

All Nations Worship Ministries

Embracing the Future

21 DAYS OF

**PRAYER
& FASTING**

"Daniel purposed in his heart that he would not defile himself"

Daniel 1:8

5 JAN 26 -
25 JAN 26

6PM-6:45PM

Monday- Friday
In-person

Prayer Line

857-232-0158

Access Code 325912

ALL NATIONS WORSHIP MINISTRIES

21 DAY PRAYER & FAST JOURNAL

5 January - 25 January 2026

Embracing the Future

21-Day Daniel Fast Devotional

Consecration • Clarity • Commitment

“Daniel purposed in his heart that he would not defile himself...”

— Daniel 1:8

21 DAY FAST SCHEDULE

Apostle Michael	Elder Theadora	Elder Glynis	Elder Morgan	Elder Kim			
MON	TUE	WED	THU	FRI	SAT	SUN	
January 5	January 6	January 7	January 8	January 9	January 10	January 11	
Pastor Tiffany	Elder Bostic	Pastor Henry	Minister Lambert	Minister Lamar			
MON	TUE	WED	THU	FRI	SAT	SUN	
January 12	January 13	January 14	January 15	January 16	January 17	January 18	
Minister Bond	Minister Tonya	Minister Diamante'	Minister Larry	Minister Tosha			
MON	TUE	WED	THU	FRI	SAT	SUN	
January 19	January 20	January 21	January 22	January 23	January 24	January 25	

Congregational gatherings Monday – Friday at the Church

6:00 pm – 6:45 pm

If unable to attend, the prayer line will be open nightly; however, we are asking that we all come together as a Body of Believers

All Nations Prayer Line

857-232-0158

Access Code 325912

Nightly Service

Prayer – 6:00 pm – 6:15 pm

Devotional – 6:15 pm – 6:30 pm

Testimonials – 6:30 pm – 6:45 pm

Daniel Fast Guidelines

For these 21 days, participants committed to:

- No meat
- No sweets
- No bread
- No dairy products
- Focus on fruits, vegetables, legumes, and water
- Daily prayer, Word study, and reflection.

The fast is not about restriction — it is about realignment.

Foods You May Eat:

- **Whole Grains:**
Brown Rice, Oats, Barley
- **Legumes:**
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:**
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe,

Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

- **Vegetables:**

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy (check your motives).

- **Liquids:**

Spring Water, Distilled Water, 100% All-Natural Fruit Juices without sugar, 100% All-Natural Vegetable Juices with no added sugar. You may also drink protein drinks that do not contain sugar.

- **Others:**

Seeds, Nuts, Sprouts

Foods to Avoid:

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

WEEK ONE – CONSECRATION

Setting the Foundation

DAY 1 – A Purposeful Beginning

Daniel 1:8

Devotional Thought:

Daniel did not drift into holiness — he **purposed** his heart. Embracing the future begins with an intentional decision to consecrate yourself unto God.

Life Application:

What distractions, habits, or mindsets must you surrender to prepare for what God is taking you into?

Prayer Focus:

Lord, I set my heart today to honor You more than anything else.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your first day of prayer & fasting, remember:

Pray and stand in God's Word
Drink lots of water.
Keep your focus and avoid temptation.
God will give you grace to succeed.
Play praise and worship music as much as possible.

Thoughts for your Journal:

What are your own personal reasons for prayer & fasting?

DAY 2 – Separation Brings Revelation

Romans 12:1-2

Devotional Thought:

Transformation requires separation from patterns that dull spiritual clarity.

Life Application:

Fast not just from food, but from fear, negativity, gossip, and distractions.

Prayer Focus:

Renew my mind so I may see Your will clearly.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your second day of prayer & fasting, remember:

Stay Hydrated

Spend time with God's Word

Rest to conserve your energy.

Pray...The second and third days are the most difficult.

Thoughts for your Journal:

Do you need a deeper, more intimate, and powerful relationship with the Lord?

DAY 3 – Strength in Obedience

Daniel 1:15

Devotional Thought:

Daniel and his friends looked healthier because obedience produces strength.

Life Application:

Trust that what God asks you to release is making room for greater strength.

Prayer Focus:

Help me remain obedient even when it feels uncomfortable.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your third day of prayer & fasting, remember:

- Drinks lots of water
- Fill up on the Word.
- Pray for encouragement.
- This is usually the toughest day of the fast.

Thoughts for your Journal:

- What is the Holy Spirit showing you about endurance?
- What dreams are in your heart that only God can make possible?

DAY 4 – Choosing God Over Culture**Joshua 24:15**

Devotional Thought:

Like Daniel, choosing God in a compromising culture requires courage.

Life Application:

Where do you feel pressure to conform instead of stand firm?

Prayer Focus:

I choose You today, regardless of cultural pressure.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your fourth day of prayer & fasting, remember:

Pray and stay in God's Word
Drink plenty of water.
Listen as you pray.
Record His response to your prayers!

Thoughts for your Journal:

Is there any healing that you need physically?
What are the needs in your family right now?

DAY 5 – Discipline Produces Direction

1 Corinthians 9:25

Devotional Thought:

Discipline aligns us with destiny. Fasting sharpens spiritual direction.

Life Application:

What spiritual disciplines will you maintain beyond the fast?

Prayer Focus:

Teach me to live disciplined and purpose driven.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your fifth day of prayer & fasting, remember:

Pray and stay in God's Word
Journal your journey!
Concentrate on your own personal prayer time and prayer place!

Thoughts for your Journal:

Why do you think prayer & fasting are important to achieve your greatest breakthrough? Jesus fasted, and He intimately related to His Father in heaven. How has this fast, so far, helped you to relate to your Heavenly Father?

DAY 6 – Trusting God's Process

Proverbs 3:5–6

Devotional Thought:

Fasting reminds us that we cannot rush God's process.

Life Application:

Release control and trust God's timing for your future.

Prayer Focus:

I lean not on my own understanding.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

"So, if the Son sets you free, you will be free indeed." (John 8:36)

DAY 7 – Restoring the Altar

1 Kings 18:30

Devotional Thought:

Before new fire falls, old altars must be restored.

Life Application:

Return to prayer, worship, and consistency.

Prayer Focus:

Rebuild my altar, Lord.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your seventh day of prayer & fasting, remember:

Stay in God's Word
Remember your prayer time and prayer place!
Continue to journal your experiences!

WEEK TWO – CLARITY

Hearing God for the Future

DAY 8 – God Gives Wisdom to the Faithful

Daniel 2:19–21

Devotional Thought:

Daniel's fast positioned him for divine revelation.

Life Application:

Expect insight concerning family, ministry, and purpose.

Prayer Focus:

Release wisdom and understanding.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your eighth day of prayer & fasting, remember:

Stay in God's Word
Water needs to be with you always.
Remember your prayer time and prayer place.
Continue to journal/blog your experiences.
Continue to meditate and listen.

Physical and Spiritual Effects:

Senses heighten (physical and spiritual)
You begin to discover what is known as the "sweet spot" a place that you hit that will be as though you slipped through the veil and walked right into the Holy of Holies

Thoughts for your journal:

Reflect on how there is great power and supernatural blessing that awaits you as you forsake all flesh for the chance to know the Savior and to hear His voice.

DAY 9 – Vision Requires Stillness

Psalm 46:10

Devotional Thought:

Clarity comes when we quiet our souls.

Life Application:

Create intentional silence today.

Prayer Focus:

Calm my spirit so I may hear You.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your ninth day of prayer & fasting, remember:

Stay hydrated.
Stay in God's Word
Remember your prayer time and prayer place!
Maintain your journal!

Thoughts for your Journal:

Reflect on the battle that ensues between the carnal man and the spirit!
How has God's presence become clearer through this experience?

DAY 10 – God Reveals Hidden Things

Daniel 2:22

Devotional Thought:

Fasting helps you gain insight into things that were previously concealed.

Life Application:

Ask God to reveal motives, assignments, and direction.

Prayer Focus:

Reveal what I need to see for my future.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your tenth day of prayer & fasting, remember:

Pray and stay in God's Word
Rest and relax as much as possible!
Maintain your journal!

Thoughts for your Journal:

What do you currently desire in your life?
At this point, what specific assignments do you believe God has for your life?

DAY 11 – Faith Over Fear

2 Timothy 1:7

Devotional Thought:

Fear clouds clarity. Faith sharpens vision.

Life Application:

Name and release fears about the future.

Prayer Focus:

I receive power, love, and a sound mind.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your eleventh day of prayer & fasting, remember:

Stay in God's Word
Continue to journal your experiences!
Continue to meditate and listen to God!

Physical and Spiritual Effects:

The Lord's presence becomes more apparent.

Thoughts for your Journal:

Humility is a discipline and not something that just comes naturally. Prayer & fasting place one truly in the hands of God, dependent upon Him for spiritual nourishment in the absence of physical nourishment. Journal how this experience has humbled you and made you trust God more.

DAY 12 – God Orders Your Steps

Psalm 37:23

Devotional Thought:

God does not just know your future — He orders your steps into it.

Life Application:

Be faithful in small steps.

Prayer Focus:

Order my steps, Lord.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your twelfth day of prayer & fasting, remember:

Stay in God's Word
Drink plenty of water!
Rest to maintain your energy.
Pray in your designated place!
Journal your daily thoughts!
Continue to focus on God!

Physical and Spiritual Effects:

God's presence is apparent and heightened.

Thoughts for your Journal:

What has God revealed to you personally?

Reflect on what it means to present your body as a living sacrifice through your time of prayer & fasting.

DAY 13 – Fresh Oil for a New Season

Isaiah 61:3

Devotional Thought:

New seasons require fresh oil.

Life Application:

Let go of old disappointments.

Prayer Focus:

Anoint me for what is ahead.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your thirteenth day of prayer & fasting, remember:

- Stay in God's Word
- Always keep water with you
- Rest and relax as much as possible!
- Remember your prayer time and prayer place!
- Maintain your journal!
- Continue to meditate and listen!
- Keep mints handy!

Thoughts for your Journal:

What are the various ways you can experience guidance from God?

DAY 14 – Strength Renewed

Isaiah 40:31

Devotional Thought:

Patience brings renewed strength.

Life Application:

Wait well — do not rush the process.

Prayer Focus:

Renew my strength.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your fourteenth day of prayer & fasting, remember:

Stay in God's Word

Always keep water with you

Go to your prayer time and prayer place!

Listen to your favorite worship CDs!

Maintain your journal!

Focus on your meditation and listening for God's still, small voice!

Mints

Thoughts for your Journal:

Praise God for bringing you this far and thank Him for His steadfast presence.

WEEK THREE – COMMITMENT

Walking Into What God Revealed

DAY 15 – Faith Produces Action

James 2:17

Devotional Thought:

What God reveals requires obedient action.

Life Application:

What step of faith is God asking you to take?

Prayer Focus:

Help me move from hearing to doing.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your fifteenth day of prayer & fasting, remember:

Stay in God's Word

Stay hydrated!

Pray to God at your personal time and in your personal place!

Listening to music as a motivational tool
Maintain your journal/blog!
Be sure to listen to God as you pray.
Keep mints with you.

Thought for your Journal:

Reflect on how worship and obedience have provided you with the opportunity for God to reveal Himself and His purposes to you, His special servant.
Write down the details that were a concern at the beginning of the fast that no longer seem to be of great concern.

DAY 16 – Courage to Move Forward

Joshua 1:9

Devotional Thought:
Embracing the future requires courage.

Life Application:
Choose obedience over comfort.

Prayer Focus:
Make me bold and courageous.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your sixteenth day of prayer & fasting, remember:

Stay in God's Word

Stay hydrated throughout the day!

Observe your prayer time and prayer place!

Listen to worship music for inspiration and support!

Reflect on your fast and how it is helping you to grow spiritually!

Remember your breath mints!

Physical and Spiritual Effects:

Your senses become more sensitive to your surroundings and the voice of God.

Thoughts for your Journal"

Remember to stay the course. Write out your thoughts on how you can continue to present your body as a living sacrifice and see if the Lord does not open the windows of heaven to you and shower you with His presence.

Prayer & fasting are forms of worship that will humble you. Remind yourself of your dependency on God.

DAY 17 – Commitment Beyond the Fast

Luke 9:23

Devotional Thought:

The fast ends, but commitment continues.

Life Application:

Decide what lifestyle changes you will keep.

Prayer Focus:

Help me follow You daily.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your seventeenth day of prayer & fasting, remember:

Stay in God's Word

Always stay hydrated.

Continually pray.

Listen to your favorite worship CDs.

Maintain your journal.

Meditate and listen to what God is saying!

Thoughts for your Journal:

Reflect on those situations that seemed impossible but for the power of God.

What situation in your life seems impossible and needs God's touch?

DAY 18 – Finishing Strong

Philippians 1:6

Devotional Thought:

God always finishes what He starts.

Life Application:

Trust God with incomplete answers.

Prayer Focus:

Complete Your work in me.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your eighteenth day of prayer & fasting, remember:

Stay in God's Word
Always stay hydrated.
Use your prayer time and prayer place!
Worship and find strength with music!
Continue to journal your experiences!
Meditate on what this fast means to you!
Keep mints nearby!

Thoughts for your Journal:

Examine any areas of unforgiveness and bitterness in your life that the Lord is asking you to surrender to Him.

DAY 19 – Prepared for Increase

Luke 16:10

Devotional Thought:

Faithfulness prepares you for increase.

Life Application:

Be faithful where you are.

Prayer Focus:

Prepare me to steward increase well.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your nineteenth day of prayer & fasting, remember:

Pray and stay in God's Word
Continue to drink water!
Pray for guidance and strength!
Worship God thoughts in your journal!

Thoughts for your Journal:

Consider what you would be willing to share with others today, how you will articulate your experience, and what it has meant to you in terms of your relationship with God.

DAY 20 – Aligning With God’s Will

Matthew 6:10

Devotional Thought:

The future is brightest when it aligns with God’s will.

Life Application:

Surrender personal agendas.

Prayer Focus:

Let Your will be done.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your twentieth day of prayer & fasting, remember:

Stay in God’s Word
Continue to drink water!
Pray for guidance and strength!
Worship God through music and praise!
Document your thoughts in your journal!

Thoughts for your Journal:

Take sometime today and go back to reading your journal entries from the start of the fast to this 20th day. Do not forget to share it on the Blog.

What do your journal entries tell you about your personal journey these last three weeks? Take a moment and journal about the breakthroughs you have experienced or key things the Lord has shown you during the fast.

Spend time in prayer and thanksgiving.

DAY 21 – Embracing the Future

Jeremiah 29:11

Devotional Thought:

God's future for you is filled with hope.

Life Application:

Declare hope over your life, family, and church.

Prayer Focus:

I step boldly into the future that You have prepared.

Today I am grateful for:

Highlight of the day:

Things I overcame today:

On your twenty-first day of prayer & fasting, remember:

Pray and stay in God's Word
Find someone and share your experience with them!
Go to your prayer place and praise God!
Be thankful and rejoice.
Write your feelings in your prayer journal!

Praise God!

On this final day, ask the Lord to reveal to you if there is any unforgiveness, bitterness, or any other hindrances that you have yet to lay fully before your Lord. Prepare for the blessing, harvest, and an anointing like you have never experienced before. Get ready! Get ready because the rest of this year will not be like any other before it.

NOW, AS YOU COME OUT OF YOUR FAST...

Be careful and ease back into eating solid foods over the next few days to a week. It is important to allow your body time to adjust and resume digesting food properly. Even though cravings may be strong the first few days after the fast, **pace yourself** and continue drinking plenty of fluids.

REMEMBER THE FAITH

In the closing chapter of the book of Hebrews, the writer tells us, *“Remember your leaders, who spoke the Word of God to you. Consider the outcome of their lives and imitate their faith”* (**Hebrews 13:7 NIV**).

As I asked before, if our Lord fasted, why would we think that we should not fast? There is no record of Jesus ever healing anyone until He returned from the forty days of prayer & fasting that launched His earthly ministry. Jesus said we would do even greater works than He had done, because He was returning to the Father. If Jesus did not begin to minister before prayer & fasting, **how can we?**

There may be times when you are praying and fasting, praying, and standing in faith, yet you still do not sense that anything is happening; there's no “sprout” showing through the dirt. Remember the faith of those before you.

David said, *“I humbled myself with prayer & fasting; And my prayer would return to my own heart. I paced about as though he were my friend or brother; I bowed down heavily, as one who mourns for his mother”* (**Psalms 35:13-14 NKJV**).

Do not let the enemy drag you down with discouragement. Remember, God gives you the garment of praise for the spirit of heaviness. Sometimes you will not want to pray when you are praying & fasting but pray anyway. You will be amazed at how God will show up, and it will be like heaven has come down, and glory has filled your soul.

In the same Psalms, David had not yet received an answer to his prayer, yet he is able to wait in faith, proclaiming the praises of God:

“Let the LORD be magnified, who has pleasure in the prosperity of His servant. And my tongue shall speak of Your righteousness and of Your praise all the daylong” (Psalms 35:27-28 NKJV).

The Lord will reward your diligence; His delight is in the prosperity and wholeness of His children.

Also, remember the faith of Abraham, “the substance of things hoped for, the evidence of things not seen” (Hebrews 1:1 NKJV). It was the faith, which was accredited to him as righteousness, because he believed God. Even though Abraham’s body was dead as far as fathering children were concerned, he desired a child of his own. God desired it even more and gave him the promise of not only a son, but descendants more numerous than the stars of the sky (see Genesis 15:4-6).

When you believe Him for something, you are exercising faith, which pleases God.

12 STEPS TO VICTORY

Battles will rage long after you have completed your fast.

Somethings you lay hold of during the fast will require further diligence to see victory. To help you ‘stay the course’ in the days after your fast-and throughout the year-remember these twelve points and apply them to your life to see the victory of the Lord come to pass in your circumstances.

1. Make it hard on God and easy on you. Take the pressure off yourself to make things happen because that’s God’s job. (Matthew 11:28, John 5:40, John 6:29)
2. Keep on swinging. Do not settle for partial victory. (2 Timothy 4:7-8)
3. God says, “When you approach a door that is very large, do not fear because I will open it.” When God opens the door, no man can shut it! (Revelation 3:7-8)
4. Do not move in the dark. If you do not know God’s Will, do not move. (Psalms 46:10, Exodus 14:13, Ruth 3:18)
5. Be strong and very courageous. If you lack courage, pray. (Philippians 4:6-7)
6. Do not do anything until you ask the Lord first. He will give you a clear word. (Ephesians 2:10)

7. Do not ask how much it cost, ask God if He wants it done. If so, He will take care of the cost. (2 Corinthians 9:8, 3 John 2)
8. Be patient – God loves the last-minute save! “He that believeth shall not make haste.” (Isaiah 28:16)
9. Do not stick to sensible methods. If the Lord tells you to do something, do it! (Proverbs 3:5-6, Isaiah 25:3-4)
10. Practice the John the Baptist Factor: “I must decrease, and He must increase.” (Luke 18:11, Philippians 1:21)
11. “Look out, you ain’t seen nothing yet” when you mix faith with the Word of God. (Habakkuk 2:4, Romans 10:17)
12. P-U-S-H: Pray Until Something Happens/Praise Until Something Happens. (2 Chronicles 20:21-22, Hebrews 13:15, Psalms 149)

Closing Declaration

“As I complete this Daniel Fast, I commit to a disciplined life, a clear mind, and a faithful walk. I embrace the future God has prepared for me.”