

The Ninth Episcopal District
African Methodist Episcopal Church



The DANIEL FAST

Giving God Our Very Best

Work hard and do not be lazy.

Serve the Lord with a heart full of devotion.

Romans 12:11 GNT

Wednesday, February 18, 2026

Bishop Julius H. McAllister, Jr.
Presiding Prelate

Mrs. Deana Young McAllister
Episcopal Supervisor

The SEASON of LENT

Ash Wednesday (February 18, 2026), begins the Christian's journey through the sacred season of Lent.

The season calls us to confession, repentance, prayer, and other Christian disciplines such as scripture reading and meditation, introspection, and deeds of charity and obedience, not as acts of contrition before others, but only before God.

The forty days of Lent (**excluding Sundays**) bring immediately to mind the forty days of Jesus' struggle and testing in the wilderness, a story that had its antecedents in Moses' forty days without food on Mount Sinai (Exodus 34:28; Deuteronomy 9:9), Elijah's forty days in flight to the mountain of God (I Kings 19:4-8): and, of course, the forty years of Israel's struggle in the wilderness. During the Lenten season, we listen passionately to God's call to return to Him. This "return" requires us to direct our full attention to God, strengthening our trust, faith, and hope in Him, as we prepare our hearts to celebrate our Savior's glorious resurrection and joyfully await His coming again while, we continue to travel this faith journey with renewed spirits.

As we walk through this period of reflection and conversion (February 18th through April 4th), I encourage the members of the Ninth Episcopal District to use your teaching moments - Church School and Bible Study - as well as Sunday Sermons to emphasize the importance of an intimate relationship with Jesus Christ. It is my hope that we will encourage, inspire, and rely on one another.

As we strive to grow closer to God, Supervisor McAllister and I invite you to join us in the **40-Day Daniel Fast**. This is going to be a challenging time for the body of Christ - but we can do it!!!



The DANIEL FAST

Based on the prophet Daniel's commitment to prayer and fasting in his response to not compromise God's law (Daniel 1: 8, 10: 2-3), the version of the Daniel Fast, outlined on this and the following page, includes three levels. Each level recommends specific foods and beverages to eat and to avoid during the Lenten season as well as suggested times for prayer, scripture reading, and acts of charity and obedience.

Level I / *(Full Fast)*

Level I consists of a weekly elimination of specific foods and beverages for forty days, culminating, by day 32, in a diet of fruits, vegetables, and water.

- Each week on Wednesday you ADD the next food/drink group that you will ELIMINATE from your diet.
- Please remember to pray at 6 am, 12 pm, and 6 pm. Our commitment is AT LEAST ten (10) intentional minutes each prayer time (**5 minutes reading scripture and 5 minutes in prayer**).

The DANIEL FAST

Level II / *(Modified Fast - Daily 6:00 am - 6:00 pm)*

Level II consists of a weekly elimination of specific foods and beverages for forty days, culminating, by day 32, in a diet of fruits, vegetables, and water

- Fasting will occur each day from 6:00 a.m. in the morning to 6:00 p.m. in the evening as the calendar describes. After 6 pm you can eat what you like but are encouraged not to binge (eat to make up for lost time) or be extravagant in your eating so as to not counteract the health benefits of the fast.
- Each week on Wednesday you ADD the next food/drink group that you will ELIMINATE from your diet.
- Please remember to pray at 6:00 am, 12:00 pm, and 6:00 pm. Our commitment is AT LEAST ten (10) intentional minutes each prayer time (**5 minutes reading scripture and 5 minutes in prayer**).

Level III / *(Ash Wednesday & Tuesday Fast)*

- Level III consists of a weekly elimination of specific foods and beverages one day (**Tuesday**) of each week, culminating, in the last week, in a diet of fruits, vegetables, and water
- Fasting will be for one day of the week on TUESDAY (**except for the start of the fast which is Ash Wednesday**). On Fasting Tuesday please follow the fast totally. On the other days of the week, you can eat what you like but are encouraged not to binge (eat to make up for lost time) or be extravagant in your eating so as to not counteract the health benefits of the fast.

The DANIEL FAST / *Weekly Calendar Excluding Sundays*

- Week I:** February 18 - 25, 2026 No Fried Foods & Fats
- Week II:** February 26 - March 5, 2026..... No Sugar, Pop, Kool Aide or Fruit Drinks
- Week III:** March 6 - 13, 2026 No Bread, Tea, or Coffee
(Just water, 100% all-natural fruit & vegetable juices)
- Week IV:** March 14 - 21, 2026 No Dairy, No White Flour
No White Grain Products or White Pasta
- Week V:** March 23 - 30, 2026 No Meat (except fish), Grain or Pasta
- Week VI:** March 31 - April 4, 2026 No Fish, only Fruits, Vegetables and Water
- Week VII:** March 5 (**Resurrection Sunday**)

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The DANIEL FAST / *Daily Calendar Excluding Sundays*

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 ASH WEDNESDAY No Fried Foods & Fats	19 No Fried Foods & Fats	20 No Fried Foods & Fats	21 No Fried Foods & Fats
22	23 No Fried Foods & Fats	24 No Fried Foods & Fats	25 No Sugar, Pop, Kool Aide, or Fruit Drinks	26 No Sugar, Pop, Kool Aide, or Fruit Drinks	27 No Sugar, Pop, Kool Aide, or Fruit Drinks	28 No Sugar, Pop, Kool Aide, or Fruit Drinks

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The DANIEL FAST / *Daily Calendar Excluding Sundays*

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No Sugar, Pop, Kool Aide, or Fruit Drinks	3 No Sugar, Pop, Kool Aide, or Fruit Drinks	4 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)	5 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)	6 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)	7 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)
8	9 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)	10 No Bread, No Tea, or Coffee, (Just water, 100% all-natural fruit & vegetable juices)	11 No Dairy, No White Flour, White Grain Products, or White Pasta	12 No Dairy, No White Flour, White Grain Products, or White Pasta	13 No Dairy, No White Flour, White Grain Products, or White Pasta	14 No Dairy, No White Flour, White Grain Products, or White Pasta
15	16 No Dairy, No White Flour, White Grain Products, or White Pasta	17 No Dairy, No White Flour, White Grain Products, or White Pasta	18 No Meat (except fish), Grain, or Pasta	19 No Meat (except fish) Grain, or Pasta	20 No Meat (except fish) Grain, or Pasta	21 No Meat (except fish) Grain, or Pasta
22	23 No Meat (except fish) Grain, Pasta	24 No Meat (except fish) Grain, Pasta	25 No Fish, Just Fruits, Vegetables & Juices	26 Fruits, Vegetables and Juices	27 Fruits, Vegetables and Juices	28 Fruits, Vegetables, and Juices
29	30 Fruits, Vegetables, and Juices	31 Fruits . Vegetables, and Water				

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The DANIEL FAST / *Daily Calendar Excluding Sundays*

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1 Fruits, Vegetables, and Water			
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				2 Fruits, vegetables, and Water		
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					3 Fruits, Vegetables, and Water	
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						4 Fruits, Vegetables, and Water
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5 RESURRECTION SUNDAY						
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The DANIEL FAST / *Suggested Foods and Beverages to Eat and to Avoid*

Biblical Story: Daniel 1:1-18

Foods and Beverages to Eat [unless eliminated during the fasting weeks]

Whole Grains: Brown Rice, Oats, Barley

Legume: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Other: Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100%, All-Natural Fruit Juices, 100 % All Natural Vegetable Juices

[**Foods and Beverages to Avoid**]

- Meat
- Rice (especially white)
- Fried Foods
- Caffeine (includes Coffee & Tea)
- Carbonated Beverages
- Food Containing Preservatives or Additives
- Refined Sugar & Sugar Substitutes
- White Flour and All Products Using it
- Margarine, Shortening, High Fat Products
- Dairy

The DANIEL FAST / *Prayer, Scripture Readings, and Acts of Charity and Obedience Calendar*

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	18 Read Joel 2:1-17 Psalm 95, & Psalm 102 Make Lenten Resolutions and sacrifices	19 Read Psalm 37 Habakkuk 3:1-15 Do A good Deed	20 Read Psalm 35,95,132 Be especially obedient today.	21 Read St. Luke 13 Psalm 30 & 32 Cut your TV time by 2 hours today.
22 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	23 Read Genesis 37 Deuteronomy 26:1-9, Psalm 45 Pray for our Troops	24 Read Psalm 45 & 91 Pray for Community Concerns Attend Bible Study	25 Read Romans 10:1-21 Cut your TV time by 2 hours today. Pray for our church and community Attend Bible Study	26 Read Luke 4:1-44, Psalm 50 Visit or call someone who is lonely Evaluate Lenten Resolutions	27 Read Psalm 25 & Genesis 40:1-23 Send a card to someone who needs cheering up Pray for the President of the US to make wise decisions bathed in prayer	28 Read St. Luke 14:1-14 Psalm 55 & Mark 2:23-3:6 Pray for all people who are in the hospital

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The DANIEL FAST / *Prayer, Scripture Readings, and Acts of Charity and Obedience Calendar*

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	2 Read Genesis 15:1-50 Psalm 56 & 57 Smile at everyone you meet Pray for our Troops	3 Read Psalm 27, 61 & 67 Pray for Community Concerns Attend Bible Study	4 Read Philippians 3:1 and 4: Psalm 72 Pray for our church and community Attend Bible Study	5 Read Luke 9:1-62, Genesis 42:29-38 Help Someone Evaluate Lenten Resolutions	6 Read Psalm 73 & 139 Pray for the President of the US to make wise decisions bathed in prayer	7 Read Mark 5:1-20 St. Luke 14:25-35 Do an extra chore CHEERFULLY today
8 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	9 Read Isaiah 55:1-13 Psalm 80 Pray for the homeless Pray for our Troops	10 Read 1 Corinthians 10:1-13 Psalm 70 Be extra nice to everyone you meet Pray for Community Concerns Bible Study	11 Read St. Luke 13:1-35 Psalm 81 & 82 Cut your TV time by 2 hours today Pray for our church and community	12 Read Psalm 27 Psalm 42 & 43 Evaluate Lenten Resolutions	13 Read Psalm 150 Psalm 95 Forgive someone who hurt you	14 Read 1 Chronicles 13, 15 Do something extra nice for a family member
15 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	16 Read Isaiah 43:1-28P Psalm 66 & 67 Visit someone who is sick Pray for our troops	17 Read Psalm 126 Bible Study Pray for Community Concerns	18 Read Psalm 34 Psalm 101 & 109 Pray for our Church and Community	19 Read St. John 13:1-50 Psalm 101 Tell someone you love them today Evaluate Lenten Resolutions	20 Read Psalm 78 Psalm 73 Pray for the President of the US to make wise decisions bathed in prayer	21 Read 1 Chronicles 17 Psalm 107 Pray for the sick today 28 Read 1 Chronicles 28 Let someone else choose the TV programs today
22 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	23 Read Joshua 5:1-15 Donate food to the hungry Pray for our troops	24 Read Psalm 32 Read a book to a child Bible Study	25 Read 2 Corinthians 5 Pray for our church and community	26 Read St. Luke 15:1-32 Be nice to someone you don't like Evaluate Lenten Resolutions	27 Read Psalm 132 Read a story about Saint today Pray for the President of the US to make wise decisions bathed in prayer	
29 Come to Church and Church School Be attentive in Church Participate in Church School Pray for the President of the US to make wise decisions bathed in prayer	30 Read Isaiah 50:4-9 Isaiah 42:1-9 Hebrews 9 Give up watching TV today Pray for our troops	31 Read Psalm 31 Psalm 71:1-14 Attend Bible Study				

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The DANIEL FAST / *Prayer, Scripture Readings, and Acts of Charity and Obedience Calendar*

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Read Philippians 2 Isaiah 50 Hebrews 12 Pray for our Church and Community	2 Maundy Thursday Exodus 12 Read St. Luke 22	3 Good Friday Read Psalm 22 Read Psalm 135	4 Holy Saturday Read Job 14:1-14 2 Chronicles 6 St. Luke 24
5 RESURRECTION SUNDAY Pray for the President of the US to make wise decisions bathed in prayer						

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The DANIEL FAST

Support Partner

The Word of God informs members of the body of Christ of our need for one another, that we are created to work in fellowship and unity as we faithfully labor to fulfill God's purposes on earth.

Philippians 2: 2 tells us that God is pleased when we work together with one mind and purpose; 1 Thessalonians 5: 1 says that we should encourage and support one another and build one another up; and Ecclesiastes 4: 9-10 declares that "Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help." (NIV). Thus, as we strive for godly insight and renewal, while exercising the spiritual disciplines proposed in the 40- Day Daniel Fast, I invite you to consider finding a support partner. United in thought and purpose, you can provide mutual encouragement and reinforcement, share common and personal strengths and frailties, and build each other up in faith as you commit to living a more joyful, Christ-filled life.



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The DANIEL FAST / Commitments

God's Commitment to Me

I am blessed by God's amazing grace through Jesus Christ.
I can do all things through Jesus Christ, who strengthens me.
I am led and empowered by the Holy Spirit, who abides within me.

My Commitment to God

Through God's grace, Jesus' strength and the Holy Spirit's power,
I commit to 40 days of building a deeper relationship with Jesus.

I will be intentional and strive to...

- Pray daily
- Attend Worship weekly and on time
- Attend Weekly Lenten Services
- Read the Bible
- Fast**
- Attend Bible Study and Church School
- I Will become a Tither

Optional:

Choose a Support Partner: We will walk together, as two, in His Name.

Your Name

Support Partner's Name

Bishop Julius H. McAllister, Jr.

** The Ninth Episcopal District of the African Methodist Episcopal Church intends to provide informative material on the Daniel Fast. This fast, as suggested, is **NOT FOR EVERYONE**; it is not intended to address physical or medical conditions. It is distributed with the understanding that the Ninth Episcopal District is not engaged in giving medical, health, psychological or any other kind of personal professional services through this document. Anyone with a condition that requires personal, medical, health, or other assistance/advice should consult their primary care physician before beginning a fast. The Ninth Episcopal District of the African Methodist Episcopal Church disclaims all responsibility for any liability, loss or risk, personal or otherwise that is incurred as a consequence of the use of the contents of this information aapacket.

Work Hard and do not be lazy. Serve the Lord with a heart full of devotion.
Romans 12: 11 GNT