A man in a dark suit is kneeling in profile, facing right, with his hands raised in prayer. The background is a dark, textured space with a large, bright, glowing sun or moon in the upper center, creating a lens flare effect. The overall mood is contemplative and spiritual.

WALKING
WITH
GOD

DANIEL | FAST

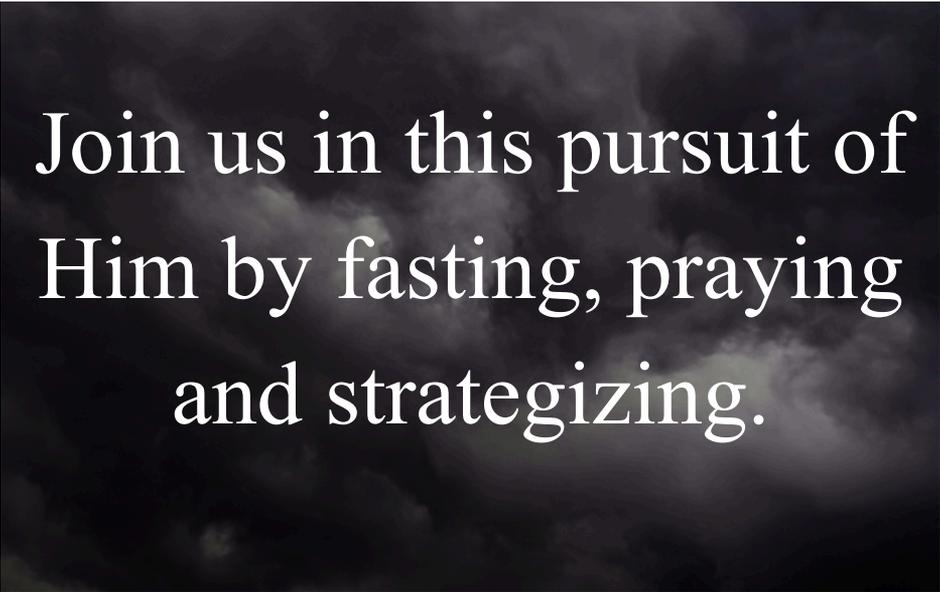
THE ENOCH COMPANY - WALKING WITH GOD

21 DAYS
— OF —
PRAYER &
FASTING
2026 DANIEL FAST

SO I TURNED TO THE LORD GOD AND
PLEADED WITH HIM IN PRAYER AND
PETITION, IN FASTING, AND IN SACKCLOTH
AND ASHES.
DANIEL 9:3



NEW HORIZON CHURCH
JANUARY 2026



Join us in this pursuit of
Him by fasting, praying
and strategizing.

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REFORMERS

JAN 29 - FEB 1, 2026 KEY NOTE SPEAKERS

BETHANY HICKS

IVAN ROMAN

CHE' AHN

DWAIN WOLFE

JANE HAMON

JUDAH | ARISE

2026 PROPHETIC SUBMIT

FOREWORD

As pastors of New Horizon, we believe that Jesus Christ came to bring us into the Royalty of Sonship. When we yield to Him through sacrifice and obedience, He changes everything - from how we think about ourselves, to how we interact with each other, and even our place in society. Every year we invite fellow believers to take some time to dedicate themselves to the furthering of your transformation and the influence you are called to bring to earth - as a delegate of heaven.

If you need grace to walk with Him, a purpose that wakes you up, answers to your future, breakthrough in relationships, or want to make a difference, join us in this pursuit of Him through prayer, fasting, and strategy for 21 days.

We've set aside 21 days to pursue three primary goals. We are fasting and praying for personal revival and breakthrough, a stronger church and a more effective Kingdom in culture and society.

We are God's answer to our generation, we are the tipping point and those who will accomplish the miraculous. We are the Ekklesia. For us to see all of this come to pass, we are joining together in a Daniel Fast that engages our BODY, MIND, and SPIRIT through the following:

Sacrificial Fasting

This is the BODY element of the 21 days. This is a purposeful giving up of certain foods and specific activities. These things are perfectly lawful and allowable, but we will sacrifice them because we want Him more, we love Him more and we want His Kingdom to come.

Passionate Prayer

This is the SPIRIT element of our 21 days. We are entering a planned and purposeful increase of frequency, duration, and intensity in our personal and our corporate prayer life for these 21 days. There will be many challenges and opportunities we want you to embrace.

Purposeful Hearing, Meditating and Strategizing

This is the MIND element of our 21 days. We will spend time in intentional focus on what God needs from you, what you need from God, and what He has for your life in 2025. We'll do this with readings, devotionals, meetings and guest speakers.

You are about to embark upon 21 days of fasting, prayer and strategic listening that will change your life, your church, your region, and the world.

Let us begin our 21-day period with humility and repentance, as it was with Jehoshaphat in 2 Chronicles 7:14:

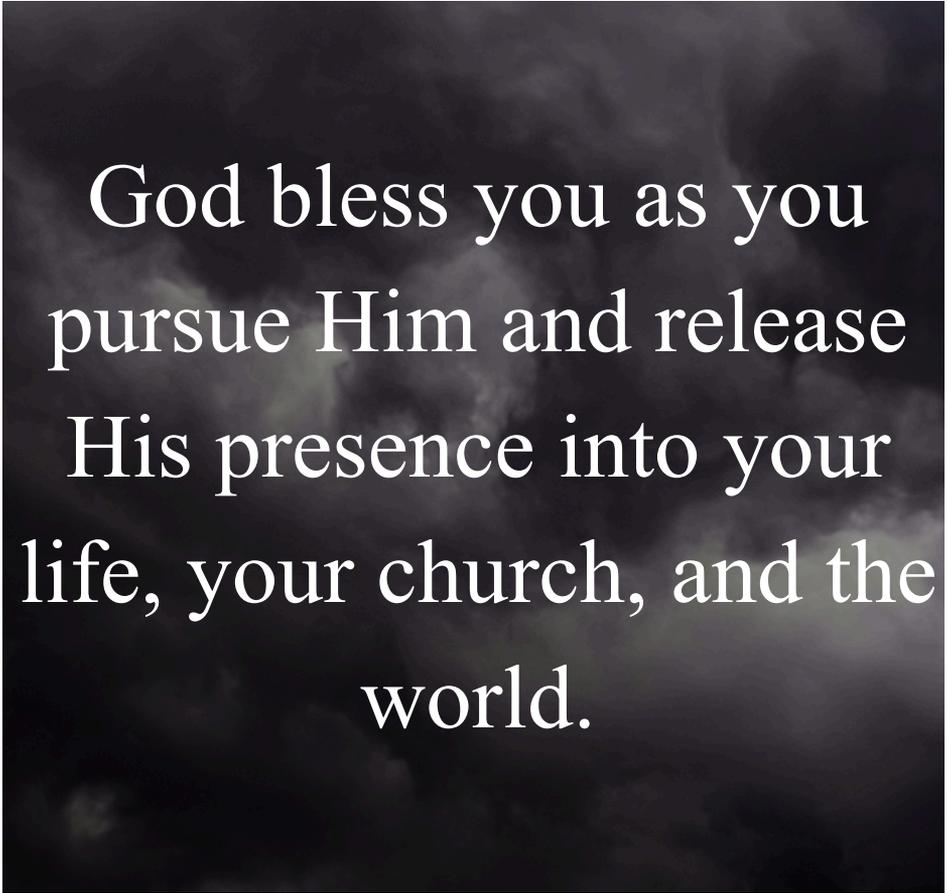
...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

Coming from this heart of humility, expect God to meet you during and following the 21-day period. Each prayer, each gathering, each sacrifice, and each year builds spiritual momentum.

This booklet is meant to complement your experience during this 21-day period. You'll find fasting tips, prayer guides, and food suggestions. God bless you as you pursue Him and release His presence into your life, your church, and the world.

With blessings and courage,

Pastors Dwain and Joel Wolfe
New Horizon Church



God bless you as you
pursue Him and release
His presence into your
life, your church, and the
world.

FAST - BODY
PRAY - SPIRIT
STRATEGIZE - MIND

DANIEL AND THE CONCEPT OF FASTING: INTRODUCTION

We invite you on a 21- day fast inspired by Daniel's story in Daniel 10. In a time of hardship, Daniel set aside luxuries, abstaining from certain foods and comforts, to draw near to God. His dedication and sacrifice brought break through for himself and for Israel. Daniel's life exemplifies the power of prayer and fasting as tools for personal and cultural transformation.

Daniel lived during Old Testament times when Israel was in captivity in Babylon. Daniel was a man who loved and served God. He set himself apart from the situation he found himself in and sought God through passionate prayer, sacrificial fasting, and a set-apart lifestyle. Through his willingness to engage in fasting and prayer, there was a spiritual victory that impacted nations. Daniel became an influencer and saw the hand of God move on his behalf as well as for the Jewish people.

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. On the twenty-fourth day of the first month, as I was standing on the bank of the great river the Tigris, I looked up and there before me was a man dressed in linen, with a belt of the finest gold around his waist. Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. A hand touched me and set me trembling on my hands and knees.

He said, “Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you.” And when he said this to me, I stood up trembling. Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.”

-Daniel 10:2-13

Daniel had developed a habit of fervent prayer three times each day. When Daniel saw that the prophetic word about the restoration of Israel had not come to pass, he added fasting to his prayer schedule.

The end of this passage says Daniel also included sackcloth and ashes. In those days, if you were deeply grieved by something, you would go into mourning. The external mourning was due to the mourning of the soul. Fasting and mourning were practiced together. You laid aside the comforts of life and physically wore sackcloth (extremely uncomfortable) and rubbed your body with ashes (very drying and uncomfortable as well). Daniel was grieved that what God had promised was not yet fulfilled. The time for liberation was fulfilled, yet the people of God were still in bondage.

Three days after his 21 days of mourning and fasting over Israel, an angel of the Lord broke through to Daniel with answers. Daniel was told it was his persistent prayers and sacrificial fasting that empowered angelic forces to break through spiritual resistance and bring Daniel an answer to his prayers.

The Power of Fasting

Through a lifestyle of devoted prayer, sacrificial fasting, and faith, Daniel's persistent intercession brought spiritual victory. This 21-day fast is designed to engage in the same focused prayer for breakthrough. Just as Daniel faced resistance, we, too, live in trying times. Persistent prayer and fasting empower us to overcome and bring heaven to earth.

What is the Daniel Fast?

During his fast, Daniel abstained from meat, sweets, wine, and personal comforts. Similarly, we encourage you to define your own Daniel fast—sacrificing food, habits, or comforts to create space for increased prayer. Fasting helps us refocus, “detox” our minds, and commit to seeking God more intentionally.

“I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” - Daniel 10:3

Why Fasting is Essential

Fasting has been a practice across centuries, with examples from Jesus to early church leaders and revivalists. Jesus assumed fasting as part of a believer's life, saying, “When you fast...” (Matthew 6:16-18), not “IF” you fast. When we set time apart for fasting, we open ourselves to hear from God more clearly and position ourselves to partner with Him in His purposes.

Fasting and setting apart a time to hear from God at the beginning of the year is giving a first fruit offering to the Lord. The first fruit principle is how the “whole” of a thing is sanctified. The whole of the year will be sanctified, as you seek the Lord for His wisdom and favor during these 21 days.

If you are facing anything that is bigger than you, then you need to fast. If you have a longing for more of God's presence, then you need to fast. If you have a God-sized dream and a human-sized capacity, then you need to fast.

Different Approaches to Fasting

In its purest Biblical form, fasting refers to giving up earthly food for spiritual food. Instead of eating things that are totally legal and acceptable, a Christian will pray and meditate on the Bread of Life, and minister to the Lord, while listening for direction and breakthrough. A fast is the decision to put strict discipline to our fleshly satisfaction, and in turn, seek spiritual satisfaction.

Here are different types of fasts:

- **Complete Fast:** Abstain from all food, drinking only water.
- **Partial Fast:** Limit diet to simple, healthier foods, focusing on prayer instead of meal times.
- **Lifestyle Fasts:** Set aside non-food comforts or distractions like social media, TV, or entertainment, dedicating that time to prayer.

Just as important as giving up something is the prayer that you are to replace it with. Fasting is not simply going without food; fasting is exchanging food for spiritual growth.

Note: Before starting, consult a physician if you have health concerns so you can construct your fast around wisdom.

Benefits of Fasting and Prayer

Fasting can bring about miraculous results. Nothing better positions you before God to hear and be heard. Nothing obtains mercy and grace like fasting combined with prayer, because it's a demonstration of faith, sacrifice, and trust.

Fasting is eating the meat of God's will. You are choosing to elevate the will of God in the earth.

Meanwhile, his disciples urged him, “Rabbi, eat something.” But he said to them, “I have food to eat that you know nothing about.” Then his disciples said to each other, “Could someone have brought him food?” “My food,” said Jesus, “is to do the will of him who sent me and to finish his work.” - John 4:31-34

Benefits of fasting and prayer:

1. God’s voice becomes more distinct and clearer.
2. God’s will prevails over any darkened or partial understanding.
3. The physical body is cleansed and receives a rest from the toxins of repetitive foods.
4. The body requires less energy to process food, therefore resulting in more strength.
5. Your spirit flourishes as you focus on prayer.

Biblical and Historical Examples of Fasting

- Jesus fasted 40 days before his ministry began (Matt. 4:1-2).
- Early Church Leaders fasted for direction and strength (1 Corinthians 7:5, Acts 14:21-23).
- Revivalists like John Wesley, Charles Finney, and Frank Bartleman used fasting to draw near to God and fuel transformative ministry.

Today, Lou Engle and many others carry the torch of moving heaven and earth through fasting. When our desire for God is linked to the discipline of pursuit, it results in finding a delight we’ve not known. The discipline of this season is to increase the frequency, intensity, and duration of your prayer times. We want to encourage you that your prayer is the catalyst for the change that is needed in this world. As we join with heaven, praying for those things that are God’s desires and pulling God’s will into the natural, he will show up and bring it into existence.

Let us take this journey together, trusting that as we align ourselves with God’s purposes, He will respond.

FAST - BODY
PRAY - SPIRIT
STRATEGIZE - MIND

CHAPTER 1

FAST - BODY

Daniel chose to fast from palace luxuries—meat, sweets, wine, and comfort items—to seek God more fully. Daniel’s desire to hear from God was greater than his desire for food. Our approach to the Daniel Fast invites the same commitment of body, mind, and spirit, positioning us to align with God through dietary discipline, prayer, and intentional sacrifice. Our fast will include the body, mind, and spirit to bring about a complete change in life.

Addressing Gray Areas

As you prepare for your fast, take into consideration that there are different ways to approach the Daniel Fast. While Daniel mentions no meat or sweet bread, some interpret this as avoiding all animal products and breads, while others include milk, cheese, eggs, and/or whole-grain (non-sweet) breads. Another area to consider is your approach to sweeteners: some choose natural options like honey, agave, and date syrup, while others eliminate sweeteners entirely.

Take time to prayerfully decide what your fast will include, and stick to your convictions. You will not be judged by those around you for your definition. This fast is about making a personal sacrifice for the Lord and following your own convictions, not about legalism.

The most important thing is to embrace the yoke of sacrifice, commit yourself to prayer, and see how the Lord moves in answering your prayers. Once you decide what your sacrifice will be, **WRITE IT DOWN**. Commit to it. Tell others who will support you and stay accountable.

Planning Ahead

Meal Prep

If you are not used to cooking regularly, the Daniel Fast will require more cooking and meal prepping than you are used to. Preparing meals in advance makes it easier to be successful. Make a meal plan and leverage leftovers. Consider batch-cooking hearty stews or whole-grain dishes to have on hand during busy days.

Shopping Smart

Clear out tempting, non-compliant foods from your kitchen. Stock up on fruits, vegetables, and Daniel Fast-friendly staples like whole grains, nuts, and seeds.

Superfoods for Health

Daniel Fast-friendly superfoods include avocados, berries, leafy greens, oats, quinoa, nuts, and seeds. These foods are nutrient-dense and can promote energy, mental clarity, and overall health. Incorporating them can leave you feeling healthier, both during the fast and beyond.

Sample Meal on the Daniel Fast:

- **Breakfast:** Whole-grain oatmeal topped with nuts, seeds, and fresh fruit, or unsweetened muesli with almond or soy milk.
- **Lunch:** Sprouted grain bread with hummus, fresh veggies, and a side of baby carrots or nuts.
- **Dinner:** Lentil stew, veggie stir-fry with brown rice, or a vegetable soup with quinoa.

The Daniel Fast may challenge your comfort zone but remember—it's about creating room for God to move. With a simple meal plan, focus on prayer, and an open heart, you'll find the fast fulfilling both spiritually and physically.

After you determine what your fast will include, please refer to the Daniel Fast Resource Guide for in depth shopping tips, nutrition advice, practical approaches, and recipes.

**DIGITAL
NUTRITIONAL
GUIDE**



**CHECK OUT OUR
PINTEREST PAGE**

FAST - BODY
PRAY - SPIRIT
STRATEGIZE - MIND

CHAPTER 2

PRAY - SPIRIT

The Daniel Fast is not simply a diet change, it is a spiritual catalyst. It is a two-pronged approach of both fasting and prayer to release the power of God in your life. Without prayer, it is a diet.

As you set aside intentional time for God, expect to be transformed. Fasting strengthens the intensity, frequency, and duration of your praise, worship, and prayer. Our focus during this fast is to engage in prayer and prophetic decrees that align with God's desires, drawing His will into reality. This is our role as His Ekklesia.

Deepening your intimacy with God means spending time in prayer that is sacrificial and purposeful. As you pursue a deeper intimacy with God, you will hear from Him and get downloads from Holy Spirit. More time with Him often leads to greater insight and clarity. The most important aspect is sacrifice. Commit to a daily prayer goal that stretches you.

For the next 21 days, we invite you to join us in these two prayer commitments:

Personal Prayer: Dedicate 30 minutes, three times each day, to God in personal prayer. These periods should be times of worship, meditation, dreaming, prophecy and warfare. Get away from distraction. You can center these 30-minute times around your meals. Simplifying your diet and setting aside comforts is meant to free you up for prayer. If we sacrifice through fasting and yet omit passionate prayer you've only made a physical shift, not a spiritual one. Remember, our goal is to become a history shaper. Set your alarm for 30 minutes of extra time for morning prayer. If you are at work during the day, go out to your car during your lunch break or walk around the block and pray. Spend some time in the evening before retiring and/or during dinner praying.

Community Prayer: Seek out group prayer times with your church or fellowship. New Horizon will offer corporate prayer gatherings; check with your church or start a group if there isn't one. Community prayer fortifies our collective strength as the Body and empowers each of us as spiritual warriors.

**FIND A LOCAL
PRAYER GROUP**



**CHECK OUT
OUR BLOG**

FAST - BODY
PRAY - SPIRIT
STRATEGIZE - MIND

CHAPTER 3

STRATEGIZE - MIND

We are created in the image of the creator of the universe. Our thoughts and imagination are a part of how we are like Him. Our imagination is as precious and powerfully important as our free-will. It's the way in which we as humans join with God's thoughts and bring forth ideas and answers. Our mind, thoughts and imaginations are the pathway that God accomplishes his ability to bring those things that do not exist yet, into being through the inspiration of the Holy Spirit.

...the God who gives life to the dead and calls into being what does not yet exist." Berean study version.
-Romans 4:17

The enemy of your soul hates how you are an image of God. The enemy wants to silence you in any way he can. One of his plans is to overwhelm our bodies with poor health, cravings, sickness, and our free-will with addictions and temptations of all kinds. It's no surprise that the enemy also wants to abort any

God-thoughts and imaginations by overstimulating our brains with low-value distractions. If the enemy can fill our brains with distractions, then we have no room to think new thoughts or listen to the Holy Spirit.

If our bodies are weakened and unhealthy, and our minds are distracted and exhausted, our spirit is now reduced to leftovers; scraps of our time and our human experience.

The Daniel Fast is designed to encourage us to live differently for 21 days so that our spirit is allowed to flourish and lead.

The average American mind is overstimulated with screens. Our average social media and television use is 3-4 hours per day. These as well as other things become “brain binkies” as they satisfy the desire to think, but they do not carry any nutrition for our soul. For our imaginations to connect with our inner man, we need solitude and quiet. Most of us have our best thoughts in the morning before we are immersed in news, conversations, and outside impacts of any kind.

During the Daniel Fast, we ask that you set aside those things that clutter your mind. Create space for solitude. You will be surprised at how your mind will react. At first, you will feel bored; you will feel at a loss as to what to do with all your time. You may even feel uncomfortable because all you are left with is yourself. Use this time to become accustomed once again to solitude. Allow yourself to think, contemplate, and listen. What is the Lord thinking about your future, your present, and your past? Engage with your family and those around you without any screens. Have game nights. Have some intentional conversations with your kids, spouse, and friends about deeper things. These are all great places to start but let's go deeper into your conversations.

Take time to listen to the Lord for what he wants to develop in you.

Consider working on personal goals in the realm of career, relationship, finance, and dreams. Get a journal or goal sheet to help you in this process. Use this throughout the year to keep you on track and as a great marker for next year's Daniel Fast!

We encourage you to journal every time you pray and keep track of what the Lord is saying. Expect you'll be hearing from the Holy Spirit throughout your 21 days and following.

Write the vision and make it plain on tablets, that he may run who reads it. –Habakkuk 2:2 NKJV

Habakkuk was a prophet who was asking God for help and direction. God answered him, and the first thing he said was to write down what He was going to say so that it could be turned into action.

God loves to answer our cries, but we often lose these precious answers because we don't capture what he says and then purposefully strategize with what He gives us.

When you hear from God, what will you do with what you hear? It's our desire that you capture every word and turn it into action, and that you run with it and keep it in your vision as you run.

Consider new ideas and strategize over the 10 trees of life:

- Religion and spiritual fulfillment
- Family fulfillment
- Sexuality and Romance
- Vocation and purpose
- Ministry and serving others
- Health and physical well-being
- Finance and Household
- Wisdom, education and maturity
- Rest and recreation
- Community, influence and legacy

FAST - BODY
PRAY - SPIRIT
STRATEGIZE - MIND

CHAPTER 4

ENOCH: WALKING WITH GOD

Over the next 21 days, we are stepping into a focused and intentional journey centered on the life of Enoch and what it truly means to walk in the presence of God. Scripture gives us a powerful yet simple statement about Enoch: “He walked with God.” That single line carries profound depth. Enoch did not merely believe in God or acknowledge Him from a distance, he lived daily in close fellowship with Him. That kind of walk still matters today.

This 21-day focus is not about checking boxes or completing a religious exercise. It is about cultivating awareness of God’s presence, learning to walk with Him in obedience, and allowing our lives to be shaped by intimacy rather than routine. In a fast, noisy world, we are choosing to slow down and realign our hearts with what truly matters.

To guide us, we will be using a simple but meaningful daily reading plan. Each day, you will read:

- One full chapter from the Gospel of John
- One Psalm

The Gospel of John invites us to behold Jesus, who He is, how He loves, and how He reveals the Father. The Psalms teach us how to respond to God honestly, whether in worship, surrender, repentance, or trust.

For each day, a specific verse from the Psalm will be highlighted. That verse serves as your anchor for the day. It points to the central theme the Holy Spirit wants to emphasize. If time allows, I encourage you to read the entire Psalm for greater context and depth. If time is limited, focus on the highlighted verse and meditate on it prayerfully. God can speak powerfully through even a single line of Scripture when our hearts are open.

This journey is not about rushing through God's Word. Read slowly. Read prayerfully. Allow space for the Holy Spirit to speak and guide you. Pay attention to what stands out, what stirs your heart, and what challenges you.

As you read each day, take time to ask yourself:

- What does this reveal about Jesus?
- What is God inviting me to respond to, trust, or surrender today?

Close your reading with a simple prayer. Ask God to help you walk in obedience to what He has revealed and to grow in awareness of His presence throughout your day.

My prayer is that these 21 days would deepen our walk with God, not just for a season, but as a way of life. Let us be a people who, like Enoch, walk closely with Him.

With faith and expectation,
Pastor Dwain

DANIEL FAST

BIBLE READING PLAN

Day 1

Know the God of the Universe
John 1, Psalm 119:105

Day 2

The Rhythm of Daily Walking
John 2, Psalm 37:23-24

Day 3

Walking in Intimacy with God
John 3, Psalm 16:11

Day 4

Closer Still
John 4, Psalm 63:1

Day 5

It's Not Impossible to Walk with God
John 5, Psalm 32:8

Day 6

God Is My Rewarder
John 6, Psalm 90:14

Day 7

My Ear Harkens
John 7, Psalm 143:8

Day 8

Walking with God
John 8, Psalm 26:3

Day 9

Which Hand Are You Holding
John 9, Psalm 73:23-24

Day 10

Trusting God on the Journey
John 10, Psalm 23:4

Day 11

Walking with God Through
Painful Times
John 11, Psalm 33:18-19

Day 12

The Cost of Dedication
John 12, Psalm 84:10

Day 13

Love What Father Loves
John 13, Psalm 15:1-2

Day 14

Practice the Presence of God
John 14, Psalm 91:1

Day 15

Abide
John 15, Psalm 86:11

Day 16

Connected
John 16, Psalm 5:11

Day 17

The Cost of Friendship with God
John 17, Psalm 27:4

Day 18

Walking with Jesus to Emmaus
John 18, Psalm 139:7-10

Day 19

Mercy Triumphs Over Judgment
John 19, Psalm 31:19-20

Day 20

Our Turn to Glow
John 20, Psalm 89:15

Day 21

Forgiveness Unlocked
John 21, Psalm 25:4-5

THE LORD'S PRAYER

DAILY PRAYER GUIDE

1. Our Father which art in heaven hallowed be thy name
 - a. Praise God for who He is and for what He has done for us.
 - b. In faith, declare, that God is your provision in these areas:

2. Thy Kingdom come, thy will be done, pray for:
 - a. Yourself and your family (mate, children, other family members).
 - b. Your church (pastor, leadership, faithfulness of people, harvest of souls).
 - c. Your nation (city, state, and national political and spiritual leaders, harvest of souls).

3. Give us this day our daily bread
 - a. Ask for clear leading in your vocation, investments, budget and finance.
 - b. Ask for health and healing over your body and soul.
 - c. Affirm your requests with thanksgiving and trust that He blesses you.

4. And forgive our debts as we forgive our debtors
 - a. Bring unresolved sin, failure or error to Father and receive forgiveness.
 - b. Bring before Father those who have offended you and release them with mercy.

5. And lead us not into temptation, but deliver us from evil
 - a. Confess and agree you are equipped with the armor of God.
 - b. Pray a hedge of protection around yourself and your family.
 1. Ask for discernment and wisdom.
 2. Ask to see what is hidden and understand the schemes of darkness.
 3. Rebuke and nullify assignments that have come against you.

6. For thine is the Kingdom, the power, and the glory forever
 - a. Make faith declarations, be bold in faith - God hears and answers prayer (John 5:14-15).
 - b. Return to praise.

PRAYER & FASTING GOALS

What am I believing for during this fast?

What am I going to fast? (Food and other things)

What will I eat?

What will I read and meditate on?

What is my daily prayer commitment?

Other desires during this fast:

DANIEL FAST

PRAYER & FASTING GOALS

What I am believing for the local church:

What I am believing for the Global Church:

What I am believing for in these Seven Mountains of Influence:

Government:

Family:

Education/ Science:

Media:

Arts and entertainment:

Business/ economy:

Know The God of the Universe
Frank Castrejon

“Time, our most valuable resource.” However, the life of Enoch offers a perspective beyond time. The Bible reveals that Enoch walked with God and then was no more, showing us his true treasure and exposing the illusion of time.

Enoch lived a human life of 365 years, fully engaged in God’s presence. The Bible does not explicitly state that Enoch died; instead, it emphasizes that he simply walked with God—fully aware of his eternal existence, most likely due to his unwavering faith.

Before my faith, the Bible was a mystery to me. Only after embracing God did it become comprehensible. While some grasp God and His Word easily, the Bible requires the Holy Spirit for full understanding, as revealed in Scripture. In this season of fasting and prayer, God desires to reveal Himself to us, just as He did with Enoch and later to His own disciples.

Luke 24:44–45 (NKJV)

“Then He said to them, ‘These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.’ And He opened their understanding, that they might comprehend the Scriptures.”

God, in His love, reveals the Scriptures so that we might know Him all the more.

Proverbs 4:7b

“And in all your getting, get understanding.”

Reflection

During this time of fasting and prayer, try to slow down. Reduce your appointments, cut back on television, and limit screen time. Forget time and its demands—embrace eternity in the present. Allow Him to open your understanding of the Scriptures and come to know Him more fully.

Prayer

Father, do for me what You did for them. Would You open my understanding of Your Scriptures? I pray that You would give me revelation knowledge of who You are. I want my desire for You to grow deeper in intimacy, and I ask that time would no longer be a hindrance to me. In Jesus' name I pray, amen.

What Holy Spirit revealed to me in today's scriptures:

Individuals or situations I'm interceding for today:

- 1.

- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

The Rhythm of Daily Walking Joe Sims

Genesis 5:24 (NIV)

“Enoch walked faithfully with God; then he was no more, because God took him.”

Enoch’s life was marked not by miracles, but by moments—simple, daily steps with God. He didn’t run ahead or lag behind; he found a rhythm of continual fellowship. That same invitation is extended to us.

Each year, the Daniel Fast helps us quiet distractions and tune our hearts to God’s presence. But the goal isn’t just a 21-day encounter; it’s a lifelong walk. When fasting ends, the fellowship should continue. Every morning can become a fresh starting line where we pray, “Lord, walk with me today.”

God delights in ordinary steps taken with extraordinary consistency. He meets us during our daily devotional time before the day unfolds, in prayer between meetings, and in gratitude at the end of each day. Like Enoch, our walk becomes worship when His presence defines our pace.

In the book of Micah, God reminds Israel of what He did for them after bringing them out of Egypt. Micah’s response to that reminder is found in Micah 6:

Micah 6:6–8 (TPT)

“What should I bring when I enter Yahweh’s presence and bow down before God Most High? Should I approach him with burnt offerings, with year-old calves to sacrifice? Will he be pleased with thousands of rams and with endless streams of olive oil? Should I offer him my firstborn for my wrongdoing, my own offspring for the sins of my life? No! Listen, O Adam’s offspring, Yahweh has made it plain to you what is best. He has shown you what he really is longing for from you—only to promote justice, to love kindness, and to walk humbly with your God.”

Humility and a daily walk are what He is longing for with us. Let us be mindful of His presence and His will for our lives, and ask for direction as David did in the Psalms:

Psalm 25:4–5 (TPT)

“Direct me, Yahweh, throughout my journey so I can experience your plans for my life. Reveal the life-paths that are pleasing to you. Escort me into your truth; take me by the hand and teach me. For you are the God of my salvation; I have wrapped my heart into yours all day long!”

Reflection

Consider the rhythm of your daily walk with God. Is your time with Him limited to seasons like fasting, or does it flow through your ordinary routines? Ask yourself where you may be rushing ahead, lagging behind, or allowing distractions to set the pace. Invite the Lord to establish a steady, humble rhythm of fellowship—one where justice, kindness, and humility shape how you live each day.

Prayer

Father, teach me the joy of walking with You daily—not just in hard seasons, but in every moment. I declare that how I live during this fast becomes a lifestyle of fellowship with You. I ask for a continual awareness of Your presence in my life. Amen.

What Holy Spirit revealed to me in today's scriptures:

Individuals or situations I'm interceding for today:

- 1. _____
- 2. _____
- 3. _____

Today's Meal Plan and/or Prayer Plan:

BREAKFAST LUNCH DINNER SNACKS

Walking in Intimacy with God
Gary Georgeson

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. **(Psalm 63:1-5)**

Isn't it amazing that God not only offers us eternal life, but also offers to walk with us every moment on earth? Through every high and low, His presence is constant. Yet what amazes me most is His invitation to deeper intimacy—an intimacy no human relationship, not even marriage, can fully provide. Intimacy with God is the ultimate goal of the Christian life. Think of this: The purpose of your life is to fall in love with Him!

For years I thought being a Christian meant trusting and serving Him. But what He desires most is a growing, intimate relationship that begins here and continues into eternity.

David longed for this closeness. Though he awaited the Savior who would one day open the way into the Holy of Holies, his greatest pursuit was to know and love the Lord. He discovered that God's love is better than life itself, and his worship flowed from that intimacy. That is the life I want above all else. Don't you?

Reflection

Talk honestly with the Lord about your love relationship with Him. Ask Him how He might want to deepen it. Consider which spiritual practices—solitude, prayer, Scripture study, worship, community, serving, giving—could help you grow more in love with Him. Consider what's harming and competing with your love for Him.

Prayer

Father, like David, I long to be close to you, and to know and love you intimately, as you know and love me. Will you expand my capacity to receive your love, and to love you with all that I am?

Closer Still
Joe Sims

James 4:8 (NKJV)

“Draw near to God and He will draw near to you.”

Enoch’s story is only a few verses long, yet his legacy is eternal: he walked with God. The beauty of his journey was proximity—he lived closer and closer until the line between heaven and earth blurred. I don’t know about you, but this is how I want to live.

The Daniel Fast invites us into that same closeness. Every time we say “no” to sin, negative thoughts, or distractions, we are saying “yes” to communion. Every moment of hunger becomes a reminder to seek the Bread of Life. Yet the Lord’s desire is that this closeness endures. Fasting awakens what was always available. Daily communion sets the tone for a walk with Him that is unlike any other relationship in our lives.

God is not looking for spiritual bursts, but steady hearts. He walks slowly enough to match our pace, waiting for us to reach for His hand each day. The more we walk with Him, the less distance we feel between His voice and our obedience.

Jesus invited us into a deeply personal relationship with Him. In **John 15:4 (NKJV)**, He said:

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.”

If we desire continual fruit in our lives, then we must continually and consistently abide in Him.

Reflection

Consider your daily rhythm. Where are you intentionally drawing near to God, and where have distractions crept in? Notice what competes for your attention, affection, and time. As you fast and pray, ask the Holy Spirit to reveal what helps you remain close to Him and what pulls you away. Choose one simple, daily practice—prayer, Scripture, stillness—that keeps you abiding in Him, not just during this fast, but beyond it.

Prayer

Father, I am drawing near to You through prayer and fasting, fully trusting that You will draw near to me. I choose to say no to sin, negative thoughts, and distractions, and yes to communion with You. Let my walk with You be continual, intimate, and alive. Even after this fast ends, may every step bring me closer to Your heart. Amen.

What Holy Spirit revealed to me in today's scriptures:

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- 1.

- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

It's Not Impossible to Walk with God **Dwain Wolfe**

First, Adam walked with God.
Noah walked with God.
Abraham walked with God.
Elijah walked with God.
Jesus walked with God.

The apostle Paul walked with God and was caught up to the third heaven.

It is not impossible to walk with God. Truly, the more we walk with Him intentionally, the more delight comes—and the easier it becomes.

These were all examples for us to follow. We can see how they aligned themselves with the will of the Father. We can see the lifestyle of communion they lived. Of Jesus, Isaiah speaks of this deep connection with the Father—one marked by listening, obedience, and delight in God's presence.

Reflection

Walking with God is not reserved for a select few or biblical heroes—it is an invitation extended to all who are willing to live intentionally before Him. The common thread in each of these lives was not perfection, but communion. As you reflect today, consider where your walk with God feels intentional and where it has become passive. What would it look like to slow down, listen more closely, and choose daily fellowship with Him?

Prayer

Father, thank You for making a life of walking with You possible. I choose today to walk with You intentionally and to listen, to obey, and to delight in Your presence. Teach me how to live a lifestyle of communion with You, just as those before me did. Draw me closer, and help my walk with You grow easier and richer each day. In Jesus' name, amen.

God Is a Rewarder
Frank Castrejon

Enoch's testimony gives us the knowledge that God, in His love, intends to encourage us today that He indeed rewards us for our faith in Him.

Hebrews 11:5–6 (NKJV)

5 By faith Enoch was taken away so that he did not see death, "and was not found, because God had taken him"; for before he was taken he had this testimony, that he pleased God. 6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

When we look into Enoch's life fully, we begin to see what was the pattern of his lifestyle: that he pleased God through faith, but also that he diligently sought after God. What we observe in the entirety of chapter 11 of Hebrews is faith-filled people, but more so, we see the faithfulness of God.

And to what purpose were these testimonies, like Enoch's, given to us? I believe the answer lies in the very next chapter. If we intend to attain the rewards of God like Enoch, who lives forever, then we also have to come to understand that there are things which may attempt to prevent us from fully obtaining the rewards of God, and some things that will challenge our faith along the way.

Hebrews 12:1–2 (NKJV)

"Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

Reflection

Take a moment to reflect on what sin may be slowing your walk down or preventing you from moving forward in faith. Take an inventory of your life of what weight or cares you've taken on that Jesus did not put on you, and begin to surrender them over to Him.

Through the life of Enoch, we see God responding to humanity's expression of love toward Him. Taking his example, who walked with God, we get to walk today with the Holy Spirit. Although this faith walk comes with a need for endurance, we can achieve walking it out with much joy. In spite of all the difficulties we face in life, we know that we don't have to do this alone.

Let us look forward, as Jesus did, and endure this life of faith, because God surely has rewards along the path for us now and eternally. We know this from the testimony we observe in Enoch's life and in the lives of many saints in Hebrews 11.

Prayer

Father, I thank You for the gift of faith in my life today. I thank You that You are a rewarder. I lay down every hindrance that holds me back, and I remove every weight You have not placed upon me. Like Jesus, I choose to look forward with great joy toward the reward You have set before me. Holy Spirit, help me to walk with You as Enoch did. In Jesus' name I pray, amen.

What Holy Spirit revealed to me in today's scriptures:

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Today's Meal Plan and/or Prayer Plan:

BREAKFAST LUNCH DINNER SNACKS

**My Ear Harkens
Dwain Wolfe****Isaiah 50:4–7 (NIV)**

The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed. The Sovereign Lord has opened my ears; I have not been rebellious, I have not turned away. I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting. Because the Sovereign Lord helps me, I will not be disgraced. Therefore, I have set my face like flint, and I know I will not be put to shame.

Isaiah 50 is a Messianic passage. This means that it was written about the Messiah. Isaiah saw the Messiah through prophetic insight before He came hundreds of years later. In this passage, Isaiah gives us insight into the communion of the Father and the Son.

·Father seeks to bring instruction to the Son in the quiet of the morning—in the first of the day.

- The Son listened intently as one who wanted to be instructed.
- The Son was not rebellious to the instruction.
- The Son did not turn away from the instruction (coaching, direction, calling), even though to follow would cost Him abuse.
- The Son did not hide from following the will and instruction of the Father.
- This well-instructed tongue gave the Son words that would sustain the weary.

Jesus was the model for us. He was the example for us to follow (1 Peter 4). We, too, are called to this life of instruction before God.

Response

Look for Father when you wake. Turn your attention to Him in worship, in listening, and in thanksgiving. Open the Word of God and inquire of Him.

Prayer

Father, I love Your relationship with the Son. I love that You communed with Him and that He listened and obeyed. I too want a relationship like this with You. I, too, want to hear Your voice. I want instruction. I ask You now, come to me in the early morning and instruct me.

Walking with God
Craig Lapenski

We have such an incredible God—one who not only created Adam, but also desired deep and intimate fellowship with him as he walked in the cool of the day. Often, we as Christians can get caught up in the “work to do” in life and for the Kingdom, and we forget that the One who created us desires, above all else, to engage with us and have deep fellowship with us.

There is a common experience among many of us: we begin to work for the King, sometimes without the level of engagement with the King that He is offering. To walk with God like Enoch—and to accomplish the calling He has placed on our lives—requires a consistent asking of the question, “What are You saying?” It requires a deference to His voice, grounded in the promise that He will never leave us nor forsake us.

Deuteronomy 31:8 (NKJV)

“And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”

Hebrews 13:5b (NKJV)

“For He Himself has said, ‘I will never leave you nor forsake you.’”

Every great man or woman of God who accomplished much for the Kingdom understood that they were nothing without the One who gives them breath and animates their lives. Attention to our connection with God is the wellspring of life, and without it, nothing of lasting value will come from our existence.

Reflection

My prayer for the Church today is that we would be released from the shackles of religion that make working for God our primary focus, rather than devotion and connection to Him as our first love. True fruit flows from intimacy, not effort.

Psalms 27:4 (NKJV)

“One thing I have desired of the LORD, that will I seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in His temple.”

Prayer

Father, I ask that You would align my heart so intimately with Yours that I am wrapped up in You. Let the fruit of my life flow from that place of first love and deep intimacy with You. Teach me to walk with You, listen for Your voice, and value connection over activity. In Jesus' name, amen.

What Holy Spirit revealed to me in today's scriptures:

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- 1.

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- 3.

Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

Which Hand Are You Holding? Dena Hafenrichter

I am predominantly left-handed. There is a story about how my dad went into my kindergarten class (after seeing me struggling to write right-handed) and, in front of the teacher, handed me a pencil. I grabbed it with my left hand. As far as he was concerned, this proved his point: I was a lefty. I think the poor teacher was a bit overwhelmed. There were forty-five five-year-olds in my class... and only two left-handed. From then on, Dinah Fay and I had our own table.

In the Bible, there is special significance to the right side. Scripture tells us that in God's right hand are pleasures forevermore. It is our support, our strength of salvation, and it is full of righteousness and works of power. Jesus is seated at God's right hand in heaven; we are noted to be on His left:

Isaiah 41:13

"For I, the Lord your God, have taken your right hand in Mine, saying to you, 'Have no fear; I will be your helper.'"

I began thinking about this concept: my right hand in His left one. His right hand is still free to do all the cool things mentioned above (including the "blighting of the enemy" part I left out), and my dominant hand—my left—is unfettered. Uh oh.

Yeah. Uh oh.

My stronger, more agile hand is loose. Great. How much stuff can I muck up with it available? I have this picture of a dad holding a little girl's right hand. She is so busy "doing" things—picking flowers ("Pretty, huh, Daddy?"), pulling weeds, waving at people, pointing at things—that she doesn't realize he is patiently waiting for her to focus on him so they can walk a bit farther.

I think this is a good picture of life. We get so involved in "helping" and so distracted that we delay moving forward. We don't usually ask if God needs our help; we just see what we perceive as a need and go after it. Not that service or volunteering is a bad thing—it isn't—if the One whose hand we are holding wants to do it too.

Ahh... abiding. Deferring. Checking in.

Does He want to engage random people walking by? Does He notice something in the atmosphere or surroundings that we need to be aware of? I wonder where I would be if I had realized this sooner. Probably a lot farther down the sidewalk.

Reflection

Maybe this is what it means to truly walk with God; not just holding His hand but matching His pace and listening for His direction. Maybe Enoch walked this way, hand in the Lord's and ear attentive to His voice like few others. Where might God be waiting for you to pause, listen, and realign so you can move forward together?

Prayer

Father, walking with You is my desire. Teach me to listen attentively and stay in step with Your Spirit. I lay down my need to rush ahead, fix, or help without first checking in with You. No more muck—only obedience, trust, and fellowship. Let's go. Amen.

What Holy Spirit revealed to me in today's scriptures:

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- 3. _____

Today's Meal Plan and/or Prayer Plan:

BREAKFAST LUNCH DINNER SNACKS

Trusting God on the Journey Jeff Conley

Trusting God is essential for walking closely with Him.

We can deepen and fortify our trust in God by looking to the story of the Israelites in the desert, who turned from Moses and God as their guide to a golden calf.

Exodus 32:1

When the people saw that Moses was so long in coming down from the mountain, they gathered around Aaron and said, "Come, make us gods who will go before us. As for this fellow Moses, who brought us up out of Egypt, we don't know what has happened to him."

Distrust ruled the day and was expressed in how the Israelites handled the gold, which God had entrusted to their care, when they turned it into a golden calf.

Prior to this, when Israel left Egypt, there was a massive wealth transfer as the Egyptians gave up their gold. God's purpose for His people possessing the gold was for the building of His structures to host His presence in the midst of the people and for their personal use as jewelry. Instead, they gave up their treasure for an idol and abandoned God's purposes for the gold through their distrusting hearts. The gold was corrupted and entirely lost as Moses burned the calf, ground it to powder, mixed it with water, and made the Israelites drink it (Ex. 32:20). The gold was literally turned to waste and lost forever due to the failed stewardship and distrust of the Israelites.

Reflection

When we stay within God's purposes for the income and wealth He has entrusted to us, we remain within His peace, protection, and provision. We can be secure, knowing He is closely guiding us every step of the way in our journey with Him.

In the absence of Moses (leadership), they allowed their hearts to be drawn into distrust of God, and then they used their wealth to appeal to the gods of Egypt. We do not have to fall into this folly. We have the abiding Holy Spirit. The Lord Jesus will never abandon us. He is an ever-present help in times of need. We can be secure in God, knowing He is closely guiding us every step of the way in our journey with Him. When we conquer distrust of God, we also steward our wealth appropriately and continue to enjoy His peace, protection, and provision.

Prayer

Father, I am thankful that You will not abandon me or falter in Your care for me. I declare that You are trustworthy and reliable. I renounce the temptations and arguments that cause me to distrust You. These influences are unclean and not what I desire. I trust You fully and dismiss the idea of using my wealth to find answers outside of You.

What Holy Spirit revealed to me in today's scriptures:

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- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

Walking with God Through Painful Times

Gary Georgeson

2 Corinthians 1:3–4 (NIV)

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

Years ago, as a very young, brand-new assistant pastor, I was called to the hospital to be with a couple in our church whose baby boy had been stillborn. I nervously entered the room where the mother was recovering, and I could sense the discomfort of the hospital staff.

The mother asked to hold her baby. A nurse gently placed the child in her arms. Then she and her husband asked if we could pray together. I was ready—even hoping—for a miracle. My heart stirred with the thought, “Maybe this is my first ‘raise-the-dead’ moment.” But as I looked around the room, I felt the Lord’s quiet redirection. He was doing something else. What unfolded next was holy. The parents, with unimaginable grace, held their son and dedicated him to God. Their prayer was not one of desperation, but of surrender—trust, love, and peace. The kind that comes when we are truly walking with God. The hospital room was filled with the unmistakable presence of God.

After the prayer ended, the nurse who had brought the baby stepped forward. She admitted she had stayed in the room the entire time. With tears in her eyes, she told the mother, “I used to walk with God, and I haven’t been to church in a long time. But today... I’ve decided to go back.”

Why? Because she encountered God—not through a sermon or a miracle—but through the quiet, trusting faith of two grieving parents who were still walking with God.

Reflection

Sometimes God’s nearness is most evident not in the absence of pain, but in the middle of it—offering peace that surpasses understanding. In those moments, our surrendered faith can become a beacon for others who have forgotten what His presence feels like.

What is your walk with God like today?

Who might encounter God through your walk with Him—even in your pain?

Prayer

Father, I choose to walk with You and allow You to hold me, even through disappointment and struggle. I trust that You are working in my pain to bring me into peace, wisdom, grace, and the maturity of Your Son. Thank You for Your abiding presence today and for Your ministry of restoration. Amen.

What Holy Spirit revealed to me in today's scriptures:

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- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

The Cost of Dedication Angela Castrejon

As we enter this Daniel Fast, we must be brutally honest about where we stand in our dedication to God. There have been many moments in my life when my emotions pushed me one direction while my commitment to God pulled me another. This is the tension every believer faces. Hearing God's voice above our own thoughts requires surrender, discipline, and stillness. Yet this is the hour to prove that we are vessels God can trust and instruments He can deploy.

James 4:8

“Draw near to God, and He will draw near to you”

“When you are dedicated to God, you become His weapon, sent down into the battle, empowered with His strength, and then His rest breaks through.”

This sentence reflects the life of Enoch written out through his lineage:

- Enoch — **Dedication**
- Methuselah — **Weapon**
- Jared — **Sent Down**
- Lamech — **Strength**
- Noah — **Rest**

Each name reflects spiritual growth and maturity. It didn't come easy or all at once, but little by little. Dedication shapes your identity into what Father sees over you. Being God's weapon requires your obedience. Being sent down demands your courage. Walking in strength comes from endurance. And ultimately, God leads His people (you) into rest.

I remember a season when everything in me wanted to run—to move away and start over. My emotions said, “Go,” but I never really felt the release of the Holy Spirit. I even tried to tell myself that my emotions or thoughts were the Lord telling me to go. But I focused on him and I waited. In that waiting period, I discovered God was protecting me from stepping outside His will so he could grow me, mature me. He called me to remain in the hard place, to fight the good fight (**1 Timothy 6:12**), to resist the enemy (**James 4:7**), and to let perseverance finish its work (**James 1:4**). That season fortified me, rooted me, and trained me for endurance (**Hebrews 12:1**).

Hebrews 4:11 Compels us to strive to enter His rest.

Reflection

During this fast, ask yourself what God is calling you to in this season. What is He asking you to contend for? Are you all in? Lay down the emotion, quiet the noise, and let Him lead. Rest in His goodness—He is truly on your side (Psalm 118:6).

Prayer

I present myself in fasting and prayer to hear from You and become Your weapon, sent into my generation with the strength only You can provide. Thank You, Lord, for receiving me.

What Holy Spirit revealed to me in today's scriptures:

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- 1.

- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:

BREAKFAST

LUNCH

DINNER

SNACKS

Love What Father Loves
Dwain Wolfe

About the Son He says:

Hebrews 1:8–9

“Your throne, O God, will last forever and ever; a scepter of justice will be the scepter of Your kingdom. You have loved righteousness and hated wickedness; therefore God, Your God, has set You above Your companions by anointing You with the oil of joy.”

Jesus was the model of walking with God. He is the One we pattern our lives after. One of the most prevalent things we learn from Him is how He loved what Father loved and hated what Father hated.

As new creations in Christ Jesus, our appetites have been transformed by the Holy Spirit. We no longer love what we used to love, and we hate much of what we once loved. But at times we feel attracted to things we should hate—thoughts and behaviors that we used to love. When that happens, it erodes our confidence before God and brings our holiness into question.

In these cases, it is good to know that you have not fallen back into the old creation life; you simply have demons to conquer. Demons love darkness. Demons love what you used to love, and they hate what Father loves. Do not be deceived about this. You simply need to claim your mind and body back from attraction to the dark. Resist demon spirits, and they will flee (**James 4:7–8**).

The result of loving what Father loves and hating what Father hates? God will set you on high above all your peers and pour out upon you the oil of joy.

Response

Talk to Father about these issues in prayer. As you wake, share your struggles and then rebuke the enemy of your new creation identity. Receive His grace to overcome.

Prayer:

Father, thank You for a new heart and a clean slate. Thank You for washing me and making me new. I renounce the claims of my past upon my present. I renounce the accusations of Satan that seek to keep me bound in sin. I agree that You have made me new. I set my affections upon what You love, and I disdain what You hate. I receive Your help now.

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BREAKFAST	LUNCH	DINNER	SNACKS

Practicing the presence of God Dwain Wolfe

1 Thessalonians 5:16–20 (NKJV)

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies.”

Brother Lawrence was a French layman in the 1600s who served in a monastery. He wrote an all-time bestseller called *The Practice of the Presence of God*. He was experimenting with finding purpose in every moment. Through this, he discovered that fellowship and nearness to God could spring forth while washing dishes, cooking a meal, or cleaning the floor.

Worshipping God and practicing the nearness of continual fellowship enables us to grow closer and closer to the One we love, which, in turn, allows Him to grow closer and closer to us. This closeness welcomes a life of constant awareness, sensitivity to His Spirit, and joyful communion with God throughout the ordinary moments of the day.

Brother Lawrence learned that God does not reserve His presence for sacred spaces alone, but delights in meeting us in the everyday rhythms of life. When we choose to practice His presence, every task becomes holy ground, and every moment an opportunity for connection.

Response

Have you attempted to worship Him in the midst of ordinary tasks? Today is the day to experiment with worship. Invite God into the simple moments, and practice being aware of His nearness as you go about your day.

Prayer

Father, I desire to practice Your presence in every moment of my life. Teach me to rejoice always, pray continually, and give thanks in all things. Help me to remain aware of You in both the sacred and the mundane. I don't want to quench Your Spirit or overlook Your nearness. Draw me into deeper fellowship with You as I learn to walk with You throughout my day. In Jesus' name, amen.

Abide
Dena Hafenrichter

John 15:5 (NIV)

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Twenty years ago, I was in Cape Town, South Africa, on a mission trip. Things were not going as planned—my client canceled at the last minute. I found myself prepped and ready, but with no one to work with. This is when my life changed forever.

“Dena, we are assigning you to the intercession pool.”

“Um... okay. What’s that?”

They went on to explain, “There is an onsite team of people tucked away in a back room who intercede all day, every day during the consultation.”

I eventually found three people—one man, his wife, and another woman named Sharon. They prayed with their Bibles open, interceding. Sometimes they had prayer prompts, sometimes a request from one of the clients made its way to the back room, or a person would come in with a situation and want God’s wisdom, discernment, or perspective. I sat amazed. I had never seen anything like this.

These people knew God—not just His Word from the Bible (although they were very familiar with that too), but His character, His personality, His outlook, His viewpoints.

As I observed, I witnessed words of knowledge given about situations they could not have known. I saw miracles of sickness and injuries healed. I beheld deliverance, restoration, and prophecy. My little Presbyterian heart was overwhelmed. I had read about this in Acts but had never seen it in action. It was incredible—no, it was amazing.

Toward the end of the day, a young man came in. He seemed edgy and unhappy. They greeted him in Afrikaans, and then Sean turned to me and said, “Dena, I feel you have something.”

I blurted out the first thing that came to mind: “Malachi 3:8.”

The man turned his head toward me, his eyes huge and glaring. He stood suddenly, his chair skidding back behind him. He exhaled slowly, glowering, while clenching and unclenching his fists. Then he left the room.

I looked to my new friends for an explanation.

“We gave him that same verse six months ago, and he hasn’t dealt with it yet. God was just reminding him what he needs to do,” Carla clarified.

God gave me the exact verse they had ended their last meeting with. The. Exact. Verse. WHAT?!

I knew nothing about the man—his name, occupation, age, nothing—but God knew. That night, I was back in my room, prepping for bed, chatting with God in my head about the day and how extraordinary it was. I remember thinking, How do I do this back in Seattle?

“ABIDE.”

The voice was loud, clear, distinct—like there was another person in the room.

“God? Is that You?”

I aspire to remain, continue, and stay in God’s presence—His environment and atmosphere—all day, every day. I am still learning, failing, and progressing. I am a work in progress. I invite the Trinity to help plan, come alongside me, make suggestions, and be a part of my day-to-day doings, goings, and beings. I try to stay attuned to God’s voice, allowing Him to speak into my life and circumstances, and to be obedient when He does.

God wants to be a part of our worlds—to live life with us, to join us in decisions, outings, and events. He simply needs to be invited and included. I find the hardest part is slowing down and remembering to invite, include, and incorporate Him into my activities. When I do, He shows up. Fun things happen. Testimonies are created. I am encouraged, emboldened, and strengthened.

Reflection

That day of prayer brought me into a new life of discovery—a life ordained for all of us. The life of Enoch. Do you want a crazy, testimony-laden, glory-story-filled life? ABIDE, and let the fun begin.

Prayer

Father, teach me how to abide in You—not occasionally, but continually. Help me to remain aware of Your presence, sensitive to Your voice, and responsive to Your leading. I invite You into every part of my day: my decisions, conversations, work, and rest. Slow my pace so I can stay connected to You. I choose to remain in You so that my life bears lasting fruit. Amen.

What Holy Spirit revealed to me in today's scriptures:

Individuals or situations I'm interceding for today:

- 1.

- 2.

- 3.

Today's Meal Plan and/or Prayer Plan:

BREAKFAST

LUNCH

DINNER

SNACKS

Connected
Dena Hafenrichter

Phones are a necessity. Little handheld computers containing contact lists, calendars, banking information, shopping sites, music, podcasts, news, Bible apps, study aids, books, social media, etc. They have become an aid, a helper, a constant companion to “doing life” in today’s world.

And mine died.

Not just battery depletion—it was non-turn-on-able, un-resurrectable, D.E.A.D. Dead.

I went to the Apple Store, death was pronounced, and I purchased a new phone. They worked their techy, transformative trickery, and 90 minutes later I walked out fully restored. But for those 90 minutes, I was completely cut off. I couldn’t call my husband. I couldn’t text him—or the girlfriend I was late to meet. It was only an hour and a half, but I felt the separation.

This made me think about God and connectedness to Him. Does He feel it when I disconnect? Does He notice when I focus on something else? Does He recognize when I am no longer abiding in Him—His presence, His input?

I think He does. I think He recognizes, detects, and acknowledges it faster than we do. He feels the disconnect and turns toward us, waiting for reengagement. And if we aren’t too distracted, we turn toward Him, and all is good again. But I don’t think I need to list the distractions—fast-paced lifestyles, have-to’s, need-to’s, and to-do’s—that get in the way and fog our ability to abide, connect, and remain.

In this analogy, I don’t actually want to be a cell phone—plug in, fill up, go, deplete, return, repeat. I want to be a hardwired landline: connected, ready, powered up, with a never-ending pull on resources and supernatural ability.

Reflection

Abiding is awareness. He is aware of us—are we aware of Him? Enoch discovered how to stay connected moment by moment. This is the power of abiding.

Prayer

Father, today I set my affection upon You. Teach me the power of abiding and the joy of remaining connected to You. Amen.

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Today's Meal Plan and/or Prayer Plan:			
BREAKFAST	LUNCH	DINNER	SNACKS

The Cost of Friendship with God Jeff Conley

Considering Enoch, we see a man who walked with God and never experienced death. That's a long time to hang out; they must have really enjoyed each other. Like Enoch, we can walk with God and experience His wisdom. However, to stay in step with Him, He will at times challenge our thinking and motives, especially in the area of money.

Proverbs 28:26 (NKJV)

“He who trusts in his own heart is a fool, But whoever walks wisely will be delivered.”

Jesus spoke many times on this topic through parables and direct challenges to His disciples. With the Pharisees, He was even tougher. He called them snakes and vipers and accused them of being greedy for gain. What can we learn from Matthew chapter 23? In verse 16, it says:

Matthew 23:16–17 (NKJV)

“Woe to you, blind guides, who say, ‘Whoever swears by the temple, it is nothing; but whoever swears by the gold of the temple, he is obligated to perform it.’ Fools and blind! For which is greater, the gold or the temple that sanctifies the gold?”

The Old Testament temple represents God's presence and His willingness to meet with His creation. Now, as New Testament believers, we know that our bodies are temples of the Holy Spirit, and He dwells in us as born-again believers. Jesus points out that the Pharisees placed little value on the temple as the dwelling place of God's presence. Instead, their value system prioritized money, status, and outward appearance.

Their works-based system and self-righteousness left no room for truly knowing God or walking in humility. The Pharisees make these sins easy to see, but in our own lives, greed and the love of money can be much more veiled. When left unchecked, these hidden attitudes can quietly pull us out of step with God.

Matthew 6:24 (NKJV)

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”

Reflection

Ask yourself whether your spending reflects trust in God or trust in yourself. Invite the Holy Spirit to gently reveal any divided loyalties, knowing that walking in step with the Lord, and enjoying His friendship, is worth the humility and effort it takes to examine our lives.

Prayer

I invite You to search my heart, Holy Spirit. Reveal any place where I have trusted in money, provision, or security more than I have trusted in You. Forgive me for any fear, greed, or misplaced priorities that have pulled me out of step with Your Spirit. Teach me to walk wisely, with humility and obedience. Help me to steward what You have given me in a way that honors You and reflects Your kingdom. I desire Your friendship above all else. In Jesus' name, amen.

What Holy Spirit revealed to me in today's scriptures:

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BREAKFAST	LUNCH	DINNER	SNACKS

**Walking with Jesus to Emmaus
(Read about the encounter in Luke 24:13–35)**

Gary Georgeson

He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter His glory?” And beginning with Moses and all the Prophets, He (Jesus) explained to them what was said in all the Scriptures concerning Himself.” **(Luke 24:25–27)**

Modern aircraft cockpits are filled with instruments designed to guide pilots safely to their destination. One of the most critical is the altitude indicator, which shows the plane’s orientation relative to the horizon. Before its invention, pilots flying through clouds or fog relied on “flying by feel.” The danger was obvious: human senses can be deceived. A pilot might think he was level while actually climbing into a stall or descending toward the ground. The attitude indicator solved this deadly problem, yet many resisted using it, trusting their instincts instead—sometimes with tragic results.

In the same way, “flying by feel” is a real danger for followers of Jesus. When we try to navigate life without the altitude indicator of Scripture, we risk drifting into confusion or even destruction. On the road to Emmaus, the two disciples were discouraged because they had lost sight of what the Scriptures said about the Messiah. Jesus rebuked them for being “slow to believe” and then lovingly walked them through the Word, showing how all of it pointed to Him. This encounter highlights how essential the Bible is for our journey of faith. Without it, we might become misled; with it, we walk with the Lord in truth and clarity and come to know Him more fully.

Reflection

Ask yourself: Am I spending enough time in the Word of God to deposit in me the altitude indication of Scripture? Am I memorizing God’s Word? Could I cherish the Scriptures more?

Prayer

Father God, I choose today to give Your Word a central place in my life. I know I can only experience the fullness of Your promises by living in step with both Your Word and Your Spirit. May my heart burn within me, just as the disciples’ did, as You open the Scriptures to me. **(Luke 24:32)**

Mercy Triumphs Over Judgment
Zach Sanders

There are many intriguing aspects to the story of the feeding of the 4,000 in Mark 8. Not only does Jesus perform a miracle of multiplying bread and fish, but He also provides enough food for everyone to be satisfied. There is much significance in this story, yet one aspect that stands out is how Jesus handles consequences.

We could examine this story through the lens of natural wisdom and ask: Why did these people not prepare? Didn't they know they were going into a rural area without enough food? Wasn't their hunger simply a consequence of poor planning or irresponsibility?

What God demonstrates in this account is that He is God even over consequences, mistakes, and lack of wisdom. Now, don't get me wrong—God does use consequences for our good. If your hand gets too close to a fire, you get burned. That consequence exists to protect you from future or more destructive folly. However, God's mercy triumphs over judgment, and sometimes consequences themselves function as a form of judgment over decision-making.

What does this mean for us?

It means that regardless of where a person is in life, we should be praying and believing that mercy triumphs over judgment for them. No matter the series of circumstances—whether wise or unwise—that led a person, Christian or not, to their present situation, we believe that God not only can reverse the effects of consequences, but that He can dissolve their grip entirely and use them to propel a person further into purpose.

Wisdom and teaching are often part of the journey, but if they are not girded by hope, led by love, and propelled by faith, they become just another weight added to life's difficulties. This is why Jesus warned against the posture of the Pharisees and teachers of the law:

Matthew 23:4 (NIV)

“They tie up heavy, cumbersome loads and put them on other people's shoulders, but they themselves are not willing to lift a finger to move them.”

Response

We are not the Judge, that is not our calling. We are called to be the hands and feet of God's mercy made visible on the earth. When we draw near to the Father and remain close through communion, we abound in His love and become conduits of that mercy to others. His presence is at the mercy seat, and daily we partake of that mercy so that we may give it freely. Let us rise to our calling as ambassadors of Heaven, partnering with Jesus to create spaces where mercy truly triumphs over judgment.

Prayer

Father, thank You that Your mercy reaches beyond consequences and overcomes judgment. Teach me to see people the way You see them, not through the lens of failure or poor decisions, but through the lens of redemption and purpose. Guard my heart from carrying a spirit of judgment, and fill me instead with compassion, hope, and faith. As I draw near to You, let Your mercy overflow through my life so that others may encounter Your love and restoration. Use me as Your hands and feet, partnering with You to bring healing where life has been heavy. In Jesus' name, amen.

What Holy Spirit revealed to me in today's scriptures:

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2. _____
3. _____

Today's Meal Plan and/or Prayer Plan:

BREAKFAST

LUNCH

DINNER

SNACKS

Our Turn to Glow
Dwain Wolfe**Exodus 33:9–11**

Whenever Moses entered the tent, the pillar of cloud would descend and stand at the entrance of the tent, and the Lord would speak with Moses. When all the people saw the pillar of cloud standing at the entrance of the tent, all the people would arise and worship, each at the entrance of his tent. Thus, the Lord used to speak to Moses face to face, just as a man speaks to his friend.

It is interesting that at the transfiguration, two of those who walked dearly with God were present with Jesus on the Mount of Transfiguration. Moses and Elijah represented the Law and the Prophets—which Jesus had come to fulfill—but they also represented two who had walked closely with God, who knew God’s heart, and whom God had trusted with His own heart. This was a beautiful thing. Look in this passage at the friendship of the Lord with Moses.

At first, this passage could sound like dreadful mystery with the presence of the Lord in a cloud. But then we read that there was a tender voice coming out of that cloud. The Lord would speak to Moses face to face, as a man speaks to his friend. This is tenderness. This speaks to the trust of the Lord and to the humility of Moses. This speaks to intimate friendship. This is what each of us desires—that we would have this kind of fellowship with the Lord, that our hearts would be completely given to Him, with nothing blocking, nothing doubting, nothing hindering the sweetness of His voice and the nearness of fellowship.

The glory of this fellowship we read of with Moses was such that his face would glow. Joshua, the servant of Moses, was mesmerized by the presence. This addiction to the glory caused Joshua to linger at the tent of meeting after Moses had left. Intimate friendship affects us this way. Now it’s our turn to glow!

Response

How do you approach the “tent of meeting”? When you go to the “tent of meeting,” does the Lord come as well? If we approach our “tent of meeting” with humility, thanksgiving, and praise, He will come and meet us there.

Prayer

Father, I want this kind of fellowship and nearness. As it was with Moses, let it be with me. I want to be addicted to Your voice, Your glory, and Your friendship. Come, Lord Jesus. Amen.

What Holy Spirit revealed to me in today's scriptures:

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- 1.

- 2.

- 3.

- 4.

- 5.

Today's Meal Plan and/or Prayer Plan:

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Forgiveness Unlocks Zach Sanders

As Christians, how much of the business of God's royal family have we been brought into? The Bible refers to us as sons of God, friends of Jesus, kings and priests, and even co-heirs with Christ. We generally apply these royal concepts within the context of taking dominion, making disciples, or operating in power through the Holy Spirit. But to what degree does this identity as royal sons and daughters extend into the ministry of forgiveness? Often, we view forgiveness through the lens of self and our personal relationship with the Father.

Matthew 6:14–15

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

But what about releasing others—and the implications of this powerful calling? These words of Jesus reveal how we are to maintain our personal relationship with God and with people.

If we fail to forgive others, our own intimacy with Father is hindered. Many of us have fallen into this through offense, and it has harmed our walk with God. But forgiveness goes beyond restoring our own relationship with Him—it has the power to unlock the lives of other people and release them into their purpose and calling. Some may argue that this is God's job alone (see Luke 5). However, in John 20:22–23, Jesus does something very interesting. He breathes on His disciples and says, “Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven.” This isn't simply a rephrasing of his teaching in Matthew 6, this is Jesus sharing the divine ministry of forgiveness with His disciples...with us!

Response

Forgiveness is not only about having our own sins forgiven; it is about releasing others into the fullness of God's plan for their lives. I would hate for God to release someone, only for us, as the Church, to keep them bound through unforgiveness because we do not recognize the authority we have been given as co-heirs with Christ. In this season, let us partner with the Lord to release captives and prisoners through the ministry of forgiveness.

Prayer

Father, even as I have been forgiven and have received Your Holy Spirit, I receive the ministry of forgiveness. Forgiveness brings healing, hope, love, and restored vision to those who are condemned and ashamed. I receive the grace and power to release others now, in Jesus' name. Amen.

What Holy Spirit revealed to me in today's scriptures:

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SNACKS

THE ENOCH COMPANY

FAST TOGETHER

We invite you to pursue community with us during the Daniel Fast.
There are a couple of opportunities to do this:

- 1) **Prayer Gatherings:** Watch for posted times of corporate prayer.
- 2) **Outreach Opportunities:** We have three ways for you to participate in serving the homeless during this time of fasting:



JAN 10 @ 10AM

City Prayer Walk

WALKING WITH GOD to pray, declare God's promises, and take Kingdom ground through strategic prayer walks. We'll gather at 10:00 AM at New Horizon for unified prayer before being sent out. Rooted in Walking with God this is spiritual occupation, walking with God to bless our city, confront strongholds, and advance the Kingdom.



JAN 17 @ 10AM

Feeding those in Need

On January 17 at 10:00 AM, we'll gather at New Horizon Church to make sandwiches, pack lunch bags, pray over each one, and bless individuals and families throughout Fife. This all-ages outreach is a simple way to walk with God into our city, carrying His love, kindness, and presence and sowing seeds of hope through practical service. A Team will be Walking out to serve our city well and make an impact during this season of fasting, prayer, and walking with God.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 28	Dec 29	Dec 30	Dec 31	1	2	3
4 CLASS	5	6	7	8 DANIEL FAST STARTS	9 WORSHIP NIGHT	10 OUT REACH CITY WALK
6 AM - 7 AM MONDAY - THURSDAY PRAYER 11:30 PM - 12 PM						
11	12	13	14	15	16 WORSHIP NIGHT	17 OUT REACH SACK LUNCHES
6 AM - 7 AM MONDAY - THURSDAY PRAYER 11:30 PM - 12 PM						
18	19	20	21	22	23 PRAYER NIGHT	24
6 AM - 7 AM MONDAY - THURSDAY PRAYER 11:30 PM - 12 PM						
25	26	27	28 DANIEL FAST ENDS	29	30	31- Feb 1 JUDAH ARISE CONF.

EVENTS

SUN 4 Daniel Fast Class at 6pm

FRI 09 Worship Night at 7pm

SAT 10 Outreach - City Walk

FRI 16 Worship Night at 7pm

SAT 17 Outreach - Sack Lunches

FRI 23 Prayer Night at 7pm

THURS 29 Judah Arise Begins

SUMMIT SCHEDULE

THURS 29 Summit Begins

FRI 24 Summit 9am-9pm

SAT 25 Summit 9am-9pm

SUN 26 9am & 11am Services with Guest Speaker

REGISTER FOR JUDAH|ARISE



MAIN



KIDS

FAST PRAY STRATEGIZE

SHARE YOUR TESTIMONY



DANIEL|FAST