Ministry of Reconciliation A New Dimension



21 DAY DANIEL FAST

October 2026

MINISTRY OF RECONCILIATION
A NEW DIMENSION PARTNERSHIP OF CHURCHES
AND
Overflowing the Kingdom with the Supernatural

FAITH OPERATING WITH GOD'S MANIFESTATIONS

For [a]everyone born of God is victorious and overcomes the world; and this is the victory that has conquered and overcome the world—our [continuing, persistent] faith [in Jesus the Son of God]. **1 John 5:4 AMP**

The Purpose of this Fast is Revival in our personal lives, families, church, communities, and the nations.

It is for Fresh New Anointing, Wisdom, Spiritual Growth, Renewal, Guidance, and for Healing. We're expecting a New Fire, Revival, and Total Restoration!

WHAT IS FASTING

WHY DO WE DO IT?

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!



THE DANIEL FAST

A "Daniel Fast" is based on Daniel 10:2-3, which says that the prophet Daniel spent three weeks mourning and praying for the Jewish people. During this time, the Bible says Daniel "ate no tasty food" and abstained from meat and wine. No detailed list of foods is offered, but we can assume that he kept his diet very simple.

During a Daniel fast, the diet consists mainly of fruits and vegetables. Keep in mind that you should consume plenty of water. As with all forms of fasting, you may experience headaches, fatigue or irritability, because toxins that have been stored in your body will be released. Always consult a doctor before fasting if you have medical conditions such as diabetes or hypoglycemia, or if you are on medication.

This Daniel Fast is about laying everything down and picking up the word of God and seeking His face with our whole heart. We want to spend as much time as possible during our fast seeking God and just being in His presence. Food is just one thing we fast, if you know there are other things that are taking time away from God in your life go ahead and fast from those things too. In fasting, God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!

21-Day Daniel Fast
Meditation Readings

OCTOBER 11	I Corinthians : Chapters 1 thru 3
OCTOBER 12	I Corinthians: Chapters 4 thru 6
OCTOBER 13	I Corinthians: Chapters 7 thru 9
OCTOBER 14	I Corinthians: Chapters 10 thru 12
OCTOBER 15	I Corinthians: Chapters 13 and 14
OCTOBER 16	I Corinthians: Chapter 15 and 16
OCTOBER 17	2 Corthinthians: Chapters 1 thru 3
OCTOBER 18	2 Corthinthians: Chapters 4 thru 6
OCTOBER 19	2 Corthinthians: Chapters 7 thru 9
OCTOBER 20	2 Corthinthians: Chapters 10 and 11
OCTOBER 21	2 Corthinthians: Chapters 12 and 13
OCTOBER 22	Hebrews: Chapters 1 and 2
OCTOBER 23	Hebrews: Chapters 3 and 4
OCTOBER 24	Hebrews: Chapters 5 and 6
OCTOBER 25	Hebrews: Chapters 7 and 8
OCTOBER 26	Hebrews: Chapters 9 and 10
OCTOBER 27	Hebrews: Chapters 11 and 12
OCTOBER 28	Hebrews: Chapters 13
OCTOBER 29	1 John: Chapters 1 thru 3
OCTOBER 30	1 John: Chapters 4 and 5
OCTOBER 31	

Words and Revelations From God

October 2026 Daniel Fast

Use these pages for notes, words or revelations from the holy spirit, blessings, answered prayers, or anything else you've received during your time of fasting and praying.

DANIEL FAST FOOD AND DRINK LIST

All Whole Grains
(Fresh, Frozen, Dried, or Canned)

Brown Rice	Oats	Barley
Buckwheat	Bulger	Corn
Grits	Millet	Quinoa
Popcorn	Whole Wheat	Wild Rice

Legumes
(Fresh, Frozen, Dried, or Canned)

Black Beans	Black Eyed Peas	Chickpeas
Peas	Cannellini Beans	Dried Beans
Lentils	Kidney Beans	Pinto Beans
Split Peas	White Beans	

Fruits
(Fresh, Frozen, Dried, or Canned)

Apples	Apricots	Bananas
Blackberries	Blueberries	Boysenberries
Cherries	Cranberries	Dates
Figs	Grapes	Grapefruit
Guava	Kiwi	Lemons
Limes	Mangoes	Melons
Nectarines	Oranges	Papayas
Peaches	Pears	Pineapples
Plums	Prunes	Raisins
Raspberries	Strawberries	Tangelos
Tangerines	Watermelon	

Vegetables
(Fresh, Frozen, Dried, or Canned)

Artichokes	Eggplant	Peppers
Asparagus	Garden Cress	Potatoes
Beans	Garlic	Radishes
Bean Sprouts	Ginger Root	Rutabagas
Beets	Jicama	Spinach
Broccoli	Kale	Sweet Potatoes
Brussel Sprouts	Leeks	Tomatoes
Cabbage	Lettuce	Turnips
Carrots	Mushrooms	Turnip Greens
Cauliflower	Okra	Zucchini
Celery	Onions	Veggie Burgers
Corn	Parsnips	
Edamame	Peas	

Others

Liquid Oils: Canola, Corn, Grape Seed, Olive, Peanut, Safflower, Soybean, Sunflower

Nuts & Seeds: Almonds, Brazil nuts, Cashews, Filberts, Peanuts, Pecans, Pumpkin Seeds, Sesame Seeds. Sunflower Seeds, Walnuts & Nut Butters

Liquids: Water, 100% All-Natural Fruit Juices, & 100% All-Natural Vegetable Juices

Foods to Avoid

All Meat & Animal Products (beef, lamb, pork, poultry, & fish)	All Dairy Products (Milk, cheese, cream, butter, and eggs)
White Rice	Fried Foods
Caffeine	Carbonated Drinks
Food Containing Preservatives or Additives	Refines Sugar and Sugar Substitutes
White flour and all products using flour	Margarine, Shortening, & High-Fat Products

Other Things to Avoid

Negative Words Social Media TV