

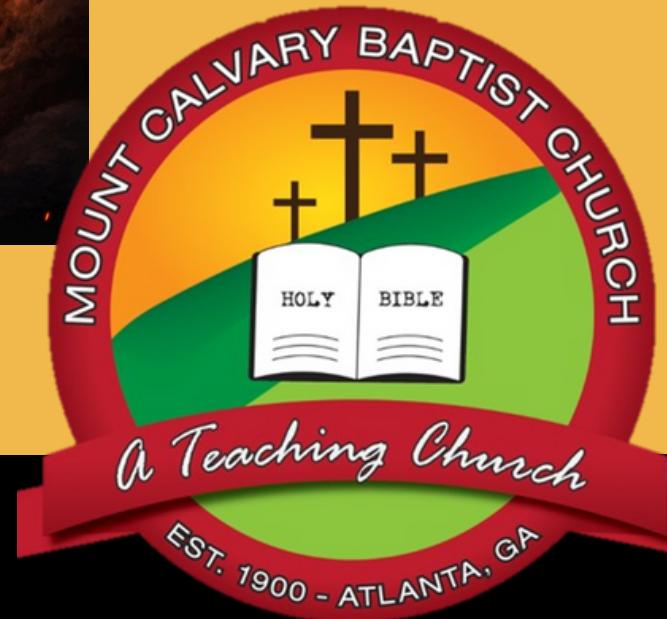
Reaching Inward:

# Fortifying OUR FAITH FOR THE FIGHT

21-DAY PLAN OF PRAYER  
AND PREPARATION

2026

CHURCH  
THEME



Reverend Dr. James H. Alexander, Pastor

# Pastoral Greetings

Grace and peace be with you through our Lord Jesus Christ,

As we embark upon this season of spiritual growth and renewal, I am delighted to invite you to join us in 21 days of prayer and fasting. Together, we will seek God's guidance as we continue our pursuit of God's vision for our church: evolving from a teaching church to a reaching church. Last year, we began the work of "trusting God in transition", performing the internal, reflective work essential for radical hospitality and intentional outreach. This year marks the second stage of inward reaching as we gear up for the work of the Holy Spirit through us.

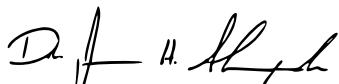
This 21-day journey serves a 3-fold purpose

- To continue the internal work for our individual and corporate spiritual walk through 2026 (and beyond),
- To collectively center ourselves on embracing and embodying what it means to emphasize evangelism and outreach as our calling card (reaching)
- To establish a sense of spiritual discipline that permits us to align closely with the heartbeat of God, extends the hand of Christ beyond the margins, and hearkens to the Holy Spirit's promptings to guide us through whatever may come our way.

Over the next 21 days, we will pray intentionally for boldness, wisdom, and unity as we learn to put our faith into action in ways that impact lives and transform our community. Fasting is a powerful way to deepen our connection with God, and I encourage you to participate in whatever way is meaningful for you—whether it's fasting from food, social media, or other distractions. To assist in this endeavor, each day includes a brief reflection. Please take the opportunity to peruse it, pause, and consider what God may be saying to you for such a time as this.

Let us embark on this journey together, trusting that God will move mightily in and through us as we commit ourselves to His work.

In the Grip of God's Grace,



**Reverend Dr. James H. Alexander**  
**Pastor**

## WHAT IS FASTING?

A fast is a period of abstaining from something that is desired. Fasting is very prevalent in the Holy Bible; Moses, Daniel, and even Jesus fasted! (so, it's been tested, tried and true.)

## WHY FAST?

Fasting is essential in communication with prayer to transform lives. Ultimately, fasting is worship, placing God at the center of one's life. (cf. Psalm 35:13) Fasting permits us to essentially "reboot ourselves" and get all things in proper alignment with God.

## WHAT TYPE OF FAST CAN I DO?

There are several fasts present in the Bible and practiced today. There are certain fasts that, for health reasons, one should use discernment. A fast should **NEVER BE DONE** in isolation from prayer and the presence of the Holy Spirit; otherwise, it is simply a diet!!!

**Partial / Daniel Fast:** abstain from delicacies, meats, processed foods, liquor, and focus on fruits and vegetables, nuts, and whole grains

**No Food Fast:** abstain from all food; consume liquids/water

**Water Only Fast:** abstain from everything save water

**Supernatural Fast:** Abstaining from both food and liquids

But wait!!!! There's more... before you enter your fast, you must realize that fasting, not paired with prayer, is a recipe for failure. A fast serves to connect us more closely and intimately with our Creator, all the while cleansing our minds, bodies, and spirits of corrupting influences. Thus, during this fast, position yourself to be a party to the power of God. The prayer schedule in conversation with this fast is broken up in accordance with the acronym "A.C.T.S."<sup>[1]</sup> of prayer; that is, the structure that Jesus provided in Matthew 6:5-15. For the sake of this fast, however, we are breaking up the days in accordance with the F.A.C.T.S. of prayer. It consists of:

Framework – Spiritual preparation (Days 1-4)

Adoration – Praise and worship (Days 5-8)

Confession – Repentance and self-examination (Days 9-12)

Thanksgiving – Gratitude for God's grace and provision (Days 13-16)

Supplication – Humble petitions and intercession (Days 17-21)

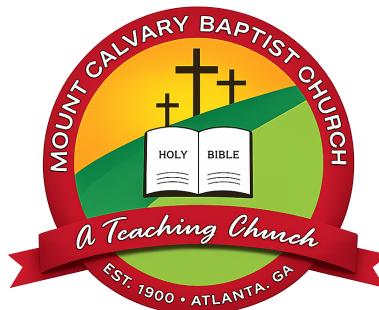
We are participating in a variation of the partial/Daniel Fast. Please do consult your physician prior to engaging in this, and if warranted, make the necessary substitutions to maintain your health. Thus, let us begin!

[1] Adoration, Confession, Thanksgiving, Supplication

DATE	ACTION	PRAYER FOCUS	SCRIPTURE	REFLECTIONS
Jan 11	Omit one meal; avoid unnecessary media	Preparing heart and mind	Psalm 51:10	What am I letting go to make room for God today?
Jan 12	Omit snacks; limit social media	Sensitivity to God's voice	1 Samuel 3:10	Where am I missing God's voice in my daily life?
Jan 13	Omit late-night eating; spend 30 min in silence	Willingness to be shaped	Jeremiah 18:1–6	Am I letting God mold my thoughts and habits?
Jan 14	Omit sweets; journal instead of screen time	Surrender and readiness	Romans 12:1	What can I surrender today to serve God better?
Jan 15	Omit TV for the day	Adoration of God	Psalm 95:1–7	How can I praise God with my whole heart?
Jan 16	Omit music except worship	God's greatness	Psalm 145:1–3	Am I focusing on God's greatness or my distractions?
Jan 17	Omit complaining; speak gratitude aloud	God's faithfulness	Lamentations 3:22–23	Can I see God's faithfulness even in small things?

DATE	ACTION	PRAYER FOCUS	SCRIPTURE	REFLECTIONS
Jan 18	Omit one meal; pray with family or others	Joy in God's presence	Psalm 16:11	How can I celebrate God's presence today?
Jan 19	Omit social media for 12 hours	Confession of sin	Psalm 32:5	What sins or hurts do I need to admit before God?
Jan 20	Omit entertainment; focus on repentance	Cleansing and renewal	1 John 1:9	What needs to change in my heart to walk right with God?
Jan 21	Omit negative speech; pursue reconciliation	Healing relationships	Matthew 5:23–24	Who do I need to make right with today?
Jan 22	Omit self-criticism; receive grace	Freedom from guilt	Romans 8:1	Am I accepting God's forgiveness or holding on to shame?
Jan 23	Omit one meal; verbalize thanksgiving	Gratitude for provision	Philippians 4:6–7	How can I thank God for what God has already done?
Jan 24	Omit multitasking; write a gratitude list	God's sustaining grace	Psalm 103:1–5	Am I noticing how God carries me each day?

DATE	ACTION	PRAYER FOCUS	SCRIPTURE	REFLECTIONS
Jan 25	Omit isolation; share gratitude with others	God's work in community	Colossians 3:15–17	How can I lift others up with my gratitude?
Jan 26	Omit rushing; practice intentional rest	Trust in God's care	Matthew 6:25–34	Can I trust God and let go of worry today?
Jan 27	Omit one meal; intercede for personal needs	Personal needs	Psalm 37:4–5	What do I need from God, and am I ready to receive it?
Jan 28	Omit distractions during meals; pray for family	Household and relationships	Joshua 24:15	How can I strengthen my family spiritually today?
Jan 29	Omit criticism; pray for church unity	Unity and strength	Ephesians 4:1–6	How can I help build unity around me?
Jan 30	Omit comfort-seeking; pray for community	Justice and compassion	Micah 6:8	Where can I act with God's love for others today?
Jan 31	Omit normal routine; conclude fast with worship	Thanksgiving and renewal	Isaiah 58:6–11	How has this fast strengthened my faith and life?



## Church Theme 2026: Reaching Inward

**“Fortifying Our Faith For the Fight”**

***Ephesians 6:10–13***

“Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

## Purpose of the Daniel Fast

The Daniel Fast is a spiritual discipline rooted in Scripture, designed to help believers strengthen their inner life through prayer, fasting, and obedience. As we reach inward, we ask God to fortify our faith so that we may stand firm in spiritual battle.

## ■ Foods You May Consume

### ***Fruits***

- 1   ■ All fresh fruits (apples, oranges, bananas, berries, grapes, melons, etc.)
- 2   ■ Frozen fruits with no added sugar
- 3   ■ Dried fruits with no additives or preservatives

### ***Vegetables***

- 1   ■ All fresh vegetables (leafy greens, root vegetables, cruciferous vegetables, etc.)
- 2   ■ Frozen vegetables with no additives
- 3   ■ Vegetable juices with no added sugar or preservatives

### ***Whole Grains***

- 1   ■ Brown rice, wild rice
- 2   ■ Oats and oatmeal (plain)
- 3   ■ Quinoa, barley, farro
- 4   ■ Whole grain pasta with approved ingredients

### ***Legumes***

- 1 ■ Beans (black, pinto, kidney, navy, etc.)
- 2 ■ Lentils and split peas
- 3 ■ Chickpeas and hummus (no additives)

### ***Nuts, Seeds, and Oils***

- 1 ■ Raw or dry-roasted nuts and seeds
- 2 ■ Nut butters with no added sugar or oils
- 3 ■ Olive oil, avocado oil, coconut oil

### ***Beverages***

- 1 ■ Water (plain or infused with fruits/vegetables)
- 2 ■ Unsweetened herbal teas

## **■ Foods You Must Avoid**

### ***Animal Products***

- 1 ■ Meat (beef, pork, lamb, poultry)
- 2 ■ Fish and seafood
- 3 ■ Eggs and dairy products

### ***Sweeteners***

- 1 ■ Sugar (white or brown)
- 2 ■ Honey, syrup, agave
- 3 ■ Artificial sweeteners

### ***Processed & Refined Foods***

- 1 ■ White bread and baked goods
- 2 ■ Refined grains
- 3 ■ Packaged or fast foods

### ***Beverages***

- 1 ■ Coffee and caffeinated drinks
- 2 ■ Soft drinks and energy drinks
- 3 ■ Alcohol

### ***Other Restricted Items***

- 1 ■ Fried foods
- 2 ■ Food additives, preservatives, and flavor enhancers

*“So Daniel resolved that he would not defile himself...” — Daniel 1:8*