

THERE ARE DIFFERENT TYPES OF FASTS IN THE BIBLE:

"ABSOLUTE FAST" - THIS IS EXTREME AND SHOULD ONLY BE DONE FOR A SHORT PERIOD OF TIME. THIS MEANS NO FOOD NO WATER AND SHOULD ONLY BE ATTEMPTED WITH MEDICAL CONSULTATION AND SUPERVISION.

"NORMAL FAST" - YOU TYPICALLY GO WITHOUT FOOD OF ANY KIND FOR A CERTAIN NUMBER OF DAYS. YOU DO DRINK WATER AND PLENTY OF IT! DEPENDING ON THE LENGTH YOU MAY ALSO CHOOSE TO TAKE CLEAR BROTH AND JUICES TO MAINTAIN YOUR STRENGTH.

"PARTIAL FAST" - THIS INVOLVES GIVING UP PARTICULAR FOODS AND DRINKS FOR A CERTAIN PERIOD OF TIME. THIS COULD ALSO MEAN A CERTAIN MEAL EVERYDAY. THE DANIEL FAST IS AN EXAMPLE OF THIS WHERE DANIEL GAVE UP MEATS AND SWEETS FOR 10 DAYS AND ONLY DRANK WATER AND ATE VEGETABLES.

HELPFUL STEPS FOR FASTING:

- STEP 1: SET YOUR OBJECTIVE
- STEP 2: MAKE YOUR COMMITMENT
- STEP 3: PREPARE YOURSELF SPIRITUALLY
- STEP 4: PREPARE YOURSELF PHYSICALLY
- STEP 5: PUT YOURSELF ON A SCHEDULE
- STEP 6: END YOUR FAST GRADUALLY
- STEP 7: EXPECT RESULTS

**-Guest Preachers-
Nightly Worship
@ 6:30 pm**



January 5-11, 2026
Rev. Milton W. French II, Pastor
Second Temple Baptist Church
Buffalo, New York



January 12-18, 2026
Rev. Dr. Yvonne Jones-Bibbs, Pastor
Sixth Baptist Church
Richmond, Virginia



January 19-25, 2026
Rev. Dr. William B. Moore, Pastor
Tenth Memorial Baptist Church
Philadelphia, Pennsylvania

Former Pastor of
Cornerstone Missionary Baptist Church



CORNERSTONE
Missionary Baptist Church



*January 5-26, 2026
21 Days of Fasting;
21 Nights of Worship*

REV. DR. STEPHEN GREENE HOWARD
SENIOR MINISTER

PHONE: (252) 752-4156
FAX: (252) 752-4405

WWW.MYCMBCNC.ORG



@MYCMBCNC

Everything You Need to Know About The Daniel Fast

Foods We May Eat

All Fruits: These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All Vegetables: These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All Whole Grains: These include but are not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

All Nuts and Seeds: These include but are not limited to sunflower seeds, cashews, peanuts, sesame, and also nut butters, including peanut butter.

All Legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.

All Quality Oils: These include but are not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water, and other pure waters

Other: tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

All meat and animal products, including but not limited to beef, lamb, pork, poultry, and fish

All dairy products, including but not limited to milk, cheese, cream, butter, and eggs

All sweeteners, including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice

All leavened bread, including Ezekiel Bread (It contains yeast and honey.) and baked goods

All refined and processed food products, including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.



All deep fried foods, including but not limited to potato chips, French fries, and corn chips

All solid fats, including shortening, margarine, lard, and foods high in fat

Beverages, including but not limited to coffee, tea, herbal teas, carbonated beverages, and energy drinks

FASTING IS AN OUTWARD SIGN OF AN INWARD ATTITUDE. IT IS A TIME WHEN SPIRITUAL NOURISHMENT REPLACES PHYSICAL NOURISHMENT. IN DOING SO, WE BUILD A CLOSER RELATIONSHIP WITH GOD. THE OLD TESTAMENT PROPHETS REGARDED FASTING AS A TIME TO FOCUS ON THE LESS FORTUNATE. PREPARATION FOR MINISTRY IS THE FOCUS OF FASTING IN THE NEW TESTAMENT. THIS SHOWS US THAT THE FOCUS OF OUR FASTING SHOULD NOT BE OURSELVES, BUT MINISTRY TO OTHERS.

WHY SHOULD I FAST?

MANY PEOPLE IN THE OLD TESTAMENT FASTED WHEN THEY HAD A SPECIAL NEED OR AN EMERGENCY. (I SAMUEL 12:16-23, ESTHER 4:16)

FASTING WAS OFTEN A SIGN OF MOURNING OR REPENTANCE. (I SAMUEL 31:13, NEHEMIAH 1:4, DANIEL 9:3, JONAH 3:5-10) SOME FASTED TO RECEIVE REVELATION OR DIRECTION FROM GOD. (EXODUS 34:28, DANIEL 10:2-3, ACTS 13:2-3, 14:23)

JESUS FASTED BEFORE HE BEGAN HIS MINISTRY. (MATTHEW 4:2; LUKE 4:1-2) ISAIAH PROPHESED THAT GOD WANTED HIS PEOPLE TO FAST FOR THE POOR AND OPPRESSED. (ISAIAH 58:3-14, JEREMIAH 14:10, ZECHARIAH 7:3-10)

WHAT ARE SOME FASTING ERRORS?
FASTING IS NOT TO PUNISH YOUR BODY. (I CORINTHIANS 9:27)

FASTING DOES NOT EARN GOD'S FAVOR. (LUKE 18:12)
DO NOT LET FASTING BECOME A SOURCE OF GUILT. (ROMANS 8:1-2)
FASTING SHOULD NOT BE ENTERED INTO LIGHTLY. GOD TAKES VOWS VERY SERIOUSLY (ECCLESIASTES 5:1-7)
FASTING DOES NOT GUARANTEE A CERTAIN RESULT. (II SAMUEL 12:16-23, I KINGS 21:27)