

VICTORIOUS!

21 DAY DANIEL FAST DEVOTIONAL



FRIENDSHIP
COMMUNITY CHURCH

VICTORIOUS!

21-Day Daniel Fast Devotional

Friendship Community Church

January 4 – January 24, 2026

CONSECRATED FOR VICTORY

Welcome to the 21-Day Daniel Fast.

We are starting 2026 not just with a diet, but with a declaration. We are consecrating ourselves for a year of victory.

Fasting is not about starving the body; it is about feeding the spirit. In a world full of noise, distractions, and "royal food" that numbs us to God's voice, we are choosing to step away. We are following the example of Daniel, who resolved not to defile himself, and in doing so, found clarity, favor, and strength.

This devotional aligns with our January preaching series, "**VICTORIOUS!**" As you deny your flesh over the next 21 days, you are putting on the full armor of God (Ephesians 6). You are preparing to take territory in your spiritual life, your family, and your community.

How to Use This Journal:

1. **Read:** Meditate on the daily Scripture and exposition.
2. **Pray:** Use the daily prayer to align your heart with God.
3. **Track:** Use the food log to stay accountable.
4. **Win:** Finish strong.



WEEK 1: POSITIONING FOR VICTORY

Focus: Clearing the Battlefield (Sanctification)



Day 1: Sunday, January 4

Scripture:

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. — Romans 12:1 (NIV)

Devotional:

We begin our "Victorious" journey together in the house of the Lord. Victory starts with surrender. You cannot win a spiritual battle while fighting against God's will for your body. By denying your flesh the foods it craves, you are positioning yourself on the winning side. It is uncomfortable to be a "living" sacrifice because the tendency is to crawl off the altar! Stand firm today. Let your hunger pangs serve as a reminder that you are suiting up for battle. You are setting yourself apart for a year of triumph in 2026.

Prayer:

Lord, I present my body to You today. I choose to lay down my cravings and pick up Your cross. Sanctify me for Your use. As I begin this fast, I declare that my flesh does not control me—Your Spirit leads me. Position me for victory in 2026. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:

Day 2: Monday, January 5

Scripture:

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. — Daniel 1:8 (NIV)

Devotional:

Mondays usually mark the return to the "real world" of Atlanta traffic and office routines. This is where your resolve is tested. Victory is often decided before the battle even begins. Daniel "resolved" in his heart before the food was offered. Today, resolve not to let the stress of the work week drive you to comfort eating. The world offers delicacies to numb us, but a victor stays alert. You are stepping out of the crowd to meet with the Commander of the Lord's Army amidst the busyness of Monday.

Prayer:

Father, give me the resolve of Daniel. When the world offers me comfort through food or distraction, help me to say "no" so I can say "yes" to You. I choose not to defile myself with negativity or compromise today. Keep my mind focused on the victory You have promised. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 3: Tuesday, January 6

Scripture:

Create in me a pure heart, O God, and renew a steadfast spirit within me. — Psalm 51:10 (NIV)

Devotional:

As toxins leave your body during these first few days, you may feel headaches or fatigue. This physical detox mirrors a spiritual one. You cannot fight effectively if you are weighed down by "junk"—both nutritional and spiritual. David asked for a created heart—something brand new. To walk in victory this year, you need a renewed spirit. Allow the physical discomfort of today to drive you to God. Ask Him to wash away the anxiety, doubt, and impurities of the past year so you can march clearly into this new season.

Prayer:

God, create in me a clean heart. As my body detoxes, let my spirit detox as well. Remove the residue of past failures, old hurts, and bad habits. I don't just want a fast; I want a fresh start. Renew a right spirit within me so I can stand steadfast. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 4: Wednesday, January 7

Scripture:

Come near to God and he will come near to you.

— James 4:8 (NIV)

Devotional:

We have reached the midweek mark. Often called "Hump Day," this is where energy lags. But in warfare, you must stay close to your commanding officer. Fasting removes the barrier of "self" that usually stands between us and God. We are often too full of ourselves to notice He is waiting with our battle plans. Today, replace 15 minutes of your lunch break with silence or prayer. Draw near. The victory you seek is found in His presence, not in your own effort.

Prayer:

Lord, I draw near to You. I push past the fatigue and the noise of the week to sit at Your feet. Remove the distance between us. I don't want to fight this battle alone. I need Your presence more than I need my next meal. Come close to me, Lord. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 5: Thursday, January 8

Scripture:

Jesus answered, 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' — **Matthew 4:4 (NIV)**

Devotional:

Jesus spoke these words while fasting in the wilderness to defeat the enemy's temptation. By Day 5, the discipline is getting real. You are learning a critical lesson: a victor's survival does not depend on bread alone. It depends on the Word of God. This is your sword. Today, try to "eat" the Scripture. Digest it. Let the Bible fill the void that your stomach is feeling. You are being fueled by a power that the world knows nothing about.

Prayer:

Father, Your Word is my life. Today, I choose to feed on Your truth rather than bread alone. Speak to me, Lord. Let every word that comes from Your mouth sustain me, strengthen me, and give me the strategy to overcome temptation. I am full of Your Word. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 6: Friday, January 9

Scripture:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. — Hebrews 12:1 (NIV)

Devotional:

Soldiers do not carry unnecessary baggage into battle. The Daniel Fast is spiritual training camp. You might realize today that you don't just miss food; you miss the comfort it provided. That dependency is a weight. That is a hindrance to your victory. Fasting exposes the crutches we lean on instead of Christ. As you eat your simple meals today, ask the Holy Spirit: "What else is weighing me down?" Cut the weights loose so you can run toward the victory line.

Prayer:

Lord, I release the weights. Show me the things in my life—the habits, the attitudes, the distractions—that are slowing me down. I throw them off today. I refuse to be entangled by sin or comforted by anything other than Your Spirit. I am running light, and I am running to win. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 7: Saturday, January 10

Scripture:

Blessed are those who hunger and thirst for righteousness, for they will be filled. — **Matthew 5:6 (NIV)**

Devotional:

You have made it through the first week! This is a significant win. As your body adjusts, your spiritual appetite should be increasing. Jesus promises a specific blessing not to those who are "full," but to those who are hungry. In the Kingdom, hunger is a prerequisite for victory. If you are feeling empty today, rejoice. That emptiness is a vessel ready to be filled with God's power. You are positioning yourself for a fresh outpouring of righteousness.

Prayer:

God, I am hungry for You. More than food, I crave Your righteousness. Fill me up where I am empty. I thank You for the grace to complete Week 1, and I ask for a fresh infilling of Your Spirit to carry me into the next phase of this fast. I am ready to receive. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



WEEK 2: THE STRATEGY OF VICTORY

Focus: Hearing the Commander's Voice

Day 8: Sunday, January 11

Scripture:

My sheep listen to my voice; I know them, and they follow me.

— **John 10:27 (NIV)**

Devotional:

Welcome to Week 2. The first week was about discipline; this week is about strategy. You cannot win a battle if you cannot hear your Commander. In our fast-paced culture, we are bombarded with noise. It's hard to hear a whisper in a hurricane. Fasting turns down the volume of the world so you can tune into the frequency of Heaven. God is speaking, but are we listening? Today, ask God to unclog your spiritual ears. You don't need a new idea; you need a word from God.

Prayer:

Shepherd of my soul, I am listening. Tune my ears to Your frequency. Silence the noise of my schedule, my worries, and my own thoughts. I want to know Your voice so clearly that I can follow You anywhere. Give me hearing ears this week. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 9: Monday, January 12

Scripture:

'Call to me and I will answer you and tell you great and unsearchable things you do not know.' — **Jeremiah 33:3 (NIV)**

Devotional:

It's Monday again. As you navigate the commute or the demands of the office, remember that you have a direct line to Headquarters. Prayer isn't just a monologue; it's a strategy session. Jeremiah 33:3 contains a promise: if you call, He will answer. The fast heightens your sensitivity to that answer. Don't just pray for your to-do list today; pray for revelation. Expect God to give you the "great and unsearchable" insight you need to win.

Prayer:

Lord, I am calling on You. I need answers for the situations I face. Show me the great and unsearchable things about my family, my career, and my purpose. Reveal the strategies I cannot see on my own. I await Your answer with expectation. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 10: Tuesday, January 13

Scripture:

Do not merely listen to the word, and so deceive yourselves. Do what it says. — **James 1:22 (NIV)**

Devotional:

Hearing the strategy is useless if we don't execute the plan. In the suburbs, we can fall into "comfortable Christianity"—we attend church, we hear the sermon, but we don't move. Fasting breaks that comfort. It challenges us to put feet to our faith. As you read the Word today, look for a verb—action. What is God asking you to do? Forgive? Give? Serve? Stop? Don't let the hunger just be physical; let it be a hunger for obedience.

Prayer:

Lord, make me a doer of Your Word. I don't want to be spiritually knowledgeable but spiritually stagnant. Give me the courage to act on what You have shown me. If there is a step of obedience I have been delaying, I choose to take it today. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 11: Wednesday, January 14

Scripture:

Your word is a lamp for my feet, a light on my path.

— **Psalms 119:105 (NIV)**

Devotional:

We often want God to be a floodlight, showing us the outcome of the war. Instead, He offers to be a lamp, showing us the next step of the battle. Fasting helps us become content with the "next step." When we stop trying to control the future and start trusting Him for today, anxiety fades. If you are feeling foggy about a decision, open the Word. The strategic guidance you need is found in the daily bread of Scripture. Trust the light you have.

Prayer:

Father, thank You for lighting my path. I trust You with the next step, even if I can't see the finish line. Remove the confusion and the fear of the unknown. I stand on Your Word, believing that You are guiding my feet in the path of victory. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 12: Thursday, January 15

Scripture:

He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' — **Psalm 46:10 (NIV)**

Devotional:

Stillness is a rare commodity in our area. We are always moving—driving, working, planning. But constant movement can mask a lack of trust. We think if we stop, we lose ground. The opposite is true: "The Lord will fight for you; you need only to be still" (Exodus 14:14). Fasting forces a slowdown. Your energy might be lower today; use that as an excuse to be still. You don't have to hold the world together; He does.

Prayer:

Lord, teach me the power of stillness. I surrender my need to be busy and my need to be in control. I cease my striving and acknowledge that You are God. Fight my battles while I rest in Your presence. Exalt Yourself in my life today. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 13: Friday, January 16

Scripture:

Search me, God, and know my heart; test me and know my anxious thoughts. — Psalm 139:23 (NIV)

Devotional:

We are closing out the second week. By now, deep-seated attitudes are being exposed. You might find yourself easily irritated or frustrated. Don't ignore those feelings—invite God into them. A victorious soldier cannot have hidden weaknesses. Ask Him to search the root of that anxiety or anger. Fasting is surgery for the soul. Let Him remove what doesn't belong so you can be whole for the battles ahead.

Prayer:

Search me, O God. Reveal the hidden things in my heart that could sabotage my victory. If there is anxiety, anger, or unforgiveness, show it to me so I can repent. Make me whole, Lord. I want to be a vessel fit for Your use. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 14: Saturday, January 17

Scripture:

But seek first his kingdom and his righteousness, and all these things will be given to you as well. — Matthew 6:33 (NIV)

Devotional:

Two weeks down! As you enter the weekend, the temptation to focus on "what to eat" can be strong. Realign your focus. We fast to recalibrate our priorities. When the Kingdom comes first, everything else—our families, our finances, our careers—falls into proper alignment. Use this Saturday to organize your life around His priorities. Victory comes when the King takes His rightful place on the throne of your life.

Prayer:

King Jesus, You are first. I realign my priorities today. I seek Your Kingdom above my comfort, my career, and my cravings. Take the throne of my life. I trust that as I take care of Your business, You will take care of mine. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



WEEK 3: WALKING IN VICTORY

Focus: Endurance and Taking Territory

Day 15: Sunday, January 18

Scripture:

*I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. — **Philippians 3:14 (NIV)***

Devotional:

Welcome to the home stretch! Week 3 is about endurance. You are not just finishing a diet; you are completing a spiritual assignment. Paul didn't just run; he ran to win. What is your goal for 2026? What victory are you believing God for in your family or at Friendship? Let this final week be a "press." Push past the fatigue and keep your eyes on the prize. The victorious life requires persistence.

Prayer:

Lord, I press on. I refuse to stop halfway. Give me the strength to finish this fast strong. I have my eyes on the prize—the high calling You have for my life. I run with endurance, believing that the victory is already mine. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 16: Monday, January 19 (MLK Day)

Scripture:

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. — Isaiah 43:19 (NIV)

Devotional:

On this Martin Luther King Jr. Day, we reflect on the power of a God-given dream to overcome injustice. God is a master of the "new." He doesn't just patch up defeat; He creates new pathways to victory. As you fast today, ask God to give you fresh eyes for your community and your life. Where do you need a breakthrough? Believe that He is clearing the path for you right now. The new thing is springing up—walk in it.

Prayer:

God of the New Thing, open my eyes. Help me to perceive the new ways You are working in my life and in our nation. Make a way in my wilderness. I believe that You are bringing streams of life to my dry places. I receive Your fresh vision today. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 17: Tuesday, January 20

Scripture:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. — 2 Timothy 1:7 (NIV)

Devotional:

You have proven over these 17 days that you have self-discipline. That spirit didn't come from you; it came from God. If you can control your appetite, you can control your temper. You can control your spending. You can control your tongue. You are not a victim of your impulses; you are a victor over them. Walk in that power today. You are stronger than you think because His Spirit lives within you.

Prayer:

Father, I thank You for the spirit of power, love, and self-discipline. I reject the spirit of fear and timidity. I walk in the authority You have given me. I have control over my flesh and my choices because Your Spirit lives in me. I am strong in You. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 18: Wednesday, January 21

Scripture:

But thanks be to God! He gives us the victory through our Lord Jesus Christ. — 1 Corinthians 15:57 (NIV)

Devotional:

Victory is not something we achieve by effort alone; it is something we receive through Christ. We fight from a place of victory, not for it. As the fast winds down, you may face unexpected challenges. The enemy often attacks right before the breakthrough. Stand your ground. The battle has already been won at the Cross. Your fast is a declaration that you trust the Victor. Claim that victory over your home and health today.

Prayer:

Lord, I thank You for the victory! I don't have to earn it; I just have to receive it. Thank You for defeating every enemy that rises against me. I stand confident in the finished work of Jesus Christ. My family is victorious, my health is victorious, and my future is secure. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 19: Thursday, January 22

Scripture:

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. — Galatians 6:9 (NIV)

Devotional:

Day 19. You are so close. The finish line is in sight, but weariness can be heavy. This is the moment of perseverance. Victors don't quit when they are tired; they quit when they are done. The harvest is coming. All the prayers you have sown during these three weeks are seeds that will grow in 2026. Do not give up now. Finish strong. Your consistency is digging a well that will refresh you throughout the year.

Prayer:

Lord, renew my strength. I refuse to give up on the verge of my breakthrough. I trust that my harvest is coming at the proper time. Strengthen my hands and my heart to finish this fast with joy. I am reaping a harvest of blessings because I am faithful. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 20: Friday, January 23

Scripture:

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. — Ephesians 6:10-11 (NIV)

Devotional:

Tomorrow is the final day. As you prepare to transition out of the fast, remember that the source of your strength remains. We don't just fast to get healthy; we fast to put on armor. You have spent 20 days suiting up. You don't leave the power when you leave the fast. You take it with you into every situation. Begin to plan how you will maintain this spiritual edge. You are armed and dangerous to the enemy's plans.

Prayer:

Lord, I put on Your full armor. I stand strong in Your mighty power. As I prepare to end this fast, I do not lay down my weapons. I carry Your strength into my daily life. I am protected, I am empowered, and I am ready for whatever comes next. In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



Day 21: Saturday, January 24

Scripture:

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.

— **Ephesians 3:20 (NIV)**

Devotional:

Congratulations! You have completed the 21-Day "Victorious" Fast. We end with a promise of abundance. You have asked, you have sought, and you have knocked. Now, trust God to do more. As you break your fast, do so with a heart full of expectation. The physical discipline has ended, but the spiritual victory is just beginning. May 2026 be a year of "immeasurably more" for you and for Friendship Community Church!

Prayer:

God of Abundance, I thank You! Thank You for sustaining me. Now, do immeasurably more than I can ask or imagine. Release the blessings, the miracles, and the victories I have prayed for. I give You all the glory for what You have done and what You are about to do. I am VICTORIOUS! In Jesus' name, Amen.

Daily Food Log:

- Breakfast:

- Lunch:

- Dinner:



RECIPES & TIPS FOR SUCCESS

Quick Tips for Friendship Community Church:

- **Read Labels:** Avoid High Fructose Corn Syrup and Refined White Sugar.
- **Natural Sugar is OK:** Dates, Apples, 100% Juice.
- **Water:** Drink before every meal.
- **Spice it Up:** Use herbs and spices freely!

10 Popular Daniel Fast Recipes

1. "Apple Pie" Steel-Cut Oats:

Simmer oats with chopped apples, walnuts, cinnamon, nutmeg, and dates.

2. "Green Victory" Smoothie:

Blend spinach, frozen banana, avocado, almond milk, and chia seeds.

3. Sweet Potato Breakfast Bowl:

Mashed baked sweet potato topped with cinnamon, pecans, and almond butter.

4. Friendship Three-Bean Chili:

Kidney/Black/Pinto beans, corn, tomatoes, cumin, and chili powder.
Simmer 45 mins.

5. Southwest Quinoa Bowl:

Quinoa, black beans, corn, cilantro, lime juice, and avocado.

6. GA Style Collard Greens:

Sauté onions/garlic, add greens, broth, smoked paprika, and vinegar.

7. Lemon-Garlic Lentil Soup:

Lentils, carrots, celery, broth. Stir in spinach and lemon juice at the end.

8. Veggie Stir-Fry:

Broccoli, peppers, snap peas sautéed in sesame oil with ginger/garlic. Serve over brown rice.

9. No-Bake Energy Bites:

Mix oats, peanut butter, flax, chia, and blended dates. Roll into balls.

10. Hummus Platter:

Blend chickpeas, tahini, garlic, lemon. Serve with raw veggies.



21 Day
DANIEL FAST
Praying & Fasting

CONSECRATED FOR VICTORY

Join us on a 21-day journey of spiritual discipline, clarity, and triumph. This devotional is designed to equip you with Scripture, prayer, and practical tools as we prepare for a year of victory in Christ. Aligning with our "Victorious!" preaching series, let us put on the full armor of God together.

KEY VERSE: "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God..."
– Ephesians 6:10-11 (NIV)

Contact

404.349.6040

info@friendshipatl.org



Location

Friendship Community Church
4141 Old Fairburn Road
Atlanta, GA 30349