

21 DAYS OF FASTING & PRAYER

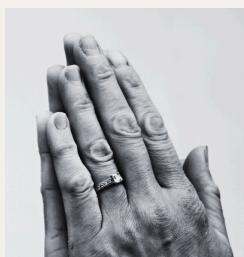
A church-wide journey to start 2026 seek God first.

**Draw Near.
Be Renewed.
Begin Again.**

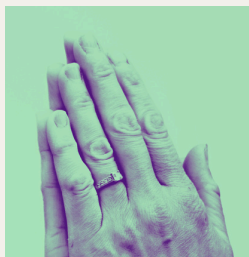
We're believing for miracles in 2026!



Celebration International Church



Jan 2-22



A New Year Deserves A New Beginning

Every new year brings new plans and fresh hopes.
Before we rush ahead, we're choosing to pause.

For 21 days, we're setting aside distractions and comforts that compete for our attention—so we can seek God first.

"Seek the Lord while he may be found; call on him while he is near." — Isaiah 55:6

We don't fast to earn God's love. That's already secure.
We fast because He alone is worthy.

"I humbled myself with fasting." — Psalm 35:13

Throughout Scripture, fasting was a way to humble ourselves, realign our hearts, and bring our deepest needs before the Lord. It reminds us that we are dependent on Him—not strong on our own.

When we fast, we quiet the noise.
We create space to hear God's voice.
We let Him reset our desires.

As a church, we're doing this together because shared hunger leads to deeper faith. When God's people seek Him intentionally, He meets them with renewal, clarity, and grace.

So as we step into 2026, we begin not by striving—but by seeking. Not to impress God—but to draw near to Him.

"Draw near to God, and he will draw near to you." — James 4:8

Let's do this,

Pastor Brian



Pray First

Before deciding what to fast from, invite the Holy Spirit to lead you. Ask God to show you what competes for your attention or has quietly become a source of comfort, escape, or control.

Revisiting Daniel's Fast

Daniel avoided certain foods not because meat was sinful, but because it had been offered to idols. His fast was about devotion, not deprivation.

Our context today is different. The food we eat is no longer tied to idol worship, so meat itself isn't spiritually defiling. That's why this year we're allowing meat during the fast—so people can remain nourished and strengthened while fasting on purpose.

The question isn't what's on your plate—it's what has your heart.

For many of us, that's not meat—but habits that promise comfort and leave us depleted: highly processed food, constant scrolling, emotional spending, or endless entertainment. A meaningful fast removes what dulls our hunger for God and makes space for what truly nourishes.

"But Daniel resolved that he would not defile himself..." — Daniel 1:8

Don't Do It Alone

Fasting is challenging—but it's meant to be shared. Support and accountability help keep the focus on why you're fasting, not just what you're fasting from.

Choose a fast that stretches you without harming you.

This journey is between you and the Lord—but don't shortchange it by choosing what costs you very little.

Fasting Options

Choose a fast that creates space for God and works with your season of life. These are **guides, not rules**—meant to help you fast with intention and health.

Daniel Fast (Modified Guide)

No treats. Just real food.

- If it comes with a barcode, think twice (single-ingredient foods are okay)
- Smaller portions than you're used to
- More vegetables, less sugar
- Favor low-sugar fruit (genetically modified fruits today are 2-3x sweeter & 2-100x bigger than wild fruit.)
- Limit grains and starchy veggies to about 1/4 of your plate
- Fill the rest with non-starchy vegetables and protein
- Use healthy fats (avocado, olive oil, butter in moderation)
- Drink mostly water or unsweetened seltzer
- Limit coffee or tea to one cup per day
- Avoid sugary drinks and added sugar

The goal isn't dieting—it's replacing short-term comfort with lasting contentment in God.

Limited-Meals Fast

Fewer meals. More intentional prayer.

Choose to eat one or two meals a day, setting aside the mealtime you skip for prayer. This is a simple, time-tested way to fast—reminding us that we don't live by food alone, but by dependence on God.

Digital & Lifestyle Fast

Stack one or more of these together during the 21 days.

- Limit phone use to necessary communication only
- Turn off television for the duration of the fast
- Pause all spending outside of true essentials



Food Suggestions for the Fast

Simplify and nourish while also seeking God.

Non-Starchy Vegetables

Fill most of your plate.

Asparagus, arugula, alfalfa sprouts, bamboo shoots, bean sprouts, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chayote, chicory greens, chives, collard greens, cucumbers, eggplant, endive, fennel, green beans, jicama, kale, kohlrabi, peppers, radicchio, radishes, scallions, seaweed (nori, wakame, kelp), shallots, leeks, lettuce, mushrooms, mustard greens, nopales, okra, onion (small portions), snow peas (pods only), spinach, Swiss chard, tomatoes, turnip greens, watercress, zucchini.

Starchy Vegetables & Whole Foods

Limit to about ¼ of your plate.

Acorn squash, butternut squash, beets, fava beans, cooked carrots, cassava (yuca), corn, green peas, lima beans, parsnips, plantain, potatoes (all kinds), pumpkin, spaghetti squash, taro, water chestnuts, yams.

Protein

Beef, chicken, eggs, fish, game meat, lamb, pork, turkey, lentils, quinoa, seitan, *nuts, seeds, *cheese, cottage cheese, plain Greek yogurt.

*moderate portions

Healthy Fats

Avocado oil, olive oil, coconut oil, MCT oil, butter, ghee, lard, tallow, and other cold-pressed oils.

Avoid when possible: Trans fats, margarine, shortening, and heavily processed oils (soybean, corn, canola, sunflower, grapeseed, cottonseed).

Lower Sugar Fruits

Avocado, blackberries, blueberries, cranberries, grapefruit, lemon, lime, raspberries, and strawberries.