

2026 LENTEN SEASON FASTING GUIDELINES

GRACE CHURCH INTERNATIONAL



21-Day Daniel Fast

This is a twenty-one day period of intentional spiritual discipline rooted in the example found in the Book of Daniel (Daniel 1 and 10), where Daniel abstained from rich foods in order to seek God with clarity, humility, and focus. For 21 fasting days (Monday through Saturday), we will:

- Abstain from certain foods as an act of discipline and devotion
 - **Avoid:** Meat, Dairy, Eggs, Processed foods, Refined sugars, Fried foods, White flour, Alcohol, and Caffeine (recommended to eliminate).
 - **Recommended Foods:** Vegetables, Fruits, Whole grains, Legumes, Nuts & seeds, Water (lots of it).
- Gather for weekday corporate prayer via livestream
- Seek repentance, renewal, and spiritual alignment during Lent

This fast is not about restriction alone - it is about spiritual reorientation, surrender, and strengthening our communion with God. We fast with wisdom, prayer, and purpose.

The Purpose of Fasting

- **Spiritual Growth:** Fasting is a time to focus on spiritual development and deepen your relationship with God through prayer and reflection.
- **Community Unity:** By fasting together, we strengthen our bonds as a church community.
- **Self-Discipline:** Fasting encourages self-control and helps us prioritize our spiritual needs over physical ones.

Preparing for the Fast

- **Prayer and Intention:** Spend time in prayer to set your intentions for the fast. Consider what you hope to achieve spiritually.

- **Consultation:** If you have any medical conditions or dietary restrictions, consult a healthcare professional before beginning the fast.
- **Plan Ahead:** Prepare your schedule to accommodate prayer, reading and meditation times.

During the Fast

- **Stay Hydrated:** Drink plenty of water to maintain hydration.
- **Prayer and Meditation:** Dedicate specific times throughout the day for prayer, reading and meditation to focus your heart and mind.
- **Rest and Reflection:** Ensure you get adequate rest and use this time for reflection and spiritual reading.

Breaking the Fast

- **Gentle Transition:** Gradually reintroduce food to your diet. Start with light meals like soup to ease your digestive system back to normal.
- **Thanksgiving Prayer:** Conclude your fast with a prayer of gratitude for the spiritual insights and strength gained.
- **Community Sharing:** Share your experiences and insights with fellow church members to encourage and inspire each other.

Additional Tips

- **Accountability Partner:** Consider partnering with a friend or family member to support each other throughout the fasting period.
- **Technology Use:** Limit distractions by reducing screen time and focusing on spiritual nourishment.
- **Financial Stewardship:** Commit to limiting unnecessary spending during the fast. If you must spend make the conscious decision to buy from black owned businesses.

General Guiding Principles:

- Sundays are feast days, optional for fasting, to remind us of resurrection hope.
- Hydration and protein intake remain important to sustain energy.

Weekly Focus & Daily Readings

Week 1 (March 9th - March 14th)

Spiritual Focus: CONSECRATION & RETURN

- **Monday:** Joel 2:12–13
- **Tuesday:** Psalm 51
- **Wednesday** Isaiah 58
- **Thursday:** Matthew 6:16–18
- **Friday:** Romans 12:1–2
- **Saturday:** Daniel 1

Week 2 (March 16th – March 21st)

Spiritual Focus: WARFARE & ALIGNMENT

- **Monday:** Ephesians 6:10–18
- **Tuesday:** James 4:7–10
- **Wednesday** 2 Corinthians 10:3–5
- **Thursday:** Psalm 91
- **Friday:** Mark 9:14–29
- **Saturday:** Daniel 10

Week 3 (March 23rd – March 28th)

Spiritual Focus: RENEWAL

- **Monday:** John 15
- **Tuesday:** Galatians 5:16–25
- **Wednesday** Colossians 3:1–17
- **Thursday:** Hebrews 12:1–2
- **Friday:** Philippians 3:7–14
- **Saturday:** Psalm 139:23–24

Week 4 (March 30th – April 2nd)

Spiritual Focus: RESURRECTION

- **Monday:** Isaiah 43:18–19
- **Tuesday:** Ezekiel 37
- **Wednesday** Luke 22:39–46
- **Thursday:** Psalm 126

Breaking the Fast on Easter Sunday

Easter is a time of celebration! Reintroduce foods gradually.

