

DTWC 2025

21 Days Daniel Prayer and Fasting & Consecration

“Assignment”

Monday, August 31, 2026 – Sunday, September 20, 2026.

As we enter 2024, for the next 21 days, as a church family, we embark on another season of fasting and prayer. Let us allow the Lord to use this time of prayer and fasting to consecrate us for His purpose in this New Year. “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” (Joshua 3:5). This is the Year of fulfillment - signs and wonders in the name of Jesus.

I. WHY WE FAST

Scripture for this fasting

Ezra 8:21: “Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, and seek from him a safe journey for ourselves, our children and all our goods.

Ezra 8:23, so we fasted and implored our God for this, and he listened to our entreaty.”

Daniel 1:12

“Please test your servants for ten days and let them give us vegetables to eat and water to drink.”

Daniel 10:3 KJV

“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Habakkuk 2:3 Write the vision and make it plain on tablets, that he may run who reads it. For the vision is yet for an appointed time; but at the end, it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry

Why Fast?

Fasting is an outward sign of an inward attitude. It is a time when spiritual nourishment replaces physical nourishment. In doing so, we build a closer relationship with God. The Old Testament prophets regarded fasting as a time to focus on the less fortunate. Preparation for ministry is the focus of fasting in the New Testament. This shows us that the focus of our fasting should not be on ourselves but on ministry to others.

- Many people in the Old Testament fasted when they had a special need or emergency. (II Samuel 12:16-23, Esther 4:16)
- Fasting was often a sign of mourning or repentance. (I Samuel 31:13, Nehemiah 1:4, Daniel 9:3, Jonah 3:5-10)
- Some fasted to receive Revelation and Direction from God. (Exodus 34:28, Daniel 10:2-3, ACTS 13:2-3, 14:23)
- Jesus fasted before he began his ministry. (Matthew 4:2; Luke 4:1-2)
- Isaiah prophesied that God wanted his people to fast for the poor and the oppressed. (Isaiah 58:3-14, Jeremiah 14:10, Zechariah 7:3-10)

- Vision and mission of DTWC 2020 Re-launch

Why Pray?

Prayer is our greatest weapon. Not only does it draw us closer to God, it unleashes his power into our world. Through prayer, we learn the heart of the Father in all the matters of our world, and through spending time in his presence, we begin to be conformed more and more into his image. Through discipline, prayer changes from being a duty to a delight. Simply said, the more you pray the more you want to pray and the greater it is impact. Our Heavenly Father desires our love, our attention, our fellowship, and our worship, and each of these begins in an attitude of prayer. Through prayer, we actualize our three most powerful weapons: The word of God and the name and blood of Jesus. Therefore, prayer is both relational and strategic. Through prayer, we literally bring God's desires and kingdom from the heavenly realm into our earthly realm. (Matthew 6:9-14).

FOODS TO INCLUDE IN THE DANIEL FAST

When considering a food item, please look at the ingredient list included on the label. It is usually near or under the nutritional information. The acceptable foods must be in its most natural form etc.

No sugar!!!!, Sweetener-free, chemical-free, and consistent with the food lists below.

All fruits.

These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables.

These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains.

These include but are not limited to barley, brown rice millet, oat bran, oats, quinoa, and wheat germ.

All nuts and seeds.

These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters in its natural state such as peanut butter& almond butter.

All legumes.

These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

Quality oils.

Coconut & Olive oil.

Water.

Distilled water, filtered water, spring water, sparkling water, or other pure waters.

Cooking ingredients.

Natural season recommended – Mrs. dash seasoning & black pepper

FOOD TO EXCLUDE

- Exclude **all meat and animal products** such as beef, lamb, pork, poultry, and fish.
- Exclude **all dairy products** such as milk, cheese, cream, butter, and eggs.
- Exclude **all sweeteners** such as sugar, raw sugar, honey, syrups, molasses, and cane juice.
- Avoid chewing gum
- Exclude **all leavened bread** such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.
- Exclude **all refined and processed food products** that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.
- Exclude **all deep-fried foods** such as potato chips, French fries, corn chips.
- Exclude **all solid fats** such as shortening, margarine, lard, and foods high in fat.
- Exclude **all non-water beverages** such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.
- Remember, **READ THE LABELS** to know all the ingredients included in prepared foods!

Although, these are not mentioned in the Bible, we as Christians today can commit to fasting from other activities such as:

- Electronics
- Computers
- TV
- Social media
- Video games
- Limited cell phone use if possible.
- Try to give up or limit entertainment like sports and movies and focus more on prayer and

studying the Word of God during the times we do some of the mentioned activities.

HOW TO PREPARE FOR THE FAST

Fasting, in any form, is difficult because you are doing battle physically and spiritually. However, there are steps you can take to strengthen you for the fight. The following are ways in which you can prepare your heart, mind, and body and soul for your 21-days Daniel Fast journey.

Spiritual Preparation

1. Pray

Begin praying for your fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When He reveals it to you (and He will), confess your sin quickly and repent. Allow God to get your heart ready for what He wants to do in your life.

2. Read scriptures on fasting.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on people fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chron. 20:1-4, Ezra 8:21-23, Neh. 1:1-4, Est. 4:15-17, and Matt. 4:1-11).

3. Journal (Hard book, tablets, iPad or notebook).

Use a journal or notebook for prayer requests, praises, and answers to prayer. Listen to what the Holy Spirit is saying and write down what you hear.

4. Write down prayer requests.

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible, and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.

5. Find a prayer partner.

It is important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it is certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

Physical Preparation

1. Ease into the fast.

Start cutting back on restricted foods about a couple of days/ a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and reduce the severity of any unpleasant side effects. The temptation to eat everything you cannot have on the fast will be strong, but splurging will only make the transition much more difficult. In addition, it is good to increase your water consumption before your fast begins.

Stocking your pantry

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines. Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges.

Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions), yellow onions, tomatoes

Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables

Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes. Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up your metabolism

Plan your meals for the first week.

The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that do not fall within the Daniel Fast guidelines. If you need help with this process, please feel free to reach out to our DTWC intercessory team so we can properly walk you through this process.

3. Make a grocery list for the first week.

Putting a list together before you go to the grocery store will make your shopping much more efficient. Please see Sample menu/Guide below:

SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER

Breakfast - Fruit smoothie with /Oatmeal with fruits

Lunch - Raw vegetable salad with light dressing and vegetable broth soup

Mid-afternoon Snack - Fresh fruit or fresh vegetables

Dinner - Fresh salad with light dressing and steamed grilled vegetables

Water – Hydrate Hydrate

SAMPLE MENU 2: LIQUIDS ONLY

Breakfast - Fruit smoothie with protein

Mid-morning Snack - Herbal tea or vegetable broth soup

Lunch - Raw juiced vegetables

Mid-afternoon Snack - Fresh fruit juice or fruit smoothie

Dinner - Vegetable juice or vegetable broth soup

Water – Hydrate Hydrate

SAMPLE MENU 3: MODIFIED DANIEL FAST (Diabetics)

Breakfast - 1 - 2 fresh fruit juice

Mid-morning Snack - Fresh fruit or fresh chopped vegetables

Lunch - 1 - 2 fresh salad with legumes and light dressing (Olive oil etc.)
Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein
Dinner - 1 - 2 whole grains; fresh salad with legumes and light dressing
Water – Hydrate, Hydrate, Hydrate.

DTWC | MY 3

Three people I will intentionally pray for, engage, point toward Christ, and invite to church and the Empowerment Conference during these 21 days.

1. _____
2. _____
3. _____

MY PRAYER COVERING

One school I will intentionally cover in prayer:

One student I will intentionally cover in prayer:

One DTWC Ministry I will intentionally cover in prayer:

PRAY → NOTICE → ENGAGE → SHARE CHRIST → INVITE → WALK WITH

