



SHARING GOD'S LOVE WITH THE WORLD!

2026 PRAYER & FASTING

21 Days: Monday, January 5 – Sunday, January 25

FASTING IS A SPIRITUAL COMMITMENT. BE SPECIFIC.

Daniel 1:18: "Daniel purposed in his heart that he would not defile himself."

Fasting involves a spiritual commitment to God. Be clear and follow the guidelines of your commitment.

- Before beginning your fast, **write down a plan** and **make a commitment to the Lord**.
- When you approach your fast with **determination and a clear goal**, you will be less likely to waiver in weak moments.

CORPORATE PRAYER:

WEDNESDAY MORNING PRAYER: January 7, 14 & 21 | 7:00A – 7:30A | CCNO Facebook Page

8 PRAYER NIGHTS (Weeknights): January 12 – 21 | 7:00PM – 10:00PM | Alberta McManus Chapel | 1-Hour Slots
For the first 7 nights (January 12 – January 20), you may choose any hour-period (or periods) between 7:00PM & 10:00PM to pray in the Chapel

The 8th night is MEGA PRAYER: Wednesday, January 21 | 7:00PM – 9:00PM | Alberta McManus Chapel

I WILL READ MY BIBLE AND PRAY _____ minutes per day during this 21-day fast.

I AM BELIEVING GOD FOR:

I WILL FAST: Beginning January 5 and ending January 25

TYPE OF FAST: 21-Day Daniel Fast

The Daniel Fast is a partial fast referenced in the Bible, particularly in two sections of the Book of Daniel: Daniel 1:12; Daniel 10:1-2.

From this, we may draw these guidelines: eating soups, salads, vegetables, fruits, juice, water and whole grains while refraining from meat, sweets and treats.

WHO, IF ANYONE, WILL I ASK TO FAST WITH ME?

By the **STRENGTH** and **GRACE OF GOD**, I commit to the above fast.

SIGNATURE

DATE