

RESET

10 Days of
Prayer and
Fasting



Welcome to Reset

We are so glad you are joining us for Reset: 10 Days of Prayer and Fasting as we begin 2026 together.

There is no better way to start a new year than by intentionally resetting our hearts, refocusing our priorities, and re-rooting our lives in God's presence. Prayer and fasting create space for God to speak, align our desires with His, and prepare us for what lies ahead.

Whether you've fasted many times before or this is brand new for you, start where you are. This guide is designed to help you engage the next ten days in a healthy, grace-filled, and spiritually meaningful way.

"Daniel resolved not to defile himself.."

Daniel 1:8

Why Prayer & Fasting?

Prayer and fasting are not about earning God's favor. They are about drawing closer to Him.

When we fast, we intentionally say “no” to certain things so we can say a deeper “yes” to God.

Fasting helps us:

- Refocus our attention on God
- Expose unhealthy dependencies
- Reset spiritual priorities
- Create margin to hear God clearly

Our goal over these ten days is simple: seek God first and start the year rooted in Him.

Start Where You Are

Everyone's spiritual journey, health needs, work schedules, and life seasons are different. Your fast should stretch you, but not harm you.

The goal is not to compare your fast with someone else's. The goal is to find a fast that helps you stay spiritually engaged and focused.

If you have medical concerns, are pregnant or nursing, or are managing health conditions, please consult your physician and consider alternative fasting options outlined in this guide.

Finding Your Fast Zone

Your Fast Zone is the place where you feel spiritually alert, prayerfully focused, and physically able to function well.

Signs you're in your Fast Zone:

- You feel spiritually attentive
- Prayer feels more natural
- You're aware of hunger, but not controlled by it
- You're not distracted by indulgence or extreme fatigue

Your Fast Zone may look different from someone else's, and that's okay.

FASTING OPTIONS

1. The Daniel Fast

As a church, we are recommending doing a Daniel Fast together as found in the book of Daniel. According to Daniel 1, the results were: (v. 17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12) One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

In the first Book of Daniel, the Prophet ate only vegetables and fruit, and drank only water for 10 days. A short rundown of acceptable foods include:

Foods to Eat:

- Fruits: Apples, bananas, grapes, etc.
- Vegetables: Corn, potato, spinach, etc.
- Whole grains: Brown rice, popcorn, etc
- Legumes: Beans, peas, lentils, etc.
- Nuts & seeds: including peanut butter.
- Quality oils, herbs and spices
- Fluids: Natural fruit juices, pure water

Foods to Avoid:

- Meat
- Dairy
- Solid fats
- Deep-fried foods
- Sweets and desserts
- Processed foods
- Sugary drinks
- Alcohol



This fast isn't about perfection. It's about intention. Some people may need to adapt slightly based on health or activity level. Pray and follow the Holy Spirit.

2. Specific Food Fast

You may choose to fast specific items such as:

- Sugar
- Soda or caffeine
- Fast food
- Alcohol
- Desserts

This is a great option if you are new to fasting or have dietary restrictions.



3. Activity or Media Fast

Biblical fasting is also about disconnecting from distractions.

Examples include fasting:

- Social media
- Television or streaming
- Video games
- Non-essential screen time

Replace that time with prayer, Scripture, worship, or quiet reflection.



4. Liquid / Juice Fast

This involves consuming fruit and vegetable juices, smoothies, and water instead of solid foods. Some people include protein supplements if needed. Even replacing one or two meals per day with liquids can be a meaningful fast.



Special Considerations

Pregnant or Nursing Mothers

Strict food fasting is not recommended.

Consider:

- A modified Daniel Fast
- Fasting sweets or caffeine
- Media or activity fasting

Your priority is health, for both you and your baby.

Those with Eating Disorders

If fasting from food would be harmful or triggering, we strongly encourage fasting from media, distractions, or unhealthy habits instead.

God's grace covers you. The purpose is closeness with Him, not control over food.

How to Begin & Break the Fast Well

Before You Begin:

- Reduce caffeine and sugar gradually
- Drink plenty of water
- Plan your meals ahead of time

When You Break the Fast:

- Reintroduce foods slowly
- Avoid heavy or greasy meals
- Listen to your body



Daily Prayer Guide

Reading the Bible, like prayer and fasting, is about deepening your connection with God, not out of duty, but in a relationship. His Word is alive, and through it, we encounter His presence.

Set a consistent time and place each day to read your Bible and devotional, coming ready to hear from Him. Here are three tips to help you get the most from your time with God.

10 Days of Reset

Day 1 – Reset My Heart

Scripture: Psalm 51:10

Prayer Focus: Surrender, humility, fresh devotion

Day 2 – Reset My Priorities

Scripture: Matthew 6:33

Prayer Focus: God first in every area of life

Day 3 – Reset My Mind

Scripture: Romans 12:1–2

Prayer Focus: Renewed thinking, spiritual clarity

Day 4 – Reset My Desires

Scripture: Psalm 37:4

Prayer Focus: Aligning wants with God's will

Day 5 – Reset My Habits

Scripture: Hebrews 12:1

Prayer Focus: Letting go of distractions and sin

Day 6 – Reset My Family

Scripture: Joshua 24:15

Prayer Focus: Homes rooted in Christ

Day 7 – Reset My Church

Scripture: Colossians 1:18

Prayer Focus: Unity, boldness, spiritual fruit

Day 8 – Reset My Calling

Scripture: Ephesians 2:10

Prayer Focus: Purpose, obedience,
faithfulness

Day 9 – Reset My Faith

Scripture: Hebrews 11:1

Prayer Focus: Trusting God for what's
ahead

Day 10 – Reset for the Year Ahead

Scripture: Proverbs 3:5–6

Prayer Focus: Dedication of 2026 to the
Lord

Moving Forward

Prayer and fasting are not meant to be occasional events. They are spiritual rhythms.

As you finish these ten days, ask God how He wants you to continue:

- Regular prayer times
- Periodic fasting
- Deeper engagement with Scripture

A reset at the beginning can lead to a rooted life all year long.

We're praying that God does something deep, lasting, and life-giving in you as we begin 2026 together.