

# 8 DAYS OF REFRESHING

*Daniel Fast*

**JANUARY 4-11  
PRAYER  
& FASTING**

**SUNDAY, 10AM  
MONDAY – WEDNESDAY, 7:30PM  
THURSDAY, NO SERVICE  
FRIDAY, 10PM  
SATURDAY, NO SERVICE  
VICTORY SUNDAY, 10AM**

*Communion will be served*

# DANIEL FAST

During these eight days we will partake in a Daniel Fast. The Daniel Fast is a partial fast based on a story from the biblical Book of Daniel. In the story Daniel enters a strict vegan diet that prohibits animal products, leavened breads, processed foods, and alcohol for 21 days. Be encouraged to read Daniel 10: 1- 5. Daniel's fasting and praying brought him closer to God and opened his eyes to Godly visions. We are starting the year with the Daniel Fast for the same purposes as Daniel did many years ago. We are expecting God to reveal Himself and His plan for us for the new year through visions, dreams, and prophesy.

## FOODS TO EAT ON THE DANIEL FAST

### WHOLE GRAINS

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, 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

Almonds, 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

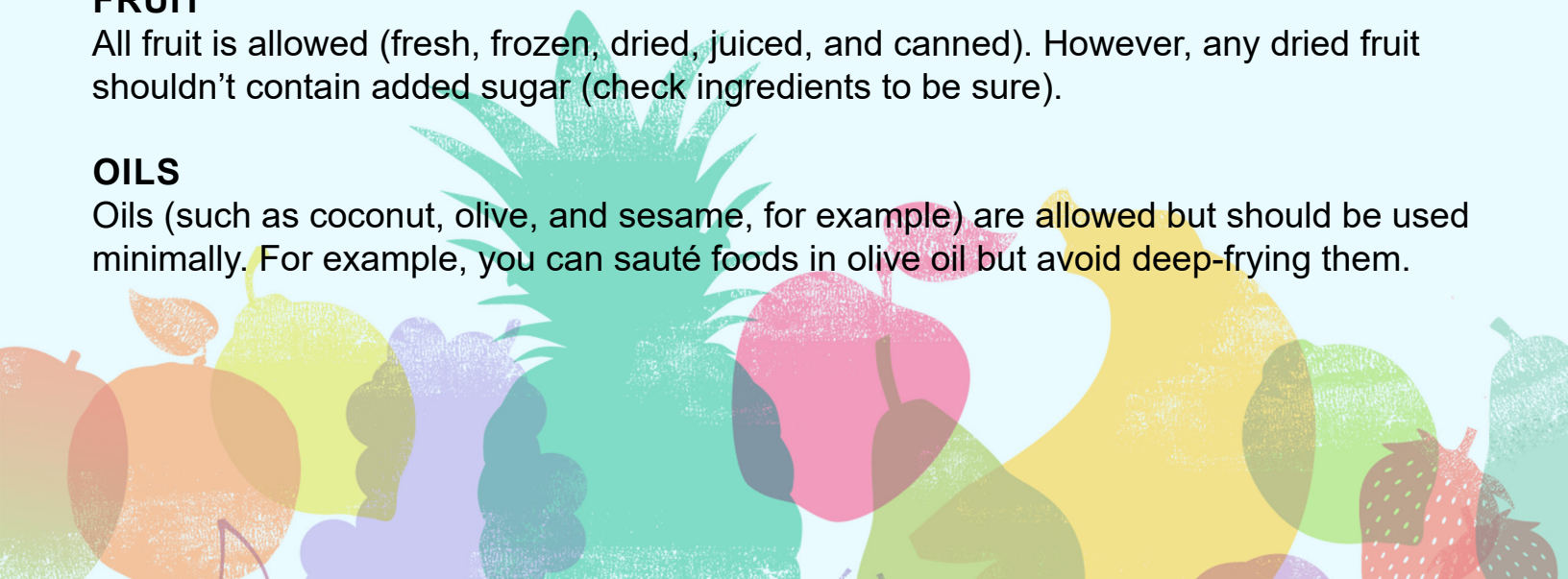
All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

### FRUIT

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

### OILS

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, 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 are allowed, including salt and pepper.
- Soy products (such as edamame and soy nuts) and tofu are acceptable.

## **BEVERAGES**

- Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).

## **FOODS TO AVOID ON THE DANIEL FAST**

### **ANIMAL PRODUCTS**

- Meat (bacon, beef, bison, chicken, lamb, pork, and turkey).
- Dairy (butter, cheese, cream, milk, and yogurt)
- Fish
- Eggs

### **ADDED SUGAR**

- Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.
- Yeast; therefore leavened bread isn't part of the Daniel Fast

### **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.

### **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.



# 8-DAY SCHEDULE

**Morning Devotion - Everyday at 7AM - Live on Instagram, Facebook & YouTube**

**Sunday, 10AM**

**Monday - Wednesday, 7:30PM**

**Thursday, NO SERVICE**

**Friday, 10PM**

**Saturday, No Service**

**Victory Sunday, 10AM**

**(Communion will be served)**

## SUNDAY, JANUARY 4<sup>TH</sup>

### **DAY 1 — RENEW YOUR THOUGHTS**

**Nugget:** Your life will always move in the direction of your dominant thoughts. Renew your mind so you can rise above yesterday's limitations and walk boldly into God's possibilities.

**Scripture:** "Be transformed by the renewing of your mind."— Romans 12:2 (NKJV)

### **DEVOTIONAL THOUGHT:**

What you set your mind towards has the power to shape who you become. The mind is a battlefield, and victory begins with focusing on what is true, noble, pure, and admirable. In a world filled with distractions, we are called to renew our minds daily, aligning our thoughts with the truth of God's Word. Take a moment today to identify what thoughts you've been meditating on. What can you set your mind on in preparation for a strong 2026? Are those thoughts drawing you closer to clarity and understanding in Christ? Commit to thinking intentionally, fixing your mind on what brings life and reflects His truth.

### **PRAYER:**

Father, I surrender my thoughts to You. Help me to fix my mind on what is true and pure. Renew my understanding so that my thoughts reflect Your will and align with Your Word. Lord, help me to live out the scripture, Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." I desire to renew my mind for your glory in Jesus' name, Amen.



# MONDAY, JANUARY 5<sup>TH</sup>

SEIZE THE MOMENT TO BE EMPOWERED.

Service 7:30 | On-campus/ Virtual

## DAY 2 — RENEW YOUR INNER MAN

**Nugget:** True strength begins within. While the world may drain you, God continually pours fresh grace into your inner man so you can stand, grow, and overcome.

**Scripture:** “Though our outward man is perishing, yet the inward man is being renewed day by day.” — 2 Corinthians 4:16 (NKJV)

### DEVOTIONAL THOUGHT:

Your inner being is the sacred space where the Holy Spirit works to strengthen and renew you. As you pray today, invite the Spirit to fill you with His power, bringing transformation that begins within. Growth doesn't happen by chance; it's cultivated by intentional connection with God. This is our declaration for 2026. Let His Spirit breathe fresh life into the places that feel weak or stagnant. Remember, His strength is made perfect in you when you surrender fully to Him.

### PRAYER:

I welcome the Holy Spirit to dwell and move freely in every part of my life. Endow me and strengthen my inner being. Draw me closer to You so that you will be glorified in Heaven and on Earth. Teach me to rely on Your power and grow in my walk with You each day. I will not gratify the desires of my flesh. I will live forward through the power of the Holy Spirit. Be with me throughout this fast. Speak to me, Lord. Call my name and as your sheep, I will listen. In Jesus' name, amen.



# TUESDAY, JANUARY 6<sup>TH</sup>

## SEIZE THE DAY: THE IMPORTANCE OF TAKING ACTION NOW FOR A FULFILLING FUTURE

Service 7:30 | On-campus/ Virtual

### **DAY 3 — RENEW YOUR COMMITMENT TO RELATIONSHIPS**

**Nugget:** Healthy relationships require intentional love, forgiveness, and consistency. When you honor the people God placed in your life, you honor Him.

**Scripture:** “Above all, love each other deeply.” — 1 Peter 4:8 (NIV)

### **DEVOTIONAL THOUGHT:**

The relationships God places in your life are opportunities to reflect His love. Encouragement and support build bridges that lead to healing and unity. Who can you inspire or uplift with your words today? How can you encourage someone in need? Healthy connections are nurtured when we make room for grace, accountability, and kindness. Choose today to be an instrument of encouragement, fostering relationships that honor God and bless others.

### **PRAYER:**

Father, thank You for the people You’ve placed in my life. Help me to love and encourage them as You have loved me. Your Word tells us to love one another. I choose today to be an example of love in my relationships. Teach me to build connections that reflect Your grace and kindness. In Jesus’ name, amen.



# WEDNESDAY, JANUARY 7<sup>TH</sup>

SEIZE THE OPPORTUNITY TO BE IN GOOD HEALTH AND PROSPER

Service 7:30 | On Campus/ Virtual

## DAY 4 — RENEW YOUR PURPOSE

**Nugget:** Purpose isn't lost—it's often just buried under distractions.

Reignite your why, and let God breathe fresh direction into the assignment on your life.

**Scripture:** "The LORD will fulfill His purpose for me." — Psalm 138:8 (ESV)

### DEVOTIONAL THOUGHT:

Purpose becomes clear when we surrender our plans to God. He desires to establish your steps, but it requires trust and commitment. What dreams or goals are you holding onto tightly? Today, lay them at His feet and watch how He realigns them with His divine purpose. When your life is committed to the Lord, every effort becomes a testimony of His faithfulness.

### PRAYER:

Lord, I commit my plans and dreams to You. Align my steps with Your will and guide me in fulfilling the purpose You have for my life. Let your desires be my desires. In Jesus' name, amen.



# THURSDAY, JANUARY 8<sup>TH</sup>

## SEIZE THE OPPORTUNITY TO MINISTER TO YOUR FAMILY

No Service

### DAY 5 — RENEW YOUR STRENGTH

**Nugget:** When life drains you, God restores you. Strength is not the absence of weakness but the presence of God in every moment.

**Scripture:** “Those who wait on the LORD shall renew their strength.”

— Isaiah 40:31 (NKJV)

#### DEVOTIONAL THOUGHT:

There will be seasons when life feels draining and your strength seems spent, but weakness is not a sign of failure.

It is often the place where God’s renewing power is revealed. When you wait on the Lord, you are not idle; you are positioning your heart to receive the strength that only He can give. He restores you from the inside out, building resilience, reviving weary places, and empowering you to rise again. Lean into His presence today, and let His grace refill what feels empty so you can endure, overcome, and ultimately thrive.

#### PRAYER:

Lord, thank You for Your grace that sustains me. In my weakness, be my strength. I find joy in the strength that I gain from you. You give strength to the weary and increase the power of the weak. Give me “bounce back power” to be resilient. Help me to rely on You for physical and mental resilience. Allow my resilience to be hope for someone that I encounter today. In Jesus’ name, amen.



# FRIDAY, JANUARY 9<sup>TH</sup>

## SPIRITUAL ARMOR: ENHANCING YOUR SPIRITUAL STRENGTH TO RESIST EVIL

Service 10pm | On campus/ Virtual

### **DAY 6 — RENEW YOUR EXPECTATIONS**

**Nugget:** Your expectations set the climate of your faith. Expect God to move, to open doors, to heal, and to perform what He promised. Scripture: “Surely there is a future, and your hope will not be cut off.” — Proverbs 23:18 (ESV)

### **DEVOTIONAL THOUGHT:**

Strength isn't the absence of weakness; it's the evidence of God's grace working in your life. The places where you feel inadequate are where His power is most evident. Rest in the truth that His grace is sufficient for every challenge you face. Today, lean into His strength for the physical and mental resilience you need to overcome. He is your source of renewal, enabling you to endure and thrive.

### **PRAYER:**

Lord, fill my heart with Your joy. May my joy remain steadfast and unshaken throughout 2026. Help me to find strength in You and to cultivate gratitude in every season of my life. You make known the path of my life. I receive your joy today no matter the circumstance. My faith is in you. My trust is in you. My hope is in you. In Jesus' name, amen.



# SATURDAY, JANUARY 10<sup>TH</sup>

## GREAT THINGS ON THE HORIZON: ANTICIPATING OPPORTUNITIES AND EMBRACING CHANGE

No Service

### DAY 7 — RENEW YOUR FAITH

**Nugget:** Faith is your spiritual oxygen—keep breathing it in. When you renew your faith, you silence doubt and energize your confidence in God's power.

**Scripture:** "We walk by faith, not by sight." — 2 Corinthians 5:7 (NKJV)

### DEVOTIONAL THOUGHT:

Faith is the decision to trust God even when the path seems unclear. It's leaning on His understanding, not your own, and submitting every step to Him. Trust is built through surrender and obedience. What area of your life requires greater faith today? Let go of the need to figure it out on Your own and allow Him to make Your paths straight. Faith grows when we walk in alignment with His guidance.

### PRAYER:

Father, I place my trust in You. Help me to release my fears and lean on Your understanding. Guide my steps and strengthen my faith as I follow You. Order my steps. Renew a right spirit within me so that my faith in You can move the mountains out of my life. In Jesus' name, amen.



# SUNDAY, JANUARY 11<sup>TH</sup>

UNLEASHING YOUR POTENTIAL: EMBRACING THE POWER  
OF AN UNSTOPPABLE MINDSET

Service 10:00 am On campus/Virtual  
(Communion will be served)

## DAY 8 — RENEW YOUR WORSHIP

**Nugget:** Worship resets your heart and recenters your life. When you worship from a renewed place, heaven responds with clarity, peace, and strength.

**Scripture:** “God is Spirit, and those who worship Him must worship in spirit and truth.”  
— John 4:24 (NKJV).

### DEVOTIONAL THOUGHT:

Worship is more than a song; it’s the posture of your heart before God. When you worship, you declare His greatness and invite His presence into your life. Approach Him with gladness, knowing that He delights in your joyful songs. Today, take time to deepen your worship experience—whether through music, prayer, or stillness. As you exalt Him, His presence will refresh and renew your spirit, reminding you that He alone is worthy of all honor and praise..

### PRAYER:

Lord, I come before You with a heart of worship. May my words and actions reflect the love and honor You deserve. Use my hands and my feet to bring glory to Your name. My life is Yours. Teach me to worship You in spirit and truth. Let my life express Your worth. In Jesus’ name, amen.



