

EAST MOUNT ZION BAPTIST CHURCH
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21 DAY FASTING GUIDE

JANUARY 2026

January 1 - 21

As we prepare for an important season of prayer and fasting, we want to share some guidelines to help us to be unified and intentional in this spiritual discipline. This fast is a 21-day Daniel fast. The focus scripture of our fast is *"Blow the trumpet in Zion; consecrate a fast; call a solemn assembly; gather the people. Consecrate the congregation; assemble the elders; gather the children, even nursing infants."* Joel 2:15,16 Fasting is a powerful way to draw closer to God, and we encourage each of you to approach this time with sincerity and commitment.

Scripture for Reflection

"He said to them, Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you."

— Matthew 17:20-21 (ESV)

"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you."

— Matthew 6:6 (ESV)

"The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit." Psalm 34:18 (ESV)



Fasting Guidelines for the Daniel Fast:

1. Abstain from "choice foods" like meat, dairy, sugar, alcohol, and processed foods.
2. Eliminating social media, or another area of distraction in your life, making sure your fast reflects something meaningful that will challenge and deepen your faith.
3. Start preparing at least three days before Wednesday, January 1st. Begin focusing your heart and mind on the fast. Gradually ease into it, so your body and spirit are prepared.
4. Determine how you will incorporate additional prayer and Bible study. In place of what you've given up, plan dedicated times of prayer and scripture reading to maintain your focus on God.
5. Begin praying before it's time to start. Cultivate a prayerful mindset even before the fast officially begins. Let God prepare your heart for what He wants to reveal during this time.
6. Get a partner to encourage and hold you accountable. Choose someone to walk this journey with you, offering support and encouragement throughout the fast. Please take this time seriously, and be intentional in your commitment. We believe that as we seek God together, we will see Him move mightily in our church, our lives, and our community.

Thank you for your dedication. Let's continue to lift one another up as we pursue God's will.

Resources for Successful Fasting:

21 Days of Deeper Prayer by Jim Maxim

- with corresponding prayers for each day, go to www.acts413.net/deeperprayer

Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God by Jentezen Franklin

Fasting Secrets Revealed by Charles A. Rhodus