

Gearing Up for the  
21 Day Daniel Fast-2026



*Presented by CFC/E4M Health & Wellness Ministry*

# December Fasting Journal + Workbook

DANIEL FAST PREP MEETING

DATE:    /    /

## GEARING UP FOR THE FAST: THE OPEN REWARD

*"AND YOUR FATHER, WHICH SEES IN SECRET, SHALL REWARD YOU  
OPENLY." MATTHEW 6:18*

What is fasting? (Biblical definition of fasting)-Jason Daniels

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Why should I fast? Why are we fasting corporately? -Julie House

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Why the Daniel Fast? Are there other options?-Krystie Daniels

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What Can I expect as a result of fasting? Creating a fasting lifestyle? Lea Pemberton

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# *Personal Reflection*

WHAT CAN I EXPECT TO GAIN AS A RESULT OF FASTING?

-FREEDOM, CLARITY, STRENGTH, HUMILITY, REPENTANCE, DIRECTION-

WHAT DO I HOPE GOD WILL DO IN ME AND THROUGH ME DURING THIS FAST?

WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

WHAT AREAS OF MY LIFE NEED BREAKTHROUGH, HEALING, OR CLARITY?

WHAT ARE SOME DISTRACTIONS I NEED TO LAY DOWN?

*ADDITIONAL SCRIPTURE FOR MEDITATION*

*"IS NOT THIS THE FAST THAT I CHOSE: TO LOOSE THE BONDS OF WICKEDNESS, TO UNDO THE STRAPS OF THE YOKE, TO LET THE OPPRESSED GO FREE, AND TO BREAK EVERY YOKE? - ISAIAH 58:6*

**SPIRIT PROMPT:**

**LORD, SHOW ME THE DEEPER PURPOSE OF FASTING IN THIS SEASON.**

**PRAYER FOR THE WEEK:**

**"FATHER, PREPARE MY HEART. TEACH ME THE POWER, BEAUTY, AND PURPOSE OF FASTING. LET THIS MONTH BE A HOLY RESET. IN JESUS NAME, AMEN."**

# December Fasting Journal + Workbook

WEEK ONE      DATE:    /    /

## PREPARING YOUR SPIRIT: OPENING YOUR SPIRITUAL EYES FOR THE FAST

*"AND YOUR FATHER, WHICH SEES IN SECRET, SHALL REWARD YOU OPENLY."*

*MATTHEW 6:18*

Where is God calling me in this next year? In ministry? Relationships? Serving Him?

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How do I prepare my spirit to fast?

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How am I being led to fast? What style of fasting is God prompting me to take?

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What do I want God to do in my spirit during the fast?

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# *Personal Reflection*

WHERE DO I FEEL SPIRITUALLY DRY OR SPIRITUALLY HUNGRY?

WHAT SPIRITUAL HABITS DO I FEEL GOD IS DESIRING TO RENEW IN ME?

WHAT DO I NEED TO SURRENDER IN ORDER TO HEAR GOD MORE CLEARLY?

*ADDITIONAL SCRIPTURE FOR MEDIATION:*

*"CREATE IN ME A PURE HEART, O GOD, AND RENEW A STEADFAST SPIRIT  
WITHIN ME." - PSALMS 51:10*

**SPIRIT PROMPT:**

**LORD, OPEN MY SPIRITUAL EYES—HELP ME SEE WHAT YOU SEE!**

**PRAYER FOR THE WEEK:**

**"HOLY SPIRIT, SPEAK TO ME. AWAKEN MY SPIRIT. SHARPEN MY DISCERNMENT. I INVITE YOU  
TO LEAD EVERY STEP OF THIS JOURNEY.**

**IN JESUS NAME,**

**AMEN."**

# December Fasting Journal + Workbook

WEEK TWO    DATE:    /    /

## PREPARING YOUR SOUL: MIND, WILL, AND EMOTIONS —

*'AND YOUR FATHER, WHICH SEES IN SECRET, SHALL REWARD YOU OPENLY.'*

*MATTHEW 6:11B*

How do I align my will with the will of God?

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What does the Bible say about taking negative thoughts captive? 2 Corinthians 10:5

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What does choosing obedience over emotion mean?

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How do I gain strength to continue through the temptations to give up or not fast?

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# *Personal Reflection*

WHAT THOUGHTS HAVE BEEN DOMINATING MY MIND LATELY?

WHAT EMOTIONS HAVE BEEN DRAINING ME—OR STRENGTHENING ME?

WHERE DO I STRUGGLE MOST WITH OBEDIENCE REGARDING MY THOUGHTS  
(DO I STRUGGLE WITH WORRY, ANXIETY, FEAR)?

*ADDITIONAL SCRIPTURE FOR MEDITATION*

*"BUT AS IT IS WRITTEN: "EYE HAS NOT SEEN, NOT EAR HEARD, NOR  
HAVE ENTERED INTO THE HEART OF MAN THE THINGS WHICH GOD  
HAS PREPARED FOR THOSE WHO LOVE HIM." – 1CORINTHIANS 2:9*

**SPIRIT PROMPT:**

**LORD, REVEAL LIES I AM BELIEVING ABOUT MY LIFE AND YOUR  
PLANS FOR ME.**

**PRAYER FOR THE WEEK:**

**"LORD, CLEANSE MY THOUGHTS, PURIFY MY EMOTIONS, STRENGTHEN MY WILL. BRING  
MY SOUL INTO ALIGNMENT WITH YOUR TRUTH.**

**IN JESUS NAME,**

**AMEN."**

# December Fasting Journal + Workbook

WEEK THREE    DATE:    /    /

## PREPARING YOUR BODY: TREATING THE BODY AS A HOLY TEMPLE

*"AND YOUR FATHER, WHICH SEES IN SECRET, SHALL REWARD YOU  
OPENLY." MATTHEW 6:18*

What does the Bible say about my body as the temple of the Holy Spirit (1 Corinthians 6:19)

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What are the physical benefits of fasting and detoxing?

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How can my physical preparation reflect the holiness of this season?

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How does honoring our body honor the birth of Jesus?

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# Personal Reflection

HOW DO I CURRENTLY TREAT AND VIEW MY BODY?

WHAT HABITS SUPPORT OR HARM MY PHYSICAL TEMPLE?

WHAT PHYSICAL HABITS IS GOD ASKING ME TO CHANGE?

*ADDITIONAL SCRIPTURES FOR STUDY AND MEDITATION:*

*AS THE DEER PANTS FOR THE WATER BROOKS, SO PANTS MY SOUL FOR YOU, O GOD. MY SOUL THIRSTS FOR GOD, FOR THE LIVING GOD. WHEN SHALL I COME AND APPEAR BEFORE GOD? MY TEARS HAVE BEEN MY FOOD DAY AND NIGHT, WHILE THEY CONTINUALLY SAY TO ME, "WHERE IS YOUR GOD?" - PSALMS 42:1-3, NKJV*

**SPIRIT PROMPT:**

**LORD, HELP ME SEE MY BODY AS YOURS; REMEMBERING THAT I  
WAS BOUGHT WITH A PRICE**

**PRAYER FOR THE WEEK:**

**"JESUS, THANK YOU FOR ENTERING THIS WORLD IN A BODY. HELP ME HONOR YOU BY  
CARING FOR MY TEMPLE WITH INTENTION, GRATITUDE, AND HOLINESS.**

**IN JESUS NAME**

**AMEN."**

# December Fasting Journal + Workbook

WEEK FOUR    DATE:    /    /

IT'S TIME TO FAST: TRANSFORMATION. RENEWAL. REVIVAL.

IT'S COMING!

*"AND YOUR FATHER, WHICH SEES IN SECRET, SHALL REWARD YOU  
OPENLY." MATTHEW 6:18*

What has God revealed to me this month about fasting?

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What style of fasting am I committing to? Who am I accountable to?

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What do I still need to do to prepare for the fast? (prepare my environment; pray for strength, detox?)

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What are the main prayer points I will be praying about during the fast?

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# THANK YOU!

*Thank you for participating in our workbook study and being such a vital part of our ministry. You can keep the momentum going and fan the flame. Join us and sow boldness into the Kingdom of God! Scan the QRCode and become an E4M Vision Caster today! Your gift is creating health and wholeness in the Body of Christ!*



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