

FASTING GUIDE 2026



DEAR TRUE WORSHIP FAMILY,

From January 29 until February 7, 2026, the church will observe our 10 Day Daniel Fast. Fasting is a spiritual practice found in the Bible and is a voluntary abstinence from food and certain pleasures to focus on prayer and fellowship with God.

Whether this is your first time fasting or fasting is already part of your spiritual regimen, I pray that this fast will be a significant step in your spiritual journey.

Please read these guidelines carefully, pray, and consult your doctor if necessary before committing to the fast. Parents may make additional modifications to these guidelines to ensure the nutritional needs of children are met.

If you are new to True Worship, we welcome you. We cannot wait to hear of the many testimonies that will be birthed through OUR FAST! Let's Pray together!

BLESSINGS,

Pastor J



WHAT IS FASTING?

As you prepare to embark on this journey, you may be shocked to find out that scripture does not require Christians to fast. You might ask yourself, if scripture doesn't require us to fast then why should we? While scripture does not require Christians to fast, scripture does reveal the importance of fasting. In the Old Testament, fasts were frequently called forth by leaders of a congregation during critical and despairing times (Jeremiah 26:9, Joel 1:14, Daniel 1:8). In the New Testament, Jesus' earthly ministry is preceded by 40 days of prayer and fasting (Matthew 4). Likewise, in the early church, Christians would couple prayer and fasting as a means to hear from God, especially before making important decisions (Acts 13:2; 14:23). Fasting is an opportunity for Christians to practice the fruit of self-discipline, by abstaining from personal pleasure and fixing their entire attention on God. Although many people will choose to abstain from food during their fast, food is not the only means of fasting. Believers can choose to abstain from anything that can potentially serve as a distraction in their pursuit of seeking God.

HOW TO FAST?

Before embarking on a fast, participants should prepare themselves mentally, physically, and spiritually. Keep in mind, that fasting is not a form of dieting, and all participants should consult their primary care physicians before making any changes to their diet. We also suggest preparing your meals in advance, in order to maximize and focus your time and energy. Remember, the objective of fasting is not only to eliminate things from your daily

routine, but also to replace them with prayer. If you usually eat breakfast at a certain time during the day, replace that time by spending time in prayer. If you normally watch TV when you get home from work, consider replacing that time with reading the word of God. As you fast, it is important to be consistent. However, if you break your fast by accident or even miss a few days, don't beat yourself up or give up. Rather, get right back to your fasting objectives. Remember, the objective isn't to be perfect, the objective is to be transformed.

WHAT IS THE DANIEL FAST?

The Daniel Fast is a spiritual fast based on two Biblical accounts of the Prophet Daniel (Daniel 1:15–16, Daniel 10:2–3). In the first Biblical account, Daniel, Shadrach, Meshach, and Abednego, underwent a 10-day "fast" in order not to defile themselves with the King's choice meats that went against their dietary restrictions. Instead, they ate vegetables and drank water.

At the end of the ten days, they looked healthier and more fit than the other men who ate from the King's choice foods. In the second Biblical account, the Prophet Daniel underwent 21 days of fasting in order to receive an interpretation for a vision he received. Daniel refrained from eating meat and drinking wine. As a result, at the conclusion of his 21 days of fasting, he received a message from an angel that interested his vision. In both Biblical accounts, Daniel undergoes a fast in order to hear and remain true to his God. The purpose of the Daniel Fast is not to mimic Daniel, but rather to seek and focus on God. In reality, today's food industry is much different, than that of Daniel's time. However, by changing our habits and leaving our comfort foods and zones, we allow ourselves to place our entire attention and dependency on God.

FOODS TO EAT ON THE DANIEL FAST

- **All fruit** – fresh, frozen, dried, juiced
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages** – distilled water, filtered water, spring water, fresh fruit or vegetable juices.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

FOODS TO AVOID ON THE DANIEL FAST

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea..

– by Kristen Feola, "Ultimate Guide to the Daniel Fast"

Dear True Worship Family,

As we launch into a new year, I am asking all members of our church to make another annual pledge above your tithes and offerings in support of our Faith Forward Campaign. **This pledge is not meant to substitute your regular giving.**

Faith Forward is a multi-year initiative designed to support and enhance various aspects of our church's mission, including scholarships, and saving towards a new location that will anchor this ministry for generations to come. The bible asked the question is there anything too hard for the Lord? Genesis 18:14. Family, God can do exceedingly and abundantly above all that we ask or think, Ephesians 3:20.

Please pray about your pledge amount for 2026 and how God can use you in this moment to make a difference in the life of our church and community. Return the bottom portion of this letter on Sunday, February 7, 2026 indicating your annual pledge amount.

Thank you in advance for your faithful support for our ministry.

Blessings!

Dr. Jimmy Arthur Atkins, Senior Pastor

Detach and Return to the Church by Sunday, February 7, 2026
Email: trueworship678@gmail.com | 7710 Chapel Hill Road, Cary, NC 27513

I/We _____ make the following pledge to Faith Forward in 2026:
Circle: \$250 \$500 \$750 \$1000 \$ Other _____

Payments towards your pledge can be made weekly, monthly, quarterly, or all in one payment. These funds will be recorded and reported on your annual giving statement.

Signature _____ Date _____