast** invites us to slow down, realign our hearts, and seek God with intention. This is not about perfection, but about positioning—positioning ourselves to hear God clearly, walk obediently, and be divinely aligned with His will for our lives and for Primm Tabernacle AME Church.

Purpose of the Daniel Fast

The Daniel Fast is a spiritual discipline, not a diet. It is a time of consecration, prayer, and alignment with God's will. Through simplicity in eating, we make room for clarity, discipline, and deeper intimacy with God.

This fast invites us to:

- Draw closer to God through prayer and Scripture
- Practice self-discipline and intentional living
- Seek clarity, direction, and renewal
- Align our lives with God's purpose and promises

Fast Guidelines & Spiritual Rhythm

Foods to Avoid: Meat, dairy, eggs, sugar, sweeteners, processed foods, fried foods, coffee, soda, and alcohol.

Foods to Include: Fruits, vegetables, whole grains, legumes, nuts, seeds, and water or unsweetened herbal teas.

Daily Prayer Focus:

Morning: Prayer & Scripture

Midday: Reflection or short prayer

Evening: Journaling and thanksgiving

Encouragement: Let hunger remind you to pray. Avoid comparison. Focus on obedience, not perfection. This fast is not about what we remove from our plates, but what we make room for in our spirits.

May these 21 days draw us closer to God, strengthen our discipline, and prepare us for what God desires to reveal and build among us.

— Rev. Raichera Sade Baker Pastor