

This year, CTAB will embark on our 21-day fast starting Monday, January 12, 2026, and concluding at 11:59 PM on Sunday, February 1, 2026. We are excited to offer four fasting options for you to choose from.

In addition to fasting, we encourage all members to abstain from sinful habits or habitual behaviors that hinder spiritual growth. Examples include cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, and more. This fast also includes refraining from the use of nicotine products and non-prescription drugs. Let us use this time to reflect on **Galatians 5:19-26** and **Hebrews 12:1**, seeking transformation through God's grace.

We believe this time of fasting and prayer will bring renewal and strength, empowering you to move forward without looking back. If you have questions or need assistance, please contact the church office.

Let us join together in unity and faith as we seek God wholeheartedly during this sacred time.

four fasting **OPTIONS**

- 1 **DANIEL:** Fruit, vegetables, juice and water only.
- 2 **DENIAL:** No food from 6AM to 6PM.
- 3 **DESERT:** WATER is your only beverage option for the entire period of time. Choose healthy meal options!
- 4 **DROUGHT:** No television or internet social media (i.e. Facebook and TikTok) with the exception of the news and religious programming. (recommended for teens and students)

daniel's **FAST**

This is based on the prophet, Daniel, in the Bible (Daniel 10:2-3) as he sought wisdom and understanding.

FOODS TO EAT

ALL FRUITS

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh/raw, frozen, dried, juiced, or canned in their own juice-not syrup).

ALL VEGGIES

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried, or canned).

WHOLE GRAINS

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

OTHER NATURAL FOODS

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservative), spices, herbs, tofu, soy vinegar. SWEETENERS: Honey, agave nectar.

FOODS TO AVOID

- *Meat (including poultry and seafood)*
- *White rice/white flour (no bread that do not say "whole grain" or "whole wheat")*
- *Fried Foods*
- *Caffeine & Caffeinated Beverages*
- *Sugar & Artificial Sweeteners (processed/modified beverages, including alcoholic beverages, juice cocktails, and sports drinks)*
- *Dairy Products (butter, milk, eggs, all cow milk derivatives, cheese, etc.)*

Also:

- *Deep fried/Fried food*
- *Fast food*
- *Processed snacks, chips*

Canned foods, egg yolks, Jams/Jellies/Preserves (containing high fructose corn syrup)

Important Note for Members with Chronic Health Conditions:

If you are diabetic or have a chronic health condition, please consult your healthcare provider before beginning this fast. Follow their guidance and read food labels carefully to ensure you adhere to your medical needs. If a full fast is not possible, prayerfully consider which aspects you can commit to.

Protein sources other than meat and dairy:

- Egg whites (Egg Beaters are also suitable as a substitute for eggs in most recipes)
- Legumes (beans)
- Whole grains (also including barley, buckwheat, couscous, oats, oatmeal, millet)
- Rice shreds or soy cheese (vegan cheeses may also be substituted for regular cheese in recipes and salads)
- Nuts and seeds

Fresh (or frozen) Fruits & Vegetables:

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|--------------------|------------------------------------|----------------------------|------------------|
| • Apples | • Cranberries | • Onions | • Sauerkraut |
| • Apricots | • Cucumbers | • Oranges | • Sea vegetables |
| • Artichokes | • Dates | • Peas | • Soybeans |
| • Avocado | • Eggplant | • Pears | • Squash |
| • Asparagus | • Figs | • Peaches | • Spinach |
| • Bananas | • Grapefruit | • Peppers | • Sprouts |
| • Beets | • Grapes | • Pineapple | • Strawberries |
| • Blackberries | • Greens (collards, mustard, kale) | • Plums | • Tangerines |
| • Blueberries | • Green peas | • Potatoes (sweet & white) | • Tomatoes |
| • Broccoli | • Green beans | • Prunes | • Turnips |
| • Brussels sprouts | • Lemons | • Pumpkin | • Watercress |
| • Cabbage | • Limes | • Radishes | • Watermelon |
| • Carrots | • Lentils | • Raisins | • Zucchini |
| • Cauliflower | • Lettuce | • Raspberries | |
| • Celery | • Melons | • Rice (brown, white) | |
| • Cherries | • Mushrooms | • Rutabagas | |
| • Corn | | | |

Bread or Crackers:

Must contain whole grain, whole wheat or gluten-free ingredients only.

Beverages:

- Soy milk
- Almond milk
- Rice milk (also suitable as cow milk substitute in recipes)
- 100% fruit juice (read labels for sugar content)
- Water (preferably bottled, or alkaline)
- Freshly juiced fruits or vegetables
- Herbal teas (especially green tea)

Condiments:

- Salad dressings (use wisdom, choose balsamic vinegars, extra virgin olive oil, vinaigrettes)
- Apple cider vinegar
- Salt (moderate use)/Sea salt & Pepper
- Herbs, spices & seasonings (parsley, garlic, ginger, etc.)
- Mustard
- Soy or rice cheese
- Mayonnaise (from grape seed or cold-pressed canola)

Sweeteners:

Honey, Stevia, lemon.

Pastas & Spaghetti:

Preferably whole grain, vegetable, or gluten-free.

healthy meal OPTIONS

This fast emphasizes a return to God's intended diet: consuming primarily raw or organic plant-based foods.

Focus on:

- Organic produce: Grown with natural fertilizers and free from artificial pesticides and chemicals.
- Nutrient-rich foods: Prioritize those high in healthy fats (monounsaturated & polyunsaturated), dietary fiber, and minimal sugar.
- Avoidance of: Processed foods, hydrogenated oils, and MSG.
- Careful label reading: Even vegetarian options can be heavily processed. Be discerning.

To support your journey:

- Explore plant-based recipes: Discover new and exciting ways to enjoy whole foods.
- Supplement wisely: Consider a plant-based multivitamin.
- Seek guidance: Pray for wisdom and direction as you navigate this dietary shift.