

THE FASTING GUIDE



BY PASTORS STANTON & TECKLA GILMORE

Deny Yourself, Take up Your Cross
and Follow Jesus

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Elim Christian Fellowship Fast

March 16 - April 5, 2026

Introduction

Often a 21-day period of prayer and fasting, at the beginning of the new year is held to seek God's presence, guidance, and spiritual reconstruction, reconciliation, and restoration for renewal for the upcoming year. The specific prayer points during this time often include themes like:

- **Spiritual reconstruction, reconciliation by renewal of the mind:** revival within individual lives and the church community.
- **Restoration:** being of one mind and in unity with God
- **Seeking God's will and direction:** for the church's mission, individuals' lives and overcoming obstacles in this year.

Deepening personal relationship with God and aligning with God's priorities.

The purpose of these fasts is not to change God, but to transform the participants, and align our church family and individual lives with God for this year.

Remembering:

Matthew 16:24; Mark 8: 34; and Luke 9:23. Jesus instructs his followers that discipleship requires self-denial and willingness to endure hardship for His cause; example (**fasting**), denying ourselves, removing distractions, humble ourselves , and become more open to God's leading, often in the context of specific prayers for ourselves, our community and the wider Body of Christ.

Fasting Instructions

Prayer and fasting bring God's healing by humbling the individual, strengthening faith, and aligning the human will with God's, allowing for greater spiritual sensitivity.

This practice breaks dependency on the physical, fostering relationship with God which clears the way for spiritual emotional and physical restoration.

- Fasting and prayer are focused spiritual practices where individuals abstain from certain foods, drinks, or activities for a set period (often from 72 hours up to 40 days) to draw closer to God, seek guidance, breakthrough, or spiritual cleansing, involving dedicated prayer and scripture reading, and reflection to enhance focus on God for spiritual needs.
- Make time for focused prayer every day during your fast.

What to focus on in 2026

- **Seek breakthroughs:** Use prayer and fasting as a spiritual discipline to overcome barriers and seek breakthroughs in your life, finances, or relationships, etc.



How to fast and pray:

1. Make a private vow with God:

Keep your fast between you and God.

2. Identify your desire:

Clearly express the breakthrough you are seeking.

3. Identify obstacles:

Pinpoint the main hindrances in your life.

4. Choose what to fast from:

Select a sacrifice, such as food, sweets, social media, or television, that will create time for prayer.

5. Determine the duration:

Decide on the length of your fast, whether it's a few days, a few weeks, and specific number of hours each day.

6. Schedule prayer time:

Make time for prayer every day during your fast.

How To Approach Your Fast

- **With Discipline and intention:** Remember that fasting without prayer is just dieting. Your primary focus should be on prayer and spending time with God, and to seek breakthrough.
- **Embrace restoration:** Focus on renewing your mind and being reconciled to God and restoration, which speaks to God's ability to rebuild and renew.
- **Find rest in Christ:** Lean into the invitation of Matthew 11:28-30, where Jesus offers rest to those who are weary.
- **Expect a new season:** Anticipate a new season of breakthroughs and profound success, with the potential for supernatural fruit and a divine breakthrough in your life.
- **Seeking God's guidance:** Use the time to listen for God's voice and discern His will for the year, as He can provide a clear path forward, particularly when you have multiple options or feel uncertain.
- **Gaining wisdom and clarity:** Fasting helps quiet the noise of life, making you more sensitive to the Holy Spirit's leading. It's a way to gain clarity on His plans for your life.
- **Repentance and spiritual reset:** Some use the start of a new year to repent of sins and start fresh with God, turning away from past issues that weigh you down.
- **Humility and intimacy:** Fasting is a way to humble yourself before the Lord, which can lead to a deeper, more intimate relationship with Him.
- **Praying for specific needs:** Fasting can be a powerful tool for specific requests, such as for relationships with family and friends and broken marriages, a new job, healing for a loved one, or for the salvation of friends and family.

Prayer Instructions

Pray between 5-6 AM, 12-1 PM, 6-7 PM and as often as you can.
(Make seven copies of this page to use each week, handwritten or photocopy).

**Father, hallowed be thy name, thy kingdom come,
thy will be done in earth as it is in heaven.**

1. *COMMAND YOUR DAY*

When you wake up, start your prayer by commanding your day.

Today oh Lord, grant me the peace that surpasses all understanding, grant me the unity and harmony needed for the day; I in you and you in me, and you in the Father. Give me the health, wealth and strength needed to speak and function for today. Pull down every strong hold and every evil that rises against me today and pluck up every obstacle from my path and cast down the strategies of the enemy today.

The Lord my God will light my candle; He will enlighten my darkness. Oh God, make my fingers to fight and my hands to war that a bow of steel may be broken by my arms. Cause me to run through troops and leap over walls. Oh God, you have given me the necks of my enemies that I may beat them small as the dust before the wind; I cast them out like dirt in the street. Make my feet like hind's feet and set me upon my high places, and I shall not be moved. You Oh God have set me above and not beneath. You have made me to be victorious and not defeated. You have made me to be the head and not the tail and I give you all the praise in Jesus's name.

2. **NEXT:** Your daily prayer from the prayer journal here, with your petition.

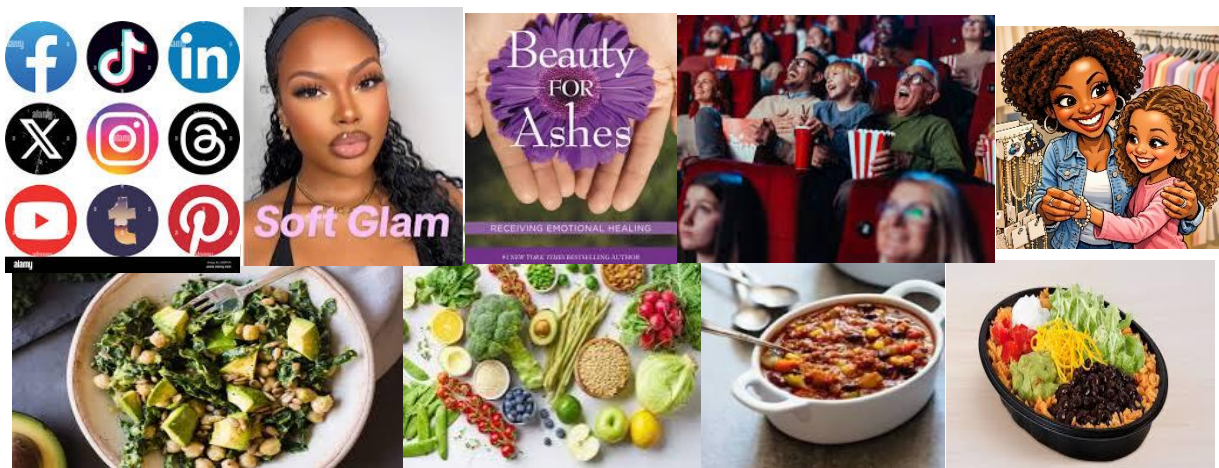
3. **NEXT:** Thank God for hearing your prayer and his answer.

Types of Fasting Choices

- **The Daniel Fast** is a common option where participants consume only fruits, vegetables, whole grains, nuts, and water/juice, while abstaining from meat, dairy, sweets, and processed foods daily.
- **Complete Fast** (water/liquids only).
- **Partial Fast** (abstaining from food during specific hours of the day, e.g., 6 a.m. to 6 p.m.).
- **Selective Fast** (giving up a specific food item, like meat or caffeine, or non-food items like social media or television).
- **A shopaholic fast** (fast from purchasing things you want or like, (purchase things that are for sustenance only).
- **Entertainment fast** (fast from fun entertainment; going out the movies, theater, parties, and unnecessary gatherings for fun entertainment).
- **Ashes for beauty fast** (fast from wearing make-up, the fancy hairdos, going to the beauty parlor and salon).
- **Fasting from unnecessary communication** (choose non-work hours in which to fast from your phones, making and receiving phone calls and text).

What will you fast from? When or what time will you fast? What will your fast look like?

Will you fast from shopping, entertainment, give up beauty for ashes, or social media?



Understanding Your Authority

Knowing who you are, whose you are and understanding your authority is important.

During your time of fasting exercise your God-given privilege and authority. God has given you authority to speak as a follower, a disciple, as a child of God. Practice speaking God's word. God said his word will not return void but it will accomplish that which His Word was sent out to accomplish. Whatsoever you bind on earth is bound in heaven.

Because of who we are our speech has great power as children of God. **(so, speak Godly, speak peace & righteousness)** Align your prayers with God's word, which is the mind of Christ and your prayer will fit into God's will. **(God answers prayers that are aligned with Him, with the mind of Christ).**

To fully understand the focus of the fast, let us answer these questions:

Why do we need to renew our minds to be reconciled with God?

Answer: agreement. God does not think the way we do; to understand God and think like God our minds must be renewed. We must become spiritually minded **(See Romans 8:1-15)**. Only then can we be reconciled, united with God once we are **reconciled** with God we can be **restored**.

What does it mean to be restored?

Answer: To be among the many sons that Jesus Christ brings to glory. Jesus was made a little lower than the angels and crowned with glory, He was crowned with glory in his humanity suffered and died for us. **(See Hebrews 2:5-18)**

What does it mean that God is 3 persons but one God?

Answer: The Father the Son and the Holy Spirit the three distinct co-equal persons of the Trinity, they are (1) God because they are in unity, they have (1) mind. The 3 are always in agreement. **(see John 5:19-23. Jesus can do nothing of himself)**

We need to renew our minds, be crucified with Christ and be in unity with Christ to manifest as sons of God.

Week One

The Focus for this Week is Unity in Christ Jesus

John 17: 21-23

“I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.”

Day 1: Ask God for mercy, and protection for you and your family from all evil and to cover you and your household from the strategies of the enemy. (Your petition here).

In Jesus Name

Day 2: Pray for unity in Christ for your family and yourself. (your petition here).

In Jesus Name

Day 3: Pray for the renewing of your family and your minds. (your petition here).

In Jesus Name

Day 4: Pray for God’s guidance and will for your family and yourself to be one in Christ. (your petition here).

In Jesus Name

Day 5: Ask God to help you and your family to put away worldly thinking for spiritual thinking that pleases Him. (your petition here).

In Jesus Name

Day 6: Ask God to help you to know your purpose and to help you guide your children in the way of their purpose, that they will find unity in Christ. (your petition here).

In Jesus Name

Day 7: Ask God to deliver you and your family from all mental and emotional bondage that will keep your family and you from unity in Christ Jesus. (your petition here).

In Jesus Name

Week Two

I Am Crucified with Christ

“I am crucified with Christ: nevertheless, I live; yet not I, but Christ live in me: and the life I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me.” (Galatians 2:20 KJV)

Who is like the Lord? (see Psalm 18: 25-26), Example: with the pure he shows himself pure, with the blameless he shows himself blameless and with the merciful he shows himself merciful. Read Psalms 51:1-19 with understanding

Day 1: Pray, Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me by Your generous Spirit.

(Remember God’s requirements) Behold, You desire truth in the inward parts, And in the hidden parts, you will make me to know wisdom. The sacrifices of God are a broken spirit, a broken and contrite heart, These O God, You will not despise. (make your petition for mercy and grace here and ask God to help you develop in your purpose) Psalm 51:6, and 10-12, and 17.

In Jesus Name

Day 2: The Lord is your shepherd you shall not want. But if you need, pray (list your family and your petition here) and ask God, seek and you shall find, knock and it shall be open to you. (Matthew 7:7)

In Jesus Name

Day 3: The Lord is your light and your salvation; whom shall you fear? The angels of the Lord encamped around you to keep you in all your ways. (List your prayer petition here) When the enemy approaches you whether it's in the workplace, or on your doorstep, or in the street, or wherever, pray your enemies shall stumble and fall, pray your enemies will not be able to rise up, your enemies must bow in the name of Jesus of Nazareth. The enemy is under your foot in Jesus' name.

In Jesus Name

Day 4: Pray and put on the whole armor of God, that you may be able to stand against the wiles of the devil. (Your prayer petition here). Ask God to deliver you out of the hand of the enemy and the avenger. Say God of heaven and earth make my feet like hinds feet and set me upon my high places and say unto me thou shalt not be moved. And set me upon a rock that my head would be lifted up above my enemies around me. Oh Lord, say unto me sit thou at my right hand till I make thy enemies thy footstool.

In Jesus Name

Day 5: I am in Christ and Christ is in me; therefore I can do all things through Christ who strengthens me. Nothing is impossible for God or with God. (your petition here).

In Jesus Name

Day 6: Many are the afflictions of the righteous, but God will deliver us out of them all. (List your petition of afflictions) And the God who answers by fire will answer your petition as well.

In Jesus Name

Day 7: 'Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully. He shall receive blessings from the Lord (Psalm 24:3-5). Invite God into your life, (make your invitation, and petition here). And God will say to you, "lift up your heads O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in." Psalms 24:7.

In Jesus Name

Week Three

By His stripes, we are healed

Jesus, “Himself bore our sins” in his body on the cross, so that we might die to sin and live for righteousness; by his wounds, we have all been healed”. By his sacrifice, we have been set free from sin, and through his death we have eternal life. (1 Peter 2:24-25)

Day 1: Lord Jesus, thank You for bearing my sins on the cross. You bore the weight of them so that I would be set free. Help me live victoriously in the healing You provided for sin and alive in You. Your precious wounds have healed me; I will never forget this. I praise You for leaving the ninety-nine to find me. I was like a sheep going astray, but by Your sacrifice, you have brought me back and healed me from my transgressions. How wonderful You are, God! Shepherd and Overseer of my soul. (add your petition here). I praise Your holy name, amen. (Psalms 147: 3).

In Jesus Name

Day 2: Lord, how I need Your healing touch from head to toe. Not only is my physical body weary, but my mind and soul are weary as well. Please heal me, O Lord, and I shall be healed! Save me, and I shall be saved! You are my praise. I trust Your word more than any other message. Let Your words of comfort reach my ears. Put my enemies to shame as You prove Yourself faithful again and again. I seek You more than my daily bread, and I love You more than my life. I trust You today for complete healing, (your petition here) in the mighty name of Jesus, amen. (Jeremiah 17:14-1)

In Jesus Name

Day 3: Holy God, You are the God of all comfort, healing my fragile heart and carefully binding my wounds. Please put the pieces back together and make me whole again! I trust You to heal my pain, replacing sorrow with the joy of Your presence. For at Your right hand are pleasures forevermore (Psalm 16:11). I seek Your comfort now, drawing close to You as You draw close to me. I rest in Your loving embrace as You tenderly heal every part of me (Add to your petition here.) In Jesus’ name, amen.

In Jesus Name

Day 4: “Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.” (Psalm 103:2-5) (add your petition here) in Jesus’s name.

In Jesus Name

Day 5: Gracious God, I bless You wholeheartedly and thank You for all Your excellent benefits. I am forgiven, healed, redeemed, and crowned. This is only by Your hand, Father, and I am humbly grateful. I believe David’s words that You heal all my diseases, and I trust You to hear my cry for help. Just as all my iniquities have been cast into the sea, every sickness (petition your sickness here) and disease is cast out. Thank You for redeeming my life and saving me from sin and death. I rejoice that I am crowned with steadfast love and mercy, satisfied with good things, renewed and restored. Bless the Lord, O my soul. Lord God, I know I live in a fallen world of sickness and disease. Please sustain me when I’m ill and work through my body with complete healing and restoration. You know every cell in my system, for You fashioned me in my mother’s womb. Lord, please eradicate all sickness (name your sickness and disease), in Jesus’ mighty name, amen.

In Jesus Name

Day 6: Holy God, You see my suffering more than anyone, yet You provide trusted pastors to pray for me and anoint me with oil. Help me step outside my comfort zone and call on my church leadership for intercession. I trust that the prayer of faith will save me from this sickness. (Your list sicknesses here). Is anyone suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the church’s elders, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up.” (James 5:14)

In Jesus Name

Day 7: Today, we pray for the healing of marriages; What God joined., no one shall separate, (Mark 10:9) (Ephesians 4:32 forgiving one another), and (Ecclesiastes 4:12). (place your petition here about the things you want God to heal in your marriage or relationships, etc.). In Jesus’ name.

In Jesus Name

Legume Recipe: for necessary proteins; and herbs are nutritious and full of benefits but check with your doctor to make sure you are able to use the following herbs and spices. (c = cup)

Soup Base:

2 c - of celery diced chopped

1 c - of onions diced chopped

2/3 c - of scallion, half-inch thick chopped 1/2 c - parsley, finely chopped

1 tsp - of dried thyme, or 4 sprigs of fresh thyme

1 tsp - of dried oregano, or 4 sprigs of fresh oregano

Half of a medium-sized squash, diced into 1-inch squares

64 oz. of vegetable broth

Place the chopped vegetables and herbs all in a large pot.

Bring to a boil in 64 ounces of broth, then allow to simmer 15 minutes before adding 64 ounces of water and your choice of bullion flavoring as needed and season to taste with black pepper and a little seasoning salt; allow the soup to simmer and reduce to the thickness/desired consistency, afterwards, add your choice of the following:

1. (Adding 2-3 cans of any kind of beans or peas you like, to make a peas or bean soup)
2. (Adding largely chopped potatoes, sweet potatoes, chunked carrots and 1&1/2 cup of frozen mixed vegetables or frozen green peas for a vegetable soup).
3. (Adding different types of taro roots with frozen mixed vegetables).

To make stew peas, or beans that could be put on top of rice: Use ½ the amount of the soup, base veggies, and herb, add, 2 cups of broth or water bring to a boil and then allow to simmer 10 minutes, then add two cans of beans or peas and bullion and seasoning to taste and allowed to simmer another 10 to 15 minutes,

add a little water if needed stew peas or beans should be thick enough to spoon out over rice.

Medical guidance is always a plus. Consult with your doctors about the following food charts. Find out from your doctor which foods are best for you. It's important to speak with your doctor if you have food restrictions. Make good decisions and make healthy choices about foods with your doctor's help, to ensure good health.

EAT THE RAINBOW

RED

- Heart Health
- Lowers Cancer Risk
- Rich in Antioxidants
- Vitamin C
- Lycopene
- Anthocyanins

ORANGE

- Rich in:
- Beta-Carotene
- Vitamin C
- Potassium

YELLOW

- Rich in:
- Fiber
- Vitamin C
- Vitamin B6
- Potassium

GREEN

- Rich in:
- Vitamins K & C
- Folate
- Iron
- Magnesium

BLUE / PURPLE

- Rich in:
- Anthocyanins
- Resveratrol
- Vitamin K
- Magnesium

WHITE / BROWN

- Boosts Immunity
- Lowers Cancer Risk
- Anti-Inflammatory
- Rich in:
- Fiber
- Potassium
- Magnesium

- Rich in:
- Fiber
- Potassium
- Magnesium
- B Vitamins
- Zinc
- Selenium

Include white/brown: garlic, onions, mushrooms, potatoes, cauliflower, nuts, beans, oats, whole grains, ~~oat~~/whole grains

ANTI-INFLAMMATION FOODS

Vegetables

- Arugula
- Beets
- Broccoli
- Cabbage
- Cauliflower
- Collard greens
- Eggplant
- Garlic
- Green beans
- Lettuce
- Okra
- Pea snap
- Spinach
- Sweet potatoes
- Turnip
- Asparagus
- Bok choy
- Brussels sprout
- Carrot
- Celery
- Edamame
- Enokitake
- Ginger
- Kale
- Mushroom
- Onion
- Shiitake
- Swiss chard
- Tomato
- Zucchini



Fruits

- Apple
- Avocado
- Blackberry
- Cherry
- Cranberry
- Figs
- Grape
- Honeydew melon
- Kiwi
- Lime
- Nectarine
- Peach
- Pineapple
- Pomegranate
- Strawberry
- Apricot
- Banana
- Blueberry
- Cloudberry
- Elderberry
- Gooseberry
- Grapefruit
- Huckleberry
- Lemon
- Marionberry
- Orange
- Pear
- Plum
- Raspberry
- Watermelon



Nuts

- Almond
- Cashew
- Chia seed
- Flaxseed
- Hemp seed
- Pecans
- Pistachio
- Walnut



Oils

- Avocado oil
- Flaxseed oil
- Grapeseed oil
- Olive oil
- Rapeseed oil



Whole Grains

- Barley
- Basmati rice
- Brown rice
- Buckwheat groats
- Buckwheat noodles
- Japanese soba
- Japanese udon
- Organic pasta
- Quinoa
- Rice noodles
- Steel-cut oats
- Wholemeal pasta
- Wild rice



Seasoning

- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Chili pepper
- Cinnamon
- Clove
- Cumin
- Curry powder
- Fennel
- Fenugreek
- Oregano
- Rosemary
- Thyme
- Turmeric



Dairy

- Almond milk
- Eggs
- Low-fat dairy
- Natural cheese
- Yogurt (low-fat)
- Soy milk



Legume

- Adzuki beans
- Anasazi beans
- Black beans
- Chickpea
- Lentils
- Peanuts
- Tempeh
- Tofu



Proteins

- Black cod
- Butterfish
- Herring
- Mackerel
- Salmon
- Sablefish
- Sardines
- Skinless poultry
- Sockeye
- Tuna



Beverages

- Chamomile tea
- Coffee
- Cocoa
- Ginger tea
- Green smoothies
- Green tea
- Matcha tea
- Oolong tea
- Water
- White tea



- Boost anti-inflammation: **Turmeric + Black pepper**
- Maximize lycopene: **Tomatoes + Olive oil**
- Enhance natural protection: **Broccoli + Tomatoes**
- Enhance antioxidants: **Green tea + Lemon**
- Unlock nutrients: **Greens + Healthy fats**



INFLAMMATION FOODS

Refined carbs

- Biscuits
- Cakes
- Cookies
- Flour tortillas
- Pastries
- White bread
- White pasta



Processed meats

- Burgers
- Bacon
- Chorizo
- Ham
- Hot dogs
- Salami
- Sausages



High-Sugar foods

- Alcohol
- High-fructose corn syrup
- Juice drinks
- Milk chocolate
- Soda
- Sports drinks
- Sweets



Saturated fats

- Butter
- Coconut oil
- Lard
- Palm kernel oil
- Palm oil
- Unskinned poultry



High-Omega 6 oils

- Corn oil
- Cottonseed oil
- Safflower oil
- Sunflower oil



Trans fats

- Margarine
- Shortening

Fried foods

- Crisps
- French fries



- Pick **colorful** fruits and vegetables.
- Replace sugary drinks with **sparkling water**.
- Ask your doctor about supplements.
- Swap processed snacks for **whole foods**.

NON-TRADITIONAL ROOT VEGETABLES

Gluten-Free & Low Glycemic



Sunchokes
(Jerusalem Artichokes)
Gluten-Free & Low Glycemic
110 Calories per cup
2.4g Fiber | GI: 33



Purple Sweet Potatoes
Gluten-Free & Low Glycemic
114 Calories per cup
27g Fiber | GI: 15



Rutabaga
Gluten-Free & Low Glycemic
50 Calories per cup
12g Carbs | 4g Fiber

Celeriac
(Celery Root)
Gluten-Free & Low Glycemic
65 Calories per cup
14g Carbs | 2.8g Fiber

Yacon
Gluten-Free & Low Glycemic
178 Calories per cup
3g Fiber | GI: 1



Taro
Gluten-Free & Low Glycemic
187 Calories per cup
46g Carbs | 7g Fiber



Taro
Gluten-Free & Low Glycemic
187 Calories per cup
7g Fiber | GI: 53



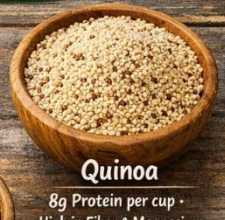
Yautia (Malanga)
Gluten-Free & Low Glycemic
132 Calories per cup
5.4g Fiber | GI: 50

PLANT-BASED PROTEINS

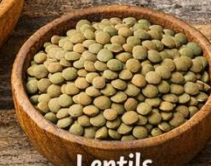
Healthy Sources of Protein & Nutrients



Tofu
15g Protein per serving
Rich in Calcium & Iron



Quinoa
8g Protein per cup
High in Fiber & Magnesium



Lentils
18g Protein per cup
High in Iron & Folate



Chia Seeds
5g Protein per oz
High in Omega-3 & Fiber



Chickpeas
15g Protein per cup
High in Fiber & Folate



Edamame
17g Protein per cup
Rich in Vitamins & Antioxidants



Pumpkin Seeds
7g Protein per oz
High in Zinc & Magnesium



Nuts
Good Protein Source
Packed with Healthy Fats



Tempeh
21g Protein per serving
High in Probiotics

Foods to Lessen Arthritic Pain

Best Foods for Joint Health



Fatty Fish

Turmeric

Ginger

Berries

Leafy Greens



Leafy Greens



Nuts & Seeds



Olive Oil



Garlic



Garlic



Cherries

Top Anti-Inflammatory Foods



Tomatoes

Garlic

Green Tea

Avocados

Cherries



Broccoli



Turmeric



Nuts & Seeds



Extra Virgin Olive Oil



Leafy Greens



Fatty Fish



Fatty Fish



Broccoli



Green Tea



Avocados



Grains



Olives



Whole Grains



Leafy Greens



Fatty Fish



Dark Chocolate



Whole Grains



Ginger



Broccoli



Whole Grains

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“Fasting and prayer, when done in the right way, with godly motives and total abandonment to God's will, predisposes us to God's revelation, inclines us to God's will, cleanses and purges our hearts of idols in all their forms.”

-William F. Kumuyi