

30-Day Prayer & Fasting Guide for



EXODUS TO EXPANSION: Moving by Faith. Building for the Future

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30 Days of Prayer & Fasting

Moving by Faith. Building for the Future.

Fasting Structure (Recommended)

Choose one:

- Fast from 6AM–12PM or 6AM-6PM (water only)
- Fast one meal per day
- Daniel Fast explained (Page 5-7)
- Fast media/social distractions

Every Thursday: Corporate Fast Day Prayer on Thursdays 12:00PM at the church and 7:00PM Via Conference Call

WEEK 1: CONSECRATION

Theme: Prepare the People

Day 1 – Sunday, March 1, 2026

Gratitude for 16 Years

Scripture: Psalm 100:4

Prayer: Thank God for every life changed in this building.

Day 2 – Monday, March 2, 2026

Repentance & Alignment

Scripture: Psalm 51:10

Prayer: Ask God to purify motives and align hearts.

Day 3 – Tuesday, March 3, 2026

Unity in the House

Scripture: Psalm 133:1

Prayer: Pray for unity among leaders and members.

Day 4 – Wednesday, March 4, 2026

Removing Fear

Scripture: 2 Timothy 1:7

Prayer: Rebuke anxiety about transition.

Day 5 – Thursday, March 5, 2026

Sensitivity to the Spirit

Scripture: John 16:13

Prayer: Ask for clear direction.

(Corporate Fast Day)

Day 6 – Friday, March 6, 2026

Strength for Leadership

Scripture: Isaiah 41:10

Prayer: Cover pastors and leaders in strength.

Day 7 – Saturday, March 7, 2026

Corporate Thanksgiving

Scripture: 1 Thessalonians 5:18

Prayer: Praise before provision.

WEEK 2: DIRECTION

Theme: God Goes Before Us

“The Lord went before them.” – Exodus 13:21

Day 8 – Sunday, March 8, 2026

Divine Guidance

Proverbs 3:5–6

Day 9 – Monday, March 9, 2026

Favor in Negotiations

Psalms 5:12

Day 10 – Tuesday, March 10, 2026

The Right Location

Isaiah 48:17

Day 11 – Wednesday, March 11, 2026

Open Doors

Revelation 3:8

Day 12 – Thursday, March 12, 2026

Closed Wrong Doors

Proverbs 16:9

(Corporate Fast Day)

Day 13 – Friday, March 13, 2026

Supernatural Clarity

James 1:5

Day 14 – Saturday, March 14, 2026

Confirmation

2 Corinthians 13:1

WEEK 3: PROVISION

Theme: When We Step, God Provides

“They crossed on dry ground.” – Joshua 3:17

Day 15 – Sunday, March 15, 2026

Financial Provision

Philippians 4:19

Day 16 – Monday, March 16, 2026

Faithful Tithing

Malachi 3:10

Day 17 – Tuesday, March 17, 2026

Expansion Seed

2 Corinthians 9:8

Day 18 – Wednesday, March 18, 2026

Debt Freedom for Members

Deuteronomy 28:12

Day 19 – Thursday, March 19, 2026

Unexpected Resources

Luke 6:38

(Corporate Fast Day)

Day 20 – Friday, March 20, 2026

Business & Career Increase

Psalms 90:17

Day 21 – Saturday, March 21, 2026

Overflow Mindset

Ephesians 3:20

WEEK 4: POSSESSION

Theme: Taking Territory

“You have stayed long enough at this mountain.” – Deuteronomy 1:6

Day 22 – Sunday, March 22, 2026

Courage

Joshua 1:9

Day 23 – Monday, March 23, 2026

Spiritual Authority

Luke 10:19

Day 24 – Tuesday, March 24, 2026

Protection During Transition

Psalms 121:8

Day 25 – Wednesday, March 25, 2026

Community Impact

Matthew 5:16

Day 26 – Thursday, March 26, 2026

Growth in Attendance

Acts 2:47

(Corporate Fast Day)

Day 27 – Friday, March 27, 2026

Next Generation Stability

Psalms 145:4

Day 28 – Saturday, March 28, 2026

Long-Term Sustainability

1 Chronicles 29:18

Day 29 – Sunday, March 29, 2026

Dedication of New Ground

Genesis 28:18–19

Day 30 – Monday, March 30, 2026

Celebration & Declaration

Isaiah 43:19

DAILY DECLARATION (Repeat Together)

We will not fear transition. God goes before us. We move when He says move.

We give when He says give. Provision meets obedience. We are not losing ground

We are taking territory. This is our Exodus to Expansion.

The Daniel Fast — Explained

What Is the Daniel Fast?

The **Daniel Fast** is a **biblically inspired partial fast** based on the life of the prophet **Daniel** in the Old Testament. It focuses on **spiritual growth through prayer, consecration, and clean eating**.

It is not just about food — it is about **humbling yourself before God, seeking clarity, and strengthening spiritual discipline**.

Biblical Foundation

1 Daniel 1:8–16

Daniel and his friends refused the king's rich food and wine and asked for:

- Vegetables
- Water

After 10 days, they appeared healthier than the others.

Principle:

They chose **conviction over comfort**.

2 Daniel 10:2–3

Daniel went into a 21-day period of mourning and prayer where he ate:

- No pleasant (rich) food
- No meat
- No wine

This is where the **21-day Daniel Fast** tradition comes from.

Principle:

He limited physical pleasure to heighten spiritual sensitivity.

What You Eat on a Daniel Fast

The Daniel Fast is **plant-based and whole-food focused**.

Allowed Foods

- Fruits
- Vegetables
- Whole grains
- Legumes (beans, lentils)
- Nuts & seeds
- Water
- Natural juices (no added sugar)

Avoided Foods

- Meat
- Dairy
- Bread with yeast (many avoid)
- Processed foods
- Fried foods
- Sugar & sweets
- Caffeine
- Alcohol

It is basically a **whole-food plant-based cleanse with a spiritual purpose.**

⌘ How Long Is It?

Most common:

- 10 days (Daniel 1)
- 21 days (Daniel 10)
- 30 days (Daniel 10 we just added 9 days)

Some people may want to do:

- 7 days
- 14 days
- 30 days (with guidance)

Spiritual Purpose of the Daniel Fast

The goal is NOT weight loss.

It is for:

- Spiritual clarity
- Breaking distractions
- Deepening prayer
- Seeking directions
- Repentance & humility
- Consecration before our new season

What Happens Spiritually?

When you remove:

- Sugar
- Stimulation
- Comfort foods
- Caffeine

You often become:

- More alert spiritually
- More disciplined
- More prayerful
- More sensitive to conviction

It quiets the flesh and strengthens the spirit.

Important Notes

- It is a **partial fast**, not total starvation.
- **People with medical conditions should consult a doctor.**
- It should be paired with **daily prayer and Scripture.**
- It is about heart posture, not food perfection.

Simple Definition

The Daniel Fast is: A temporary, plant-based fast done for spiritual focus, based on Daniel's example of choosing discipline and devotion over indulgence.