

# 40-DAY SPIRITUAL FASTING &



## FOOD IS MEDICINE PLAN 2026

**Welcome, to Mt. Pleasant Baptist Church** and to our 40-Day Spiritual Fasting & Food is Medicine Plan for 2026. The Bible says, “Commit to the Lord whatever you do, and he will establish your plans” (Proverbs 16:3). The 40-Day Fast will begin on Wednesday, February 18, 2026, and conclude on Easter Sunday, April 5, 2026.

We believe this is the year God wants to reveal plans and establish purpose for your life... that's why this is your year to Pivot! What do you want to see God do in and through your life this year? What do you want to see God do in and through our church this year? For the next 40 days, we are going to lay the spiritual foundation for the rest of 2026 through prayer and fasting. Fasting disconnects us from the world, while prayer connects us to God. When we put the two together, we will see God do a tremendous work in our lives! This guide will walk you through everything you need to know for the next six weeks. Thank you for joining us on the journey. Let's get started!

The 40-Day Spiritual Fast and *Food is Medicine* Plan is to permanently increase our awareness of what you are putting into our temple (body) and to increase your ability to deny the flesh when needed. An ability to deny the flesh is an ability to get closer to God and God's plan for your life. Each day has scriptural and meditative references. It is strongly advised that you have an accountability partner for support and strength (such as a spouse, prayer partner or friend) during the fast.

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*“...that ye may give yourselves to fasting and prayer; and come together again...” I Corinthians 7:5 “I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:3*

## WHAT IS FASTING?

Essentially, biblical fasting is refraining from eating food for a spiritual purpose. It is the abstaining from food, to focus on spiritual growth and intimacy with God. The purpose being, to declutter your spirit of the things of this world and to become more sensitive to the things of God. Fasting enables your spirit to be more receptive and allows you to go deeper into your relationship with Him.

## WHY FAST?

During the years that Jesus walked this earth, He devoted time to teaching His disciples the principles of the Kingdom of God, principles that conflict with those of this world. In the sermon on the mount, in Matthew 6, Jesus outlined the pattern for how we are to live as a child of God. This pattern addressed three specific duties of a Christian: giving, praying and fasting. Jesus said, “When you give”... “And when you pray”... “And when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life. As much attention should be given to fasting as is given to giving and praying. Fasting is a way to demonstrate to God, and to us, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

## PURPOSE

The purpose of fasting is to spiritually, mentally and to help cleanse your temple negative forces that interfere with God. Through fasting, and accomplish God's plan During the fast, you will toxic and degenerative foods rebuild your body with



strengthen you physically. The goal is of the destructive and with your relationship your ability to hear, see will become clearer. gradually eliminate the from your diet and healthier choices.



Medical Alert

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## INSTRUCTIONS

Foods to **consume and enjoy** in your diet during the 40 days of fasting and prayer.

- ◊ All fruits (fresh, frozen, dried, juiced or canned)
- ◊ All vegetables (fresh, frozen, dried, juiced or canned)
- ◊ All Whole grains: (whole wheat, brown rice, oats, barley, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn)
- ◊ All nuts and seeds (sunflower seeds, cashews, peanuts, sesame)
- ◊ All legumes (canned or dried - beans, peas etc)
- ◊ All quality oils (olive, canola, peanut, and sesame, avocado, grapeseed)
- ◊ Beverages (spring water, distilled water or fruit juices)
- ◊ Other (tofu, soy products, vinegar, seasonings, salt, herbs and spices)

It is important that you **eliminate** the following foods for the entire 40 days.

- ◊ Meat and animal products
- ◊ Junk Food
- ◊ Dairy products (milk, cheese, ice cream)
- ◊ Sweeteners (sugar, corn syrup, fructose, artificial sweeteners)
- ◊ Breads and baked goods
- ◊ Refined and processed food products
- ◊ Refined and processed food products (white flour, white rice)
- ◊ Deep-fried foods and fats
- ◊ Coffee, soft drinks, and alcohol

*FOR WHEN GOD IS THE SUPREME  
HUNGER OF YOUR HEART, HE WILL BE  
SUPREME IN EVERYTHING. AND WHEN  
YOU ARE MOST SATISFIED IN HIM, HE WILL  
BE MOST GLORIFIED IN YOU.*

*~JOHN PIPER*

Additional **eliminations** to consider.

- ◊ Television & music (graphic or explicit shows, movies, songs)
- ◊ Media (social media platforms, podcasts)

## FOOD FACTS

Most natural/holistic practitioners contend that meat, meat products and processed food such as white sugar, white rice and white flour, along with chemical food additives cause many of the diseases suffered by the human body.

## RESULTS

Healthier lifestyles choices help each of us to be more constructive workers for God. As we move away from negative habits (eating, addictions and lack of exercise) our bodies feel better, we look better and our attitudes are more pleasant. Our 40-day fast you should serve as a catalyst for living a more divine life and becoming an instrument for God. "...that ye may give yourselves to fasting and prayer; and come together again..." I Corinthians 7:5 "I ate no



pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:3

## IMPORTANT FAST RECOMMENDATIONS

- Increase water consumption to 3-4 quarts per day.
- As you eliminate meat (all flesh foods) from your diet, be sure to increase your intake of vegetables.
- Fruit consumption is encouraged especially apples, pears, melons, papaya, grapes. These fruits help to cleanse the body and will limit acid in the stomach. Citrus fruits should be limited or eaten with caution because of their acidic nature.
- Consider investing in a juicer that will increase the nutritional value of juices, especially for vegetable juices. Or purchase fresh pressed vegetable juices and non-concentrated juices.
- Drink natural fruit juices, non-concentrated is preferred. Apple and cranberry help to cleanse the body. Avoid all added sweeteners such as extra fructose, corn syrup and sugar.
- Steam vegetables for 2-3 minutes in little water to preserve vitamins and minerals. Add olive oil sparing to cook vegetables or raw salads – also good for the colon.
- Create your own salad dressing using olive oil, apple cider vinegar and spices (onion, garlic, basil, cayenne)
- For salt, it is preferable to use sea salt after cooking. All spices are welcome - use cayenne (stimulates blood circulation).
- NO CONDIMENTS – mustard, mayonnaise, ketchup, hot sauce, relish, etc.

Remember, this fast is about growing your relationship with God. He's not as concerned about what is in your stomach as He is about what is in your heart.

"I have treasured the words of His mouth more than my daily bread."

Job 23:12

## FASTING...as simple as ABC

### *A - ALIGNMENT*

Do my desires line up with God's desires? Does my will line up with God's will? Are the thoughts and feelings that I have align with the heart and Word of God?

### *B - BREAKTHROUGH*

Are you asking God to do a miracle in your family? Are you praying for healing, restoration, or a new start?

### *C - CLARITY*

What physical things do I need to give up for a time?

Do you need God's wisdom and direction?

What spiritual gain are you believing God for – alignment, breakthrough, clarity?

# SPIRITUAL & FOOD IS MEDICINE FAST

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<b>Days 1~7</b>	Eat raw, steamed, grilled, or roasted vegetables, fruit and brown rice. Eliminate all whole grain breads, starches and beans. Include salads with plenty of green leafy vegetables.
<b>Days 8~11</b>	Eat raw vegetables and fruits. Eliminate all cooked foods.
<b>Days 12~18</b>	Eat raw, steamed, grilled, or roasted vegetables, fruit and brown rice. Add whole grain breads, starches and beans.
<b>Day 19</b>	Drink spring water and/or fresh pressed fruit or vegetable juice. You may add fresh produce and/or herbs to water (lemons, oranges, cucumber, berries, mint). Prayer, meditation and relaxation are helpful during these days. Get plenty of rest this day.
<b>Days 20~26</b>	Eat raw, steamed, grilled, or roasted vegetables, fruit and brown rice. Eliminate all whole grain breads, starches and beans. Include salads with plenty of green leafy vegetables.
<b>Days 27~33</b>	Eat raw vegetables and fruits. Eliminate all cooked foods.
<b>Days 34~40</b>	Eat raw, steamed, grilled, or roasted vegetables, fruit and brown rice. Add whole grain breads, starches and beans.

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## Congratulations,

*you have cleansed your body and proven your ability to deny your flesh! Have confidence in this and build on it. Do not go back to old unhealthy patterns! After the fast, gradually add back food not eaten during the fast. Eat light meals. And remember, your body is the temple which houses God's precious Holy Spirit! Take care of it and it will take care of you.*

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*God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. We can't wait to see what God is going to do in your life and in the life of our church.*

## **DAILY SCRIPTURAL MEDITATIONS**

**Read each scripture at the beginning and end of each day. Recite the Daily Word throughout the day.**

<b>Day</b>	<b>Daily Word</b>	<b>Scripture</b>	<b>Scriptural Fast Reference</b>	<b>Personal Prayer</b>
1	Temple	1 Corinthians 3:16-17	Daniel 10:1-21	
2	Power	2 Timothy 1:7	Daniel 1:11-18	
3	Love	1 John 3:1	Leviticus 7:19-38	
4	Fasting	2 Chronicles 20:3	Leviticus 11:45	
5	Strength	Psalm 27:1	Genesis 1:28-30	
6	Study	2 Timothy 2:15	Exodus 24:18	
7	Wisdom	Matthew 7:24-27	1 Corinthians 7:5	
8	Trust	Psalm 37:3-4	Matthew 4:2	
9	Praise	Psalm 138:1-2	Isaiah 58 (entire chapter)	
10	Faith	Matthew 17:21	Psalm 35:13	
11	Prayer	Daniel 6:11	Luke 4:2	
12	Fellowship	Acts 2:42	Acts 9:9	

<b>Day</b>	<b>Daily Word</b>	<b>Scripture</b>	<b>Scriptural Fast Reference</b>	<b>Personal Prayer</b>
13	Purpose	Ecclesiastes 3:17	Joel 2:12	
14	Peace	Romans 8:6	Daniel 9:3	
15	Steadfast	1 Corinthians 15:58	Mark 2:13	
16	Righteousness	Matthew 5:6	Acts 10:13	
17	Virtue	2 Peter 1:4-8	Ezra 10:6	
18	Obedience	1 Peter 1:14-16	Matthew 17:21	
19	Follow	Luke 9:23	Mark 9:25-29	
20	Light	Ephesians 5:8	Nehemiah 1:4	
21	Patience	Psalm 37:7	Zechariah 8:19	
22	Set	1 Chronicles 22:19	Luke 2:36-38	
23	Thirst	Psalm 63:1	Psalm 109:24	
24	Desire	Mark 1:35	Matthew 6:16-17	
25	Intimacy	Psalm 73:28	Acts 10:30	
26	Seek	Jeremiah 29:13-14	Deuteronomy 9:9	

<b>Day</b>	<b>Daily Word</b>	<b>Scripture</b>	<b>Scriptural Fast Reference</b>	<b>Personal Prayer</b>
27	Wait	Lamentations 3:25	Esther 4:13-16	
28	Lead	Psalm 119:133	1 Kings 19:7-18	
29	Freedom	Ephesians 6:19-20	Acts 13:1-5	
30	Delivered	Psalm 126 (entire chapter)	Matthew 9:14-15	
31	Encouragement	Isaiah 50:4	2 Samuel 12:16	
32	Promise	Isaiah 41:10	Acts 27:33-34	
33	Progress	Mark 6:47-48	Deuteronomy 10:10	
34	Intercession	Ezekiel 22:30	Jonah 3 (entire chapter)	
35	Disciple	Luke 24:46-48	Luke 9:23	
36	Victory	Hebrews 2:18	1 Kings 21:27-29	
37	Consistency	1 Thessalonians 5:17	Ezra 8:21	
38	Triumph	James 1:12	Acts 14:23	
39	Faithful	Proverbs 20:6	Psalm 69:10	
40	Overcome	Matthew 26:41	Daniel 1:15-16	

## FOOD IS MEDICINE

Food	Health Benefits			
Almonds	Lowers cholesterol	Improves blood sugar	Reduces inflammation	Aids in weight loss
Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity
Apricots	Combats cancer	Controls blood pressure	Strengthens bones	Shields against Alzheimer's
Artichokes	Aids digestion	Lowers cholesterol	Protects heart	Stabilizes blood sugar
Avocados	Battles diabetes	Lowers cholesterol	Helps stop strokes	Guards against liver disease
Bananas	Protects your heart	Quiets cough	Strengthens bones	Smooths skin
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Controls blood pressure
Beets	Stabilizes blood sugar	Combats cancer	Strengthens bones	Combats cancer
Bell peppers	Boosts immunity	Improves eye health	Reduces inflammation	Protects your heart
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Improves digestion
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Boosts memory
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects you heart
Cantaloupe	Saves eyesight	Lowers blood pressure	Lowers cholesterol	Protects your heart
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer
Cauliflower	Protects against prostate cancer	Combats breast cancer	Strengthens bones	Combats cancer
Cherries	Protects your heart	Combats cancer	Ends insomnia	Prevents weight loss
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer
Cranberries	Improves urinary health	Improves heart health	Lowers cholesterol	Reduces inflammation
Dragon Fruit	Boosts immunity	Lowers cholesterol	Improves skin health	Aids in digestion
Eggplant	Aids in weight loss	Combats cancer	Controls blood sugar	Protects brain cells
Figs	Promotes weight loss	Helps stop strokes	Lowers cholesterol	Combats cancer
Fish	Protects your heart	Boosts memory	Boosts brain function	Combats cancer
				Reduces inflammation

## FOOD IS MEDICINE

Food	Health Benefits
Garlic	Boosts immunity Lowers blood pressure Boosts brain function Aids in weight loss
Grapes	Lowers blood pressure Boosts brain function Aids in weight loss
Grapefruit	Boosts immune system Combats cancer Heals wounds
Green tea	Combats cancer Protects your heart Aids digestion
Honey	Heals wounds Fights inflammation Anti-aging
Imbe	Fights inflammation Fights inflammation Lowers cholesterol
Jackfruit	Fights inflammation Aids in digestion
Kale	Lowers blood pressure Aids in digestion
Kiwi	Boosts immune system Protects your heart Combats cancer
Lemons	Protects your heart Combats cancer
Limes	Protects your heart Combats cancer
Mangoes	Improves digestion Combats cancer
Mushrooms	Lowers blood pressure Fights inflammation Lowers cholesterol
Nutmeg	Reduces insomnia Combats cancer
Oats	Lowers cholesterol Protects your heart
Olive oil	Promotes weight loss Combats cancer Combats cancer
Onions	Promotes heart health Boosts immunity
Oranges	Supports bone health Prevents constipation
Parsley	Supports bone health Combats cancer
Peaches	Combats cancer Protects against heart disease
Peanuts	Promotes weight loss Combats prostate cancer

**Aggravates Diverticulitis**

## FOOD IS MEDICINE

Food	Health Benefits				
Pineapple	Supports skin health	Relieves colds	Aids digestion	Dissolves warts	Reduces inflammation
Pomegranates	Lowers blood pressure	Reduces inflammation	Reduces cholesterol	Supports heart health	Improves digestion
Prunes	Slows aging process	Prevents constipation	Boosts memory	Calms stress	Controls blood sugar
Quince	Improves digestion	Reduces inflammation	Boosts immunity	Manage blood pressure	Promotes weight loss
Raspberries	Support heart health	Reduce inflammation	Promote skin health	Reduce cholesterol	Promotes weight loss
Rice (brown)	Lowers cholesterol	Improves digestion	Aids in weight loss	Regulates blood sugar	Promotes heart health
Spinach	Improves eye health	Strengthens bones	Combats cancer	Boosts immune system	Lowers blood pressure
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	Fights inflammation
Sweet potatoes	Saves your sight	Lifts mood	Combats cancer	Strengthens bones	Manages blood sugar
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	Boosts skin/eye health
Ugli	Vision protection	Lowers blood pressure	Lowers blood sugar	Reduces inflammation	Produces collagen
Ube (purple yam)	Reduces inflammation	Lowers blood pressure	Promotes digestion	Boosts immunity	Regulates blood sugar
Vanilla bean	Reduces inflammation	Supports heart health	Supports mental health	Regulates blood sugar	Anti-inflammatory
Vinegar (apple cider)	Lowers blood sugar	Promotes weight loss	Lowers cholesterol	Aids in brain health	Reduces inflammation
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Reduces inflammation
Water	Promotes weight loss	Combats cancer	Prevents headaches	Maintains healthy skin	Boosts energy
Watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps stop strokes	Controls blood pressure
Wheat germ/bran	Combats colon cancer	Prevents constipation	Lowers cholesterol	Helps stop strokes	Improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Boosts immune system	Aids digestion
Zucca melon	Reduces inflammation	Lowers blood sugar	Prevents constipation	Aids in weight loss	Guards against ulcers
Zucchini	Aids in weight loss	Lowers blood sugar	Supports vision	Fights inflammation	Supports bone health



### 40-DAY SPIRITUAL FASTING & **FOOD IS MEDICINE PLAN**

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