

## What is Fasting?

The scriptural definition of fasting is: Voluntarily abstaining from food for a specific period of time, usually accompanied by prayer, to focus on a deeper spiritual connection with God and express humility before Him.

Fasting can be seen in both the Old and New Testaments. The Hebrew word "tsom" and the Greek word "nesteuo" both translate to "to abstain from food". In the Bible, fasting is always linked with prayer, signifying a heightened level of devotion and seeking God's will.

At Salt and Light Church, we are committed to seeking God and living His Word. We have become a family who prays together, gives together, and in 2026 we desire to fast together. All in a concerted effort to seek His will and live out His purpose in the body of Christ. Fasting allows us to align with God's will. We do not fast to get God to do something for us, we fast to allow Him to reveal and manifest His will to us. In the Bible, fasting is used to bring about power, and authority, readiness and the glory of God. In 2026, we invite our Salt and Light Church family to partner with us as we partner with God, allowing His great and perfect will to be poured out. Fasting is a form of obedience as we crucify and put down our flesh. Deuteronomy 28 outlines God's plan to bless those who follow in His will. Fasting might just be one of the most powerful displays of physical obedience we can exhibit to demonstrate to God how serious we are about aligning with His purpose! Get ready! 2026 is a year where we will fully embrace this truth:

### THIS IS NOT A TIME TO LIMIT GOD!

As a church body, we have decided on a corporate fast utilizing the Daniel fast. Please note that although this fast calls for 21 days of only whole foods, fruits and vegetables, you may choose to fast in an alternate fashion.

### **Below are some choices:**

Full Fast Drink only liquids (you establish a number of days as directed by the Spirit.)

#### **3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

#### **Daily Partial Fasting**

Giving up only certain foods or drink during the 21 days (examples would be giving up sweets or coffee)

***\*The main goal is to join as a church body, recognizing the importance of unity and crucifying our flesh to experience the power of God in our lives more fully.***

## My Commitment to Consecration

**“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Romans 12:1**

When we present ourselves to the Lord in consecration, He has the freedom to do whatever He wants in and through us. Consecration is laying aside our flesh in submission to God. Consecration is our service to the Lord, but it's also how we experience God's greatest blessing- allowing His purpose for us to be manifested in us. On the lines below, share your plan for consecration in the new year- specifically the next 21 days. You may decide to join us in a full Daniel Fast, fasting sweets, social media, or more time in study and the word. These are just a few ways we can consecrate ourselves to the Lord. Think about things, people, & behaviors that interfere with your relationship with God and really trusting Him. These are likely the areas you need to consider consecrating.

In addition, we encourage you to engage in our 21 Days of Devotion through the weekly devotion, daily study and prayer time, as well as dedicated and truly focused prayer for the situations that burden you; **where you are desperate to see God move.**

***Let's consecrate our lives and go into the new year expecting great things from God!***

## **“GOOD” FOODS For Daniel Fast**

### **Whole grains**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

### **Beans and legumes**

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

### **Nuts and seeds**

Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

### **Vegetables**

All vegetables are allowed (fresh, frozen, dried, juiced, and canned). Fruit All fruit is allowed (fresh, frozen, dried, juiced, and canned). Dried fruit shouldn't contain added sugar (check ingredients to be sure).

### **Oils**

Oils (coconut, olive, and sesame) are allowed but should be used minimally. You can sauté foods in olive oil but avoid deep-frying them.

### **Other**

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives). All herbs, spices, and seasonings, including salt and pepper.

### **Beverages**

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. You may have 100% fruit juice on occasion (just don't overdo it).

## **FOODS not to eat for the Daniel Fast**

### **Animal products**

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

### **Added sugar**

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

### **Refined grains**

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

### **Processed food**

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

### **Deep-fried food**

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

### **Solid fats**

Butter, lard, margarine, and shortening.

### **Chocolate**

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

### **Caffeinated and alcoholic beverages**

Alcohol, coffee, caffeinated tea, and energy drinks.

## **My Commitment to Consecration**

**"Behold, I am making all things new. Write this down, for these words are trustworthy and true." Revelation 21:5**

Happy New Year! Just the fact that you are reading this devotion proves you on the brink of something new!

Something revolutionary and something truly incredible. God's Word says he makes all things new, and you starting off your new year trusting in God and His precious promises. Maybe you're for a healing; a breakthrough; or for the answer to a prayer, or many prayers you have been praying for many years. You might be saying, "God, please let this be the year"!

Be encouraged. By taking this step of obedience and participating in our 21 Day fast, you can expect and anticipate God's answers to your prayers to manifest in your life. And all the tools you need are at your disposal.

Recipes, meal and snack ideas; encouragement and motivation. But most importantly embrace the supernatural power of God as you walk into a new season of life. As you consecrate yourself to the Lord, crucifying your flesh through prayer and fasting, God will surely us her in His supernatural power and revolutionize your life. Are you ready? Pray this prayer as you get started;

## Scriptures to Reflect on for the Week

We encourage you to start each day in the Word of God. Below are scriptures that speak about newness. In the space provided share how each scripture is speaking to you personally about the newness of your journey in these 21 Days

Day One- "Behold I am making all things new." Revelation 21:5a

Day Two- "The compassions of the Lord fail not, they are new every morning." Lamentations 3:23

Day three- "Behold I am doing a NEW thing. Now it springs forth." Isaiah 43:19

Day Four- "that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life." Romans 6:4

Day Five- "Therefore, if anyone is in Christ, he is a new creation." 2 Corinthians 5:17a

Day Six- "Put on your new nature, created to be like God-truly righteous and holy." Ephesians 4:24

Day Seven- "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezekial 36:26

*It's God's great desire to do a new thing in you this year. Look for Him and daily trust in His plan!*

Week Two-Follow Through

**Devotion**

"Why do you call me' Lord, Lord,' and do not do the things which I say?" Luke 6:46

As you began this journey of fasting, one of the first things you most likely did was to pray. Asking God to give you strength and motivation to complete The challenge and crucify your flesh. Each day has been filled with choices. Resisting temptations, or giving in. Staying strong, or "caving." Oftentimes we may wonder if God is responding to our cries. Verses like Luke 6:46, remind us that, not only is God responding, but He's also got a question for us as well. In Luke 6:46 Jesus is essentially saying to us, "You asked me to help you, so do not refuse to listen to my direction." A 21 day fast, especially if for the first time presents many challenges. Yet, we cannot expect God to move miraculously in our lives if we constantly disregard His direction. God is very likely nudging you every day through this fast. Many times, it will be with a still small voice. The one that gently asks, "Do you really need a cookie?" Or "Are you going to give up now? After you made it for a whole week?" As we desire daily to trust God for complete success, let us remember that He is providing instruction daily. It's up to us to listen and follow.

Dear God, I have asked you for guidance in this journey of fasting, and I know you are here. Please help me to follow your lead as you guide me to success. Help me to say no to the temptations to give in and be strong. God I will never fail to give you all the glory, honor, and praise for all that you will do because of this 21 day fast! In Jesus name, Amen

## **Scriptures to Reflect on for the Week**

We encourage you to start each day in the Word of God. Below are scriptures that speak about hearing from God. In the space provided share how each scripture is speaking to you personally about the hearing God on your journey in these 21 Days

Day One- “Why do you call me ‘Lord Lord’ and do not the things which I say?” Luke 6:46

Day Two- “And your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ when you turn to the right or when you turn to the left.” Isaiah 30:21

Day three- “Your word is a lamp to my feet and a light to my path.” Psalm 119:105

Day Four- “My sheep hear my voice, and I know them, and they follow me.” John 10:27

Day Five- “Therefore we must pay much closer attention to what we have heard, lest we drift away from it.” Hebrews 2:1

Day Six- “As it is said, ‘Today, if you hear his voice, do not harden your hearts as in the rebellion.’” Hebrews 3:15

Day Seven-“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.” James 1:19

*When we new our mind to the truth that God is talking to us all the time and wants to guide us in every part of our life, we will begin to expect to hear His still, small voice every day. Lean in. He’s talking to you right now!*

## Week Three-Overcoming Daily Temptations

### **Devotion**

"People do not live by bread alone, but by every word that comes from the mouth of God." Matthew 4:4

When you embark on a fast, temptations seem to pop up everywhere: work, school, your social media feed. It appears as soon as we start out on a journey to grow closer to God, consecrating our lives to Him, Satan begins to work overtime trying to derail us. This week don't get discouraged by the battle but remember that the temptations you face while on this fast can be fought and WON with one powerful tool: Scripture! This is exactly what Jesus did. When He found Himself tempted in the wilderness by Satan, Jesus used scripture in every instance. He wonderfully reminds us too, "Man doth not live by bread alone, but by every word that cometh from the mouth of God!" As creatures that often utilize food for emotional comfort, let's all commit to following the path Jesus chose for overcoming temptations this final week of our 21 days fast. He used the Word of God and Satan had to flee! Follow the lead of the One who overcame every temptation and watch as God shows up in your journey!

Dear God, Today I realize that all the temptations I face during this fast can be overcome by Your precious and most powerful Word. Help me utilize the power that is at my fingertips through Your Word. Help me to overcome Satan the way your Son did when He was on this earth, through the infallible and unchanging Word of God. I give You all the praise and glory for my lasting success in weight loss! In Jesus name, Amen

### **Scriptures to Reflect on for the Week**

We encourage you to start each day in the Word of God. Below are scriptures that speak about temptations. In the space provided share how each scripture is speaking to you personally about how to overcome temptations on your journey in these 21 Days

Day One -" People do not live by bread alone, but by every word that comes from God."

Matthew 4:4

Day Two - "Stay awake and pray, so that you won't enter into temptation. The spirit is willing, but the flesh is weak." Mathew 26:41

Day three- And God is faithful; he will not let you be tempted beyond what you can bear." 1 Corinthians 10:13

Day Four-Walk in the Spirit, and you shall not fulfill the lust of the flesh." Galatians 5:1

Day Five- "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds." 2 Corinthians 10:4

Day Six- "Your word I have hidden in my heart, that I might not sin against You." Psalm 119:11

Day Seven- "How can a young man cleanse his way? By taking heed according to Your word." Psalm 119:9

*God's Word has an answer for everything! Even overcoming temptations! Savor what He has to say to you in these verses each day!*