

Things to Eat

All vegetables: fresh, frozen, dried, juiced, or canned

Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All legumes: canned or dried

Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils

Olive, canola, grape seed, peanut, and sesame

Beverages

Natural fruit juices, spring water, distilled water, other pure waters.

**** No caffeine, soda, or alcoholic beverages during all 21 days ****

NO SOCIAL MEDIA

Modified Weekly Option

Week 1: No Sweets

Week 2: No Sweets and No Meats

Week 3: Fruits and Vegetables ONLY

****No eating between 12am-12pm****

HELPFUL FASTING GUIDELINES

Breakfast: Fruit Salad, Grits, Oatmeal, Cream of Wheat, Fruit/Vegetable Shakes /Smoothies, No Meat

Lunch: All Types of Salads Fruit Salad Chicken, Fish or Turkey Allowed (Not Fried)

Dinner: All Types of Salad chicken, All vegetables Fish or Turkey Allowed Pasta Drinks Water, Tea, Coffee, 100% Juice, Fruit/Vegetable Shakes Only Natural Sweeteners

Avoid Throughout Fast

All Fried Foods /All Desserts / All Snacks/Junk Foods /No Red Meat/ No Pork



Rev. Corey B. Gibson, M.Div.
Senior Pastor

JOIN US FOR DAILY PRAYER

6AM / NOON / 6PM

CALL: 1-425-436-6322 / CODE: 243162

2026

21 Days of Fasting & Praying Meditation Guide

DANIEL 1:8-16 (NRSV)

But Daniel resolved that he would not defile himself with the royal rations of food and wine; so he asked the palace master to allow him not to defile himself. Now God allowed Daniel to receive favor and compassion from the palace master. The palace master said to Daniel, "I am afraid of my lord the king; he has appointed your food and your drink. If he should see you in poorer condition than the other young men of your own age, you would endanger my head with the king." Then Daniel asked the guard whom the palace master had appointed over Daniel, Hananiah, Mishael and Azariah: "Please test your servants for ten days. Let us be given vegetables to eat and water to drink. You can then compare our appearance with the appearance of the young men who eat the royal rations, and deal with your servants according to what you observe." So he agreed to this proposal and tested them for ten days. At the end of ten days it was observed that they appeared better and fatter than all of the young men who had been eating the royal rations. So the guard continued to withdraw their royal rations and the wine they were to drink, and gave them vegetables.

God did it again!

As we embark on a new year, I am filled with anticipation and enthusiasm for our upcoming 21-Day Fast and Corporate Prayer. This intentional period of discipline and devotion is crafted to help us align ourselves before the Lord as we seek divine guidance on personal, professional, and ministry matters. Throughout the year, we will focus on the theme “Building Towards Better: Building Disciples. Building the Kingdom” (B²), inspired by Psalm 127:1-3. From January 4th to January 24th, we will unite in a spirit of collaboration, striving to serve God with excellence.

Jesus emphasized the importance of prayer and fasting as vital spiritual disciplines for believers seeking to deepen their faith and fully embrace the authority bestowed upon them. There are certain breakthroughs in life that can only be achieved through the unlocking power of prayer and fasting. Therefore, I encourage each of us to earnestly seek these keys, enabling us to experience the fullness of what God has in store for us.

This guide is designed to support each of us on our individual journeys during these 21 days. While there are various ways to engage in this fast, I encourage you to connect with one or two other individuals for accountability. This collaboration will foster community, strengthen our bonds within the church, and help maintain our focus amidst the distractions and temptations we may encounter. In alignment with the spirit of our 2025 fast, we will collectively seek God three times a day—at 6 AM, noon, and 6 PM. Each of us is encouraged to pray in our own unique way during these designated times. For those who wish to join together, we will gather on the Conference Call Line, except for noon on Sundays. I firmly believe that if we come together in this endeavor, we will witness remarkable transformations!

I would like to remind everyone that while this period often marks the beginning of a new lifestyle regimen for those pursuing physical fitness goals, it is crucial to recognize that this is not merely a time for dieting. Instead, it is an opportunity to diligently seek guidance and enhance our discipline as we strive to fortify the fitness of our faith. As you articulate your heartfelt desires before God and meditate on His Word, I encourage you to do so with expectancy and enthusiasm. I, too, am anticipating a divine move in the following areas in 2026:

RECIPE LUNCH/ DINNER

RADICCHIO SALAD W/CITRUS



Yield / 4-6 servings
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients

2 cups croutons
3 tablespoons extra virgin olive oil
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
½ cup chopped walnuts
2 citrus fruits like orange, lemon &/or grapefruit
4 cups chopped radicchio
2 cups arugula
¼ cup crumbled feta cheese

Directions

- 1) **Toasted Nuts:** Toast the walnuts in a medium size pan for 8-10 minutes until fragrant & toasted.
- 2) **Peel & segment the citrus:** For each fruit, cut 1 inch off the top & bottom, just so some of the flesh is exposed. Set the fruit with the cut side down on the cutting board.

Start at the top & slice down the side of the fruit cutting away the peel & the pith exposing the flesh. Carefully cut out the citrus segments over bowl to collect the juice & squeeze what is left from the fruit in the same bowl. You should have about 1 cup of citrus segments.

Citrus Vinaigrette: In a mason jar or small bowl, combine 3 tablespoons of the citrus juice with 3 tablespoons of extra virgin olive oil. Add pepper

**RECIPE
LUNCH/
DINNER
CHICKENT TORTILLA SOUP**

Yield / 6 servings
Prep time: 15 minutes
Cook time: 45 minutes



Ingredients

2 teaspoons olive oil
1 large red bell pepper (chopped)
1 cup tortilla chips
1 16oz container Salsa
4 cups vegetable broth
1 15oz can black beans drained and rinsed
Salt to taste (optional)
Cilantro chopped (optional)
Cubed Avocado

Directions

Sautee the Bell Pepper – In a large pot over medium high heat, add the olive oil, and red bell pepper. Cook, stirring occasionally, until softened, but not browned, about 4 minutes.

Add the remaining ingredients - Add black beans, salsa and vegetable broth to the pot. Bring to a simmer and cook 5-7 minutes until cooked through. Taste and add salt as needed. Serve with crumbled tortilla chips, avocado and cilantro.

- Completing my Doctor of Ministry journey
- Identifying and equipping emerging leaders within the ministry
- Laying the foundational work for the development component of Calvary Cares Inc.
- Leading 50-100 new disciples to Christ

As I transparently share these aspirations before the Lord during our fasting period, I invite you to join me in identifying specific areas where you desire God to manifest His power.

Held by God's Grace,

Pas. G.
Pastor Corey B. Gibson

21-DAY PRAYER FOCUSES

Week 1 – Building Unshakable Faith (Foundation)

Faith precedes provision and restoration.

Day 1 / Jan 4th – Trust in God Alone

Scripture: Proverbs 3:5-6

Focus: Surrender control. Ask for clarity, obedience, and trust even when outcomes are uncertain.

Day 2 / Jan 5th – Faith That Pleases God

Scripture: Hebrews 11:6

Focus: Pray for belief without reservation. Renounce doubt, fear, and double mindedness.

Day 3 / Jan 6th – Walking by Faith, Not Sight

Scripture: 2 Corinthians 5:7

Prayer Focus: Ask God to strengthen spiritual discernment over emotional reactions or visible circumstances.

Day 4/ Jan 7th – God is Able

Scripture: Ephesians 3:20

Prayer Focus: Expand your expectation. Pray beyond survival-toward abundance, impact, and overflow.

Day 5 / Jan 8th – Faith That Speaks

Scripture: Mark 11:22-24

Focus: Align your words with God's promises. Repent for negative confessions and self-limiting beliefs.

Day 6/ Jan 9th – The Lord is My Helper

Scripture: Psalm 46:1

Prayer Focus: Invite God into every area you've been carrying alone-mentally, emotionally, financially.

Day 7/ Jan 10th – Strength Renewed

Scripture: Isaiah 40:31

Prayer Focus: Pray for endurance, patience, and long-term vision. Ask for rest without retreat.

BREAKFAST

RASPBERRY-PEACH-MANGO SMOOTHIE BOWL

Yield / 1 Servings

Prep time: 10 minutes

Cook time: 10 minutes



Ingredients

- 1 cup frozen mango chunks
- ¾ cup nonfat plain Greek yogurt
- ¼ cup reduced-fat milk
- 1 teaspoon vanilla extract
- ¼ ripe peach, sliced
- ⅓ cup raspberries
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired

Directions

Step 1 – Combine mango, yogurt, milk & vanilla in a blender. Puree until smooth

Step 2 - Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, and chia seeds to taste

21-DAY PRAYER FOCUSES

RECIPE BREAKFAST HUEVOS RANCHEROS



YIELDS:	PREP TIME:	TOTAL TIME:
2 serving(s)	5 mins	10 mins

1 15-oz. can black beans, rinsed and drained

1 c. picante sauce

1/2 tsp. ground cumin

Nonstick cooking spray

4 large eggs

1/2 tsp. kosher salt, divided

1/4 tsp. pepper, divided

1/2 c. shredded sharp cheddar

4 Tostadas or toasted corn tortillas, for serving

1 avocado, sliced, for serving

1. Combine the beans, picante sauce, and cumin in a small saucepan over medium heat. Cook, stirring occasionally, until warmed through, about 5 minutes. Cover and remove from the heat.
2. Heat a large nonstick skillet over medium heat; spray with cooking spray. Crack the eggs into the skillet, spacing them evenly apart. Sprinkle each egg with 1/8 teaspoon kosher salt and a pinch of pepper. Sprinkle cheese around the edges of each egg. Let cook until the cheese is crispy and the egg whites are just set, about 3 minutes.
3. To serve, place two tostadas on each plate. Divide the warm beans evenly over top. Place an egg on each tostada, then serve with avocado, cilantro, and pico de gallo, if you like. Enjoy immediately!

Week 2 – Financial Stability & Stewardship

God is not opposed to provision – He is opposed to disorder.

Day 8 / Jan 11th – God as Provider

Scripture: Philippians 4:19

Focus: Pray for provision according to God's will, not anxiety-driven wants.

Day 9 / Jan 12th – Wisdom With Resources

Scripture: James 1:5

Focus: Ask for wisdom in budgeting, spending, saving, and decision-making

Day 10 / Jan 13th – Freedom From Lack

Scripture: Deuteronomy 8:18

Prayer Focus: Pray to recognize God as the Source-not your job, title, or network.

Day 11/ Jan 14th – Faithful Stewardship

Scripture: Luke 16:10-11

Prayer Focus: Pray for discipline, integrity, and accountability in small financial decisions.

Day 12 / Jan 15th – Generational Provision

Scripture: Proverbs 13:22

Focus: Pray beyond yourself-for children, heirs, and those connected to your obedience.

Day 13/ Jan 16th – Contentment Over Comparison

Scripture: 1 Timothy 6:6-8

Prayer Focus: Break the spirit of comparison. Ask for peace, gratitude, and satisfaction.

Day 14/ Jan 17th – Breaking Financial Strongholds

Scripture: Malachi 3:10

Prayer Focus: Pray against cycles of debt, mismanagement, fear, and scarcity thinking.

Week 3 – Family Unity, Healing & Restoration

Strong families require humility, forgiveness, and alignment.

Day 15/ Jan 18th – Peace in the Home

Scripture: Joshua 24:15

Focus: Declare your household belongs to God. Pray for alignment in values and priorities.

Day 16 / Jan 19th – Healing Broken Relationships

Scripture: Psalm 147:3

Focus: Invite God into wounds caused by words, absence, betrayal, or misunderstanding.

Day 17 / Jan 20th – The Power of Forgiveness

Scripture: Colossians 3:13

Prayer Focus: Release resentment-spoken & unspoken. Ask God to soften hardened hearts.

Day 18/ Jan 21st – Unity Over Division

Scripture: Psalm 133:1

Prayer Focus: Pray against pride, ego, and generational patterns of conflict.

Day 19 / Jan 22nd – Restoring Communication

Scripture: James 1:19

Focus: Ask God to teach listening, patience, and restraint in family conversations.

Day 20/ Jan 23rd – God Turns Hearts

Scripture: Malachi 4:6

Prayer Focus: Pray for reconciliation between parents and children, spouses, siblings, and elders.

Day 21/ Jan 24th – Establishing Legacy

Scripture: Psalm 127:1

Prayer Focus: Commit your family's future to God-spiritually, financially, and relationally.



