

## VERSES

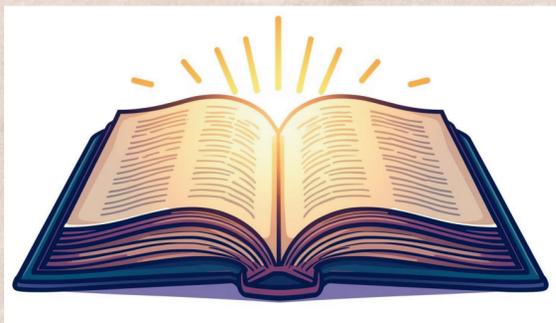
MATTHEW 6:33; DANIEL 1 8:16;  
DANIEL 10: 2-3

# JANUARY 2026

# MONTH OF CONSECRATION

As a new year begins, many people take time to reflect, set goals, and prove New Year's resolutions. While resolutions often focus on improving habits or routines, Scripture invites us to begin the year by first seeking God. One meaningful way to do this is through prayer and fasting, aligning our hearts with His will. The Daniel Fast is a biblically based fast inspired by the prophet Daniel. Daniel chose a simple, plant-based diet for a period to foster consecration, prayer, and spiritual focus. The fast is not merely about food; it is about setting aside distractions and positioning our hearts to hear from God.

The fast emphasizes simplicity in diet while increasing time in prayer, Scripture reading, and worship. It is not merely about what we abstain from, but about what we devote ourselves to seeking God with humility and discipline. Fasting is a spiritual discipline meant to humble us before God and the reason He says in Matthew 17:21 that this type of demon does not leave but only with prayer and fasting. Along with food, many choose to fast from distractions such as excessive screen time or entertainment, replacing them with prayer, worship, and meditation on God's Word.



## Weekly Prayer Focus During your Daniel Fast

**Week 1:** Repentance & Renewal

Psalm 51:10; Lamentations 3:22-23

**Prayer Focus:** Ask God to cleanse your heart, renew your mind, and help you release past failures as you begin the new year.

**Week 2:** Direction & Wisdom

Proverbs 3:5-6; James 1:5

**Prayer Focus:** Pray for clarity, discernment, and guidance for decisions in the coming year.

**Week 3:** Strength & Discipline

Isaiah 40:31; Galatians 5:22-23

**Prayer Focus:** Look for spiritual and physical strength, asking God to help you develop self-control and perseverance.

**Week 4:** Thanksgiving & Expectation

Philippians 4:6-7; Psalm 103:1-5

**Prayer Focus:** Thank God for what He has done and trust Him in faith for what is ahead.



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**May this season of fasting and prayer bring clarity, strength, and spiritual renewal as we walk boldly into the year ahead.**

**Purpose of the Daniel Fast**

- ✓ To draw closer to God (James 4:8)
- ✓ To grow in spiritual discipline (1 Corinthians 9:27)
- ✓ To seek wisdom, direction, and breakthrough (Proverbs 3:5-6)
- ✓ To consecrate ourselves at the beginning of the year (Romans 12:1-2)

**Foods We Can Eat**

- ❖ Fruits and vegetables
- ❖ Whole grains (such as brown rice, oats, and quinoa)
- ❖ Legumes (beans, lentils, peas)
- ❖ Nuts and seeds
- ❖ Water (primary beverage)

*“So, whether you eat or drink, or whatever you do, do all to the glory of God.”*  
**1 Corinthians 10:31**

**Foods to Avoid**

- ❖ Meat and animal products
- ❖ Dairy and eggs
- ❖ Refined sugar and sweeteners
- ❖ Leavened bread and processed foods
- ❖ Fried foods
- ❖ Caffeine and alcohol

*“All things are lawful for me, but all things are not helpful.”*  
**1 Corinthians 6:12**

**MONTH OF CONSECRATION**

I L E L F I H D N A L U C W U S W N F P C G E H T  
 A T O Q A T Q R J D U F M F G R Q O O D L M T G D  
 G O N O I J E O U J B U D J R Q D Y T H S H P L T  
 K N D P T D V Q G U H V I N B E C L L H O U T R D  
 A A R P H U H L O X A E O J D U S E S G L P F A N  
 E B M G I U V U F V B G B O N P I A P U P N R E V  
 C V F J O T I T S Z M E X T D N J D M R S J T T T  
 L L A A F B I B L E A T S B A U N M C H A P M G C  
 G D E J S E W R G Y B A L D L R T E R A E Y U U T  
 S I R A M T A P V G R B N M P C U I B P V E E F O  
 T S T D N S I O T T P L N A R U J M P M O L V R F  
 J C H S R S L N S O G E F B W V E J B L J G J E R  
 P I J A U S E H G J M S B O L D O H B G R E C P U  
 N P B A F A R S G U K E S P I R I T U A L I R T I  
 M L P A I R C B I I J H J B C U C O P J F X T R T  
 B I L H R H L E J P M S J D U N S U P I W O E D S  
 P N S J K I M N Q 2 1 D A Y S Q O A R M Z P M P J  
 Q E T I K U L R O L Z F S G H Z S C B T R E O J G  
 N F I K F Z I S E A C V F L A M A X O X C P J S L  
 S F P D V T B K R O A N C S H S O U C L H U R W Y  
 Q G X C H O L U Z M U P X C N R F T K U J N P D Z

21DAYS  
 DANIEL  
 FASTING  
 SACRIFICE

BIBLE  
 DISCIPLINE  
 FRUITS  
 SPIRITUAL

CLEANSE  
 FAITH  
 PRAYER  
 VEGETABLES



**RICHARD**

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