



Daniel Fast 2026

Devotional · Week 1

For more info, visit clg.org.au/daniel-fast



2026

Our focus in 2026 is that we go deeper into the Word, Worship, Warship (warfare), and Warmth (community/fellowship).

Scripture teaches us, even exhorts us, to pray with unshakable belief, to open our ears and hear the promises of God, and invite them to dwell deep in our hearts.

May you continue to anchor your trust in His assurances, knowing that God is always true to His Word. Only then do we pray in ways that abandon ourselves and our cares to God's loving goodness and divine purposes. May we earnestly desire this for ourselves and the people we are knit together with in God's family.

Pursuing His Presence

Days 01 – 07

Prayer is more than just presenting requests to God. It is an opportunity for us to grow our faith as we enter the presence of the God who loves us.

We begin our time together experiencing what it means to have faith in a God who longs to have a relationship with us.

FASTING TIPS

¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matthew 6:17-18)

1. **SEEK** medical advice. Make sure you are medically fit to fast.
2. **PRAY** – Spiritual fasting is always a discipline directed toward God. Therefore, PRAY! Make a commitment and set yourself apart for your fast period to diligently seek the Lord and experience His presence as never before.
3. **FOCUS ON YOUR GOAL** – STICK with your goal on why you fast; what you want to achieve on top of CLG's goal for the fast. Is it direction you need? Or is it healing, restoration of marriage or family issues, financial breakthrough, seeking employment, or facing severe financial struggles or need deliverance to a certain kind of addiction or bondage. "... this kind not go out but by prayer and fasting." Matthew 17:21
4. **SHOP** for everything you need the day before the fast. You are most likely to succeed if you have your Daniel Fast food within your reach each time you need to refuel yourself.
5. **SANCTIFY THE TIME** - Set a time to be with God. If this is your first time, 20 minutes or ½ an hour is a good start. If you can, 1 hour would be great too. Have a notebook, pen and Bible handy. Write God's insight and revelation to you. Write! Write! And Write, you'll be amazed how much God wants to talk to you. The focus is not on 'Not Eating Food' - The focus is 'Spending Time With God'. Find a quiet place with NO distractions. Turn off your mobile phone AND keep away from TV when you are with God.
6. **READ AND FEAST ON THE WORD OF GOD.** Listen to Christian music – Praise and Worship. Follow this daily devotional, petition, and intercede. End the week with a prayer of declaration.
7. **DRINK** plenty of water.

FAITH THAT BRINGS US CLOSE

15 March · Day 01

Faith-filled prayer is not just about outcomes—it’s about communion. Believing prayer draws us into God’s presence with trust, not just requests.

TODAY’S SCRIPTURE READING

“But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don’t be like them, for your Father knows exactly what you need even before you ask Him!”
—Matthew 6:6-8 (NLT)

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
— Hebrews 4:14-16 (NIV)

REFLECT ON THE WORD

In Matthew 6, we find Jesus at the center of His Sermon on the Mount, leading His disciples into a new and radical way of living out their faith. As He approaches the subject of prayer, He instructs them to “shut the door” and “enter into.” For the disciples, this meant shutting the door to prayer motivated by performance, measured by eloquence and validated by the admiration of others.

Some of these things may be true for us, as well. Or perhaps, for us, it means closing the door to prayer motivated by fear, shame or obligation.

Next, Jesus instructs His disciples to “enter into” a private room. It’s in the private room we are invited into true communion with the One who already sees and knows everything. We find this place is occupied by a throne of grace. We are

in the presence of Jesus, our great high priest, who is sympathetic to our weakness, merciful, full of wisdom and willing to give us everything we need.

Companionship with our Savior fuels a boldness of faith that comes from having met mercy and grace face to face. In the private room, we leave behind the things that hinder us from fully experiencing His love and embrace the path of service set before us. As we enter into the fullness of His joy, He readies us to participate in the miraculous plans for a world in need of redemption.

PRAYER + CONTEMPLATION

1. Take a moment to decide what attitudes or hindrances you want to surrender as you step into communion with the Lord. Then begin to offer your thanksgiving and praise to the Lord as you enter this season of prayer and fasting in faith.
2. Pray that the Lord will use your 21 days of prayer and fasting to bring refreshment and freedom as you enter into His presence. Pray also for your CLG brothers and sisters who are also in this time of seeking.
3. Pray that your deepened companionship with Jesus will create a boldness of faith as you pray for the fulfillment of God’s purposes in others.

NOTES + REFLECTION



FAITH THAT FINDS GOD IN THE ASKING

16 March · Day 02

Pursuing God's presence starts with believing He hears. Prayer isn't a transaction; it's a relationship where God meets us in our believing.

TODAY'S SCRIPTURE READING

I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in Him. Fear the Lord, you His holy people, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing. —Psalm 34:4-10 (NIV)

Additional Scripture: Matthew 7:7-11

REFLECT ON THE WORD

As we grow in our trust of the Father's unfathomable goodness, our prayers become rooted in faith instead of fear.

In Psalm 34, David paints a picture of faith anchored to a steadfast belief in God's goodness, even in dire circumstances. Today, let's start by seeking God in the same way.

Remind yourself of His past mercy, supreme power and constant care. Know Him and be known by Him. Our prayer is born in faith because we see the greatness of the One we pray to.

Psalm 34 shapes a powerful vantage point to offer our prayers. This view magnifies the Lord's goodness and delivers us from the fear that our prayers won't be answered (v. 4). We see in ourselves a reflection of His glory, freed from shame (v. 5). We are humbled by the revelation that while we can offer nothing, He provides everything (v. 6). Though we may see oppression on every front, we

witness the resources of His miraculous protection (v. 7). He feeds us His goodness again and again as we trust in Him (v. 8). When we truly know God, we know His greatness. He is enough (v. 9). We can lay down the impulse to scratch out our own fulfillment because He provides all our needs (v. 10).

Our choice to daily immerse ourselves in the belief that we are the children of a loving Father ignites our faith and empowers our prayers. It enables us to go the distance, even on long treks requiring patience, wisdom and stamina.

He has not failed us. He will not fail us. He is with us.

PRAYER + CONTEMPLATION

1. Re-read Psalm 34:4-10. Reflect on how this Psalm reframes the current challenges you are facing.
2. Ask the Father to remove any fear or anxiety at the root of your challenges and help you to see His goodness and provision in the midst of them.
3. Pray for the people in your life, including those from the CLG faith-community, who are surrounded by overwhelming obstacles, and ask boldly for the Lord to surround and deliver them.

NOTES + REFLECTION



FAITH THAT SEEKS TO GROW

17 March · Day 03

As we pursue God, He meets us in proportion to our faith. The more we lean in, the more of His presence and power we experience.

TODAY'S SCRIPTURE READING

As Jesus went on from there, two blind men followed Him, calling out, "Have mercy on us, Son of David!" When He had gone indoors, the blind men came to Him, and He asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. Then He touched their eyes and said, "According to your faith let it be done to you"; and their sight was restored. Jesus warned them sternly, "See that no one knows about this." But they went out and spread the news about Him all over that region.

—Matthew 9:27-31 (NIV)

Additional Scripture: Mark 11:22-24; Psalm 63:1-8

REFLECT ON THE WORD

Matthew's account of Jesus' interaction with the blind men follows a series of encounters Jesus has with people in desperate circumstances. Matthew 9 opens with Jesus responding to the desperate measures of the friends of a paralytic man, followed by a man who asks Jesus to come with the sober words, "My daughter has just died, but come and lay your hands on her and she will live." Jesus "rose and followed him," only to be detained by a woman desperate enough to reach for the hem of his garment that she might be healed.

It is after these miraculous healings that we encounter the two blind men following Jesus—not just on the road, but into a house—crying out for mercy. Blindness in the Ancient Near East was one of the worst of conditions.

The blind would beg on the side of the road and sing for people passing by to take notice and have pity on them. It was a condition that came to be associated not just with misfortune, but with sin. In fact, healing of blindness is the only miracle Jesus performed that is not prefigured in the Old Testament. They were asking for the impossible.

When Jesus asks them if they believe, their response is emphatic: "Yes, Lord." Notice that though blind, these men were insightful—perceiving and believing that Jesus had the power to heal them.

Jesus responds by touching them and restoring their sight, proclaiming, "According to your faith let it be done to you." Was there something about the desperation of their condition that informed their expectation?

Desperation—uncomfortable as it is—can be a seedbed for faith in our lives. The recognition of our own frailty and inadequacy provides us with the opportunity to look toward Jesus with rightly placed expectation, placing all our trust in Him.

PRAYER + CONTEMPLATION

1. How has God used your desperation to draw you closer to Him in the past? Is there any current area of desperation in your life that He might be using to draw you to Him in this season?
2. Pray that God would make your heart desperate for Him alone. Offer any other current unmet longings to Him and ask Him to use those longings to draw you closer to His heart.
3. Pray for those in your life, including your CLG faith-community, and those in the world who are desperate for something. Pray that God would reveal Himself to them in the midst of their desperation.

NOTES + REFLECTION



FAITH THAT TRUSTS GOD'S HEALING PRESENCE

18 March · Day 04

Healing flows from God's presence. When we pray in faith, we invite not just answers but the nearness of the healer Himself.

TODAY'S SCRIPTURE READING

How blessed is God! And what a blessing He is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in Him. Long before He laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love. Long, long ago He decided to adopt us into His family through Jesus Christ. (What pleasure He took in planning this!) He wanted us to enter into the celebration of His lavish gift-giving by the hand of His beloved Son.

—Ephesians 1:3-6 (MSG)

Additional Scriptures: Psalm 23; Psalm 103:1-5; Psalm 147:1-6

REFLECT ON THE WORD

All of us are in need of healing. We were made by a good God for a perfect world. Because of the presence of sin in this world, we instead find ourselves in a broken and warped world that is constantly trying to break and warp us. We all bear the scars of sin, brokenness, decay and death in our bodies, minds and souls.

But God loves us too much to leave us in this broken state. Ephesians 1:3-6 tells us that because of God's love, He is working to make us "whole and holy by His love." He was willing to give His own son for our healing and restoration. Because of this great love, we have faith that when we are in the presence of God, He is working for our healing and restoration.

Everything we ache for finds fulfillment in Jesus. He is our healer—the one who sees our pain and cares for us. There is no place we can find healing and hope apart from Him.

God's healing is comprehensive: body, mind and spirit. We're given a glimpse of this reality on Earth and anticipate the full experience when we see Him face to face.

There is no malady of body or soul that He will not tend to, though some healing will not happen this side of heaven. In faith, we believe that simply being in His presence restores us. Whatever healing that we need, we can rest assured that now partially, and one day fully, God will "satisfy our desires with good things" when we are in His presence.

PRAYER + CONTEMPLATION

1. Re-read today's Scripture passages. Reflect on where in your life you currently need physical or spiritual healing. Bring these places to God and rest in His presence, believing in faith that He will heal them, either on this side of heaven or when we stand in His presence.
2. Humbly and faithfully ask the Holy Spirit to heal the broken places in your body, mind and spirit. Use any words or phrases that stood out to you from today's Scripture passages to pray God's promises back to Him.
3. Who in your life needs physical, mental or spiritual healing? Take a moment to pray for the needs that the Holy Spirit brings to you. Pray the promises of God on behalf of those individuals.

NOTES + REFLECTION



FAITH THAT FINDS REFUGE IN GOD

19 March · Day 05

As people of faith, we build lives that host God's presence—for ourselves and for others. Faith makes space for God to dwell among us.

TODAY'S SCRIPTURE READING

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord:

He alone is my refuge, my place of safety; He is my God, and I trust Him. For He will rescue you from every trap and protect you from deadly disease. He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection.

—Psalm 91:1-4 (NLT)

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

—Ephesians 3:16-19 (NLT)

REFLECT ON THE WORD

The imagery found in Psalm 91 captures the nearness and intimacy of God's protection. We're given a picture of an eagle protecting her young underneath her wings. Those who commune with God and put their trust in Him know the comfort and security of living under the protection of the One who is all-mighty.

By faith we're drawn into His shelter. The storm may still be pelting down around us, but we're promised the shelter of His wings.

We can find refuge in God no matter our circumstances because we are confident that God loves us, will be with us in every storm, and will (in His own good time) work all things for our good.

This refuge isn't something we have to go out and find, either. In Ephesians, Paul revels in the wonder that in Jesus, we not only dwell in God's presence, but His very presence makes a home within us, transforming us by the power of His Spirit and empowering us to display His presence to others. God's love creates a refuge within our very souls that can never be taken away from us.

Our faith hosts the very presence of God in a way that others can see, feel and be drawn to. May we always find refuge in God as we become a place where others can encounter the God who loves us.

PRAYER + CONTEMPLATION

1. Read through Psalm 91:1-4. Reflect on what it means for God to be your refuge. Remember how He has been a refuge in the past. Ponder how He is acting as your refuge in this season.
2. Using Ephesians 3:16-19 as a guide, ask Christ to make His home in your heart, for the inner strength the Holy Spirit provides, and for you to fully experience the love that God has for you.
3. Who in your life needs to experience God's love and refuge? Bring those people before the Lord and pray these promises of God over them.
4. Take a moment to pray for the countries in conflict (eg Iran). Pray for the lives of people who need the shelter of the Almighty, and ask God to guard their lives, uphold justice, and surround them with His mercy and presence. Pray that the church would bring light, refuge and hope.

NOTES + REFLECTION



FAITH THAT WELCOMES THE VICTORIOUS KING

20 March · Day 06

Pursuing God's presence is how we overcome. His nearness is our victory—our faith brings heaven's power into Earth's battles.

TODAY'S SCRIPTURE READING

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God. This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.”

—1 John 5:4-5; 14-15 (NIV)

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

—2 Corinthians 10:3-5 (NIV)

REFLECT ON THE WORD

John and Paul, the authors of these verses, were no strangers to suffering. Paul's afflictions are portrayed in 2 Corinthians 11, and John refers to himself as a companion in the tribulation endured by the people of God in Revelation 1. What sustained them? How did they persevere in such adversity? How could Paul, with unwavering conviction, write, “We are more than conquerors” (Romans 8:37)?

They were not men of influence, wealth or military might. They were, in every sense, ordinary people. And yet, they possessed one extraordinary treasure—faith in Jesus Christ.

John and Paul, despite their sufferings, knew that they were victors, whether it appeared that way or not. They both had faith and confidence in God. They knew, without a doubt, that Jesus will one day be victorious. They knew that we serve a God who uses even the schemes of the enemy for His good and His glory. He wins.

John writes that we too will overcome the world, not by our own power, but because of our faith in Jesus. As we welcome Jesus as Lord of our lives, we become soldiers with Him, going to battle against the powers of darkness in this world.

But unlike worldly soldiers, we know that the victory has already been won. The more time we spend in the presence of our victorious King, Jesus, the more His victory will spread in our hearts, lives and the world around us.

PRAYER + CONTEMPLATION

1. What does it mean to you that Christ is a victorious king? How might remembering this truth impact how you see your day-to-day life and struggles?
2. Ask the Holy Spirit to reveal any strongholds of the enemy in your life. Then pray God's victory over these areas, knowing that He hears you and that He will be victorious.
3. Pray for those in spiritual battles who are held in strongholds by the enemy. Pray that they may encounter the victorious presence of God, and stand firm in His power and peace.
4. Declare the breakthrough and victory is received, in Jesus' name

NOTES + REFLECTION



FAITH THAT WON'T GIVE UP

21 March · Day 07

What happens when we don't receive an immediate confirmation from God? Pursuing God's presence means staying faithful in prayer. Even when answers are delayed, we remain at His feet.

TODAY'S SCRIPTURE READING

And He told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to His elect, who cry to Him day and night? Will He delay long over them? I tell you, He will give justice to them speedily. Nevertheless, when the Son of Man comes, will He find faith on earth?" —Luke 18:1-8 (ESV)

Additional Scripture: Romans 5:1-5; Isaiah 40:28-31; 2 Peter 3:8-9

REFLECT ON THE WORD

Faith is the gateway to our salvation. It is by faith that we are justified and declared righteous before God.

Yet the work of faith does not end at the moment of salvation—it is also the sustaining force of a victorious Christian life. The same faith that opens the door to eternal life grants us peace with God, access to His grace and the strength to stand firm. It anchors our hope in the glory of God—a hope that is not fragile or uncertain, but sure and steadfast. As Paul writes in Romans 5, this hope does not put us to shame, because it is rooted in a love poured into our hearts by the Holy Spirit.

Like the persistent widow who came again and again to the unjust judge in Luke 18, faith compels us to persevere without shame, fully convinced that we will receive what God has promised. It is a faith that endures, that believes and that keeps coming.

We cannot afford to lose this kind of faith—nor allow it to grow weak. Jesus' words to Peter in Luke 22:31-32 are sobering: "Satan has asked to sift you as wheat, but I have prayed for you, that your faith may not fail." Even in the fiercest trials, what matters most is not our strength, but our faith. Even today, Christ intercedes for us—so that our faith, though tested, may prove genuine and victorious until the very end.

PRAYER + CONTEMPLATION

1. Remember and reflect on prayers that God has answered in your own life. How has your persistent prayer been answered in the past? How has God shown himself faithful?
2. Is there a prayer you've prayed that feels ignored by God? Bring that prayer once again before God. Ask Him to give you perseverance like the persistent widow in Luke 18.
3. Is there someone in your life who you know is struggling with an unanswered prayer? Bring that person before God and pray that God would help them not to give up in their asking. Pray that God would show them that they are heard, and that He would act on

NOTES + REFLECTION

