

Empowered Life Church



January 4-24 2026

Our Spiritual Fasting Plan

Week 1 The Daniel Fast [type of food fast] (Body)

Week 2 Media Fast (Soul)

Week 3 Build your Own Fast (Spirit)

Week 1 January 4 - 10

Some type of Food Fast

This is a fast (inspired by a passage in the Book of Daniel in the Old Testament) where you don't avoid all foods, just certain foods. Foods that are meaningful and significant to you.

Action- Focus on Holiness

Week 2 January 11 - 17

THE MEDIA FAST

Refrain from personal (not work-related) use of media, such as social media, TV, movies, and radio. Instead, use that time to read your Bible, pray, contemplate on God, encourage someone else, etc. Shut out some of the outside noise and listen for Him.

Doing this helps ease anxiety. It calms your soul. We're bombarded with bad news, gossip, slander on social media and our bodies weren't built to carry the weight of the world. It's time to shut it all out and give it to God — He wants to carry the weight of the world on His shoulders! He never intended for his children to carry such a heavy burden.

Action- Read or listen to bible 1 hour a day. Focus Wholeness.

Week 3 January 18 - 24

“BUILD-YOUR-OWN” FAST

Use your prayerful discretion here; you may choose to fast from all food for a 24-hour period, fast from your favorite food for the week, fast from food from sun-up to sundown for five days, fast from sugars and other sweeteners, continue the Daniel Fast, continue the media fast, etc. Choose to do some form of fasting during this week. Prayerfully consider your schedule and what God wants to accomplish in you.

This is entirely between you and God! Do whatever you think will be meaningful to your spiritual life, trusting that God will honor your effort.

Action- Focus on Worship.

We will have prayer every night Sunday - Friday @5:30 - 6:30pm. Saturday night will have a break the fast potluck at ELC @5:30pm