

NEW HOPE

CORPORATE

2026

FAST

MISSIONARY BAPTIST CHURCH

Dear Beloved Church Family,

Grace and peace to you in the name of our Lord and Savior, Jesus Christ. As we prepare to enter this sacred season of fasting together, I want to take a moment to share the heart and purpose behind our fasting as a church body. Fasting is not simply about what we abstain from—it is about whom we draw closer to. It is a spiritual discipline that positions us to hear God more clearly, seek His direction more earnestly, and humble ourselves before Him more fully.

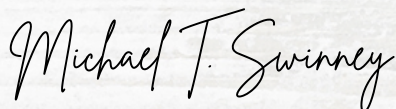
Throughout Scripture, fasting is a powerful act of devotion. It is a time when we intentionally set aside physical comforts to focus on spiritual renewal. As reflected in the Daniel Fast, this season invites us to simplify our diets and our lives so that our hearts and minds may be more attuned to God's voice. Like Daniel, we fast not to be seen by others, but to grow in wisdom, discipline, and obedience to the Lord.

Fasting helps us realign our priorities. It strengthens our prayer lives, sharpens our spiritual sensitivity, and reminds us that "man shall not live by bread alone, but by every word that proceeds from the mouth of God." This is a time for repentance, reflection, and recommitment—individually and collectively as a church family.

As you participate, I encourage you to approach this fast prayerfully and intentionally. Seek God daily through prayer, Scripture, and quiet reflection. Allow this season to be one of transformation—not just in habits, but in hearts. Remember, the goal of the fast is not perfection, but pursuit: a deeper pursuit of God's presence, purpose, and power in our lives.

I pray that this time of fasting will bring spiritual clarity, renewed strength, and a fresh vision to you and your household. May we emerge from this season more unified, more faithful, and more committed to the work God has called us to do.

With love and expectation,

A handwritten signature in black ink that reads "Michael T. Swinney". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Michael T. Swinney

Pastor, New Hope Missionary Baptist Church

Modified Daniel Fast Participation Disclaimer

New Hope Missionary Baptist Church

Participation in the Modified Daniel Fast at New Hope Missionary Baptist Church is voluntary and is intended to encourage spiritual growth through prayer, discipline, and devotion. This fast is not intended to replace medical treatment, professional healthcare advice, or prescribed dietary plans.

Participants are strongly encouraged to consult with their physician or healthcare provider prior to beginning the fast, particularly if they have existing medical conditions, are pregnant or nursing, have dietary restrictions, or are under medical supervision.

All participants should continue to follow their doctor's orders and must continue taking all prescribed medications as directed by their healthcare provider. New Hope Missionary Baptist Church, its pastor, leadership, ministries, and volunteers do not provide medical or nutritional advice and assume no responsibility for any adverse effects that may result from participation in the fast.

If at any time during the fast a participant experiences illness, discomfort, or health concerns, they should immediately discontinue the fast and seek medical attention.

By choosing to participate in the Modified Daniel Fast at New Hope Missionary Baptist Church, participants acknowledge and accept full personal responsibility for their health and well-being and agree to participate at their own discretion.

FASTING RESOURCES

Core Daniel Fast Books & Guides

Foundational Reading

- The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body – A classic, widely-used guide to the 21-day Daniel Fast with spiritual insights and practical advice.
- The Ultimate Guide to the Daniel Fast – Offers devotionals, over 100 recipes, meal plans, and fasting tools to help focus on God rather than food.
- The Daniel Fast Workbook: A 5-Week Guide for Individuals, Groups, and Churches – Great companion for group study, church small groups, or personal reflection during a Daniel Fast.

Spiritual Growth & Focus

- The Daniel Fast for Spiritual Breakthrough – Helps deepen spiritual understanding of fasting alongside diet principles.
- The Daniel Fast: Devotional – A 21 Day Journey of Faith – A devotional-style journal to walk through the fast with Scripture and reflection.
- The Daniel Fast: 21 Day Food and Faith Journal – Combines meal planning with faith journaling.

Recipe & Meal Planning Resources **Cookbooks & Practical Guides**

- The Daniel Fast Made Delicious – A recipe book packed with more than 175 Daniel-compliant meals.
- The Daniel Fast Cookbook: Meal Plans + Recipes – Another helpful cookbook option with structured meal planning.
- 21-Day Daniel Fast Recipes: Praying Your Way Through To Live – A practical recipe guide tied to fasting goals.
- The Daniel's Fast Cookbook – Includes biblical explanation plus recipes suitable for 10- or 21-day fasts.

FASTING RESOURCES

Meal Planning Tools & Helpers

- Fasting Planner & Journal – Digital planner to track fasting prayer, goals, and meals.
- Fasting Meal Planner Bundle – A starter set for meal planning and grocery prep.

Additional Helpful Resources

- The Daniel Fast: A Complete Resource of Guidelines, Menus, R- Another comprehensive guide with menus and fasting guidelines.
- The Daniel Fast for Weight Loss – Focuses on the Daniel Fast, emphasizing health, habits, and wellness.

Tips for Using These Resources

- ✓ Pair a guidebook + cookbook for best results — spiritual grounding plus practical meals.
- ✓ Encourage members to use a journal or planner alongside the fast so they can record prayer points, reflections, and breakthroughs.
- ✓ For group study, the workbook is ideal for weekly discussions and shared insights.
- If you want, I can also put together a printable PDF resource sheet you can hand out to your congregation!

1 WEEK MODIFIED MEAL PLAN IDEA

MONDAY

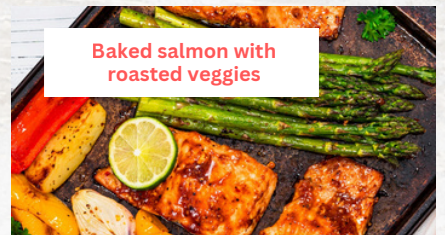
Veggie Omelette



Quinoa salad



Baked salmon with roasted veggies

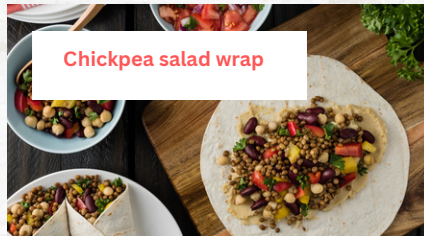


TUESDAY

Overnight oats with fruits



Chickpea salad wrap



Tilapia with roasted veggies



WEDNESDAY

Spinach and mushroom frittata



Lentil soup with whole wheat bread



Veggie Stir Fry with brown rice



THURSDAY

Whole grain toast with avocado



Quinoa and black bean bowl



Baked cod with quinoa and steamed broccoli

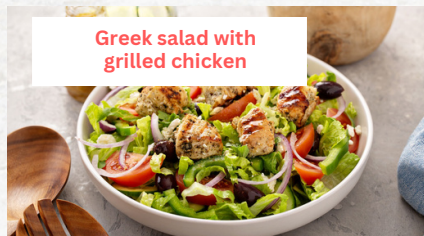


FRIDAY

Green smoothie



Greek salad with grilled chicken



Zucchini noodles with marinara sauce



SATURDAY

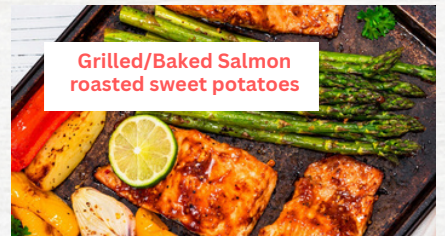
Vegetable scramble



Veggie Lasagne



Grilled/Baked Salmon roasted sweet potatoes

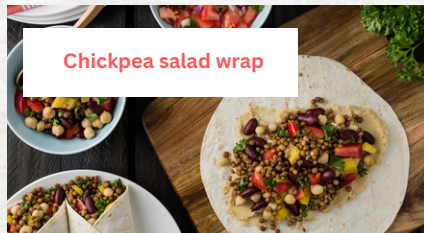


SUNDAY

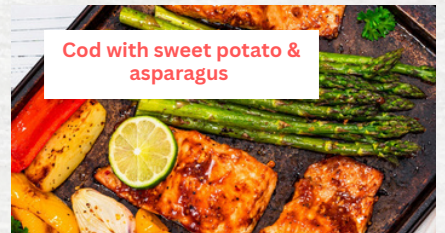
Overnight oats with fruits



Chickpea salad wrap



Cod with sweet potato & asparagus



SAMPLE MODIFIED MEAL RECEPIES

Sweet Potato & Black Bean Chili

Ingredients

- 3-6 tablespoons olive oil
- Optional: 1/2 pack of ground Beyond Meat (plant based)
- 3 medium onion, diced small
- 1 red and 1 orange bell pepper
- 6 garlic cloves, minced
- 3 bell peppers of your choice
- 3 large sweet potato, peeled and diced
- 6 tablespoons mild chili powder
- 6 teaspoons cumin
- 6 teaspoons smoked paprika
- 3 teaspoon salt
- 2-15 ounce cans diced tomatoes, with their juices, or fire roasted tomatoes
- 2-3 cups of vegetable broth
- 2 15-ounce cans black beans, drained and rinsed

Directions

- In a large pot over medium heat, add the olive oil.
- Sauté the diced onion, red, and orange bell peppers for 3-4 minutes, until translucent, then add in the garlic and sweet potato and cook about 2 more minutes. Optional: add Beyond Meat and allow to brown for 5-7 minutes stirring occasionally to prevent burning.
- Next add the chili powder, cumin, smoked paprika and salt. Stir into the vegetable mixture.
- Pour in the diced tomatoes along with their juices, drained and rinsed black beans and the 2 cups vegetable broth. Stir to combine.
- Simmer for 30 minutes stirring occasionally and adding more broth as needed.
- Use the back of a spoon to mash some of the sweet potatoes for a thicker texture, if desired.
- Serve with avocado chunks, cilantro, chopped green onions, vegan cornbread or vegan sour cream.

The Ultimate Vegetable Vegan Lasagna

Ingredients

- 1 tbs olive oil or ¼ cup water (for water saute)
- 1 small onion, diced
- 2-3 cloves garlic, minced
- 2 carrots (2 cups), diced
- 1 zucchini (2 cups), diced
- 8 oz. mushrooms, chopped
- 1 jar (25-28 oz.) pasta sauce, about 3 cups
- ½ teaspoon Italian seasoning (or thyme, basil or (marjoram), optional)
- 1 package (10-12 oz.) frozen spinach thawed and drained
- 9 lasagna noodles (approx.) regular or no-boil
- 2 cups vegan ricotta (cashew ricotta cheese or tofu ricotta)
- salt & pepper to taste

Directions

- Preheat oven to 375°.
- Noodles: Cook noodles according to package directions, set aside. If using no-boil lasagna noodles, as I did, there is no need to cook first.
- Sauté Veggies: In a large skillet, heat oil over medium heat, add onion and garlic, and saute for about 5 minutes. Add carrots, zucchini, squash, mushrooms, herbs/seasonings, and a good pinch of salt and pepper, and continue to sauté for another 5-7 minutes.
- We don't need to saute the zucchini, yellow squash, and mushrooms too much; we want their juices to fully release while baking. Remove from heat.
- Spinach Ricotta: Mix the cashew ricotta and spinach, mix well. Assemble & Layer: Using a large rectangular baking dish (9 x 12), place about 1/3 cup of sauce on the bottom of the dish and spread it to coat. Add a layer of pasta, top with ½ ricotta cheese and 1/2 vegetables. Add another layer of pasta, 1/2 of the remaining sauce, then the rest of the ricotta, then the vegetables. Add one more layer of pasta and top with the remaining sauce. Cover with a lid, a small Silpat, or foil.
- Bake: Cover and bake on the center rack for 40 minutes. Let rest covered for 5 minutes.
- Remove cover and let cool 10 minutes. If not using no-boil noodles, you can remove the cover halfway through for a baked look. To Serve: Add a sprinkle of Almond Parmesan and a bit of freshly chopped basil ontop. Serves 9 Store: Leftovers can be stored in the refrigerator for up to 5 - 6 days, in a covered container.

Veggie Breakfast Scramble

Skillet Ingredients

- 1 cup yellow onions, finely chopped
- 1 cup red bell peppers, small dice
- 1 to 1½ cups zucchini, small dice
- 3 cups cauliflower, tiny florets
- 1 tbs minced garlic
- 1tbs reduced sodium tamari
- 2 tbs vegetable broth
- 2 tbs nutritional yeast
- 1-15 oz. can chickpeas, drained and rinsed
- 2 cups baby spinach (or kale) chopped

Skillet Ingredients

- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dried minced onions
- ¾ tsp. dried ground mustard powder
- 1 tsp. dried thyme leaves
- 1 tsp. smoked paprika
- ¼ tsp. turmeric
- ¾ tsp. sea salt
- ¼ tsp. black pepper

Directions

- Place the Herb/Spice Ingredients in a small bowl, mix and set aside.
- In a large ceramic/enamel-lined skillet, add the onions, red bell peppers, zucchini, and cauliflower, sauté over medium-high heat until they begin to soften, approximately 7 minutes.
- Add a tablespoon or so of water if the onions start to stick and/or to prevent burning.
- Add the minced garlic and the Herb/Spice mix, and sauté, stirring constantly to release their fragrance, for about 1 minute.
- Then add the tamari, vegetable broth, nutritional yeast, and chickpeas, and sauté on medium-high for 7 to 8 minutes. Add the chopped spinach and sauté for 2 minutes, or until the vegetables reach the desired tenderness.
- Test the flavors and add more spices, if necessary, to achieve the level of flavor you desire.
- Remove from the stove and let sit for 5 minutes or so to allow the flavors to marry. Serve it plain, on toast, over brown rice, in a veggie bowl, or topped with some hot sauce.
- Sprinkle individual servings with black salt powder, if you enjoy “egg” flavors, and a little sprinkle of freshly chopped parsley.

Greek Salad

Dressing Ingredients

- ¼ cup extra-virgin olive oil
- 3 tbs red wine vinegar
- 1 garlic clove, minced
- ½ tsp dried oregano, more for sprinkling
- ¼ tsp Dijon mustard
- ¼ tsp sea salt
- black pepper

Salad Ingredients

- 1 English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
- 1 green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 oz. feta cheese cut into ½ inch cubes
- ⅓ cup thinly sliced red onion
- ⅓ cup pitted kalamata olives
- ⅓ cup fresh mint leaves

Directions

- Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper
- On a large platter, arrange the cucumber, green pepper, cherry tomatoes, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.

Brown Rice Stir-Fry with Vegetables

Ingredients

- ½ cup uncooked brown rice
- 1 cup red cabbage, chopped
- ½ head of broccoli, chopped
- ½ red bell pepper chopped
- ½ zucchini chopped
- 2 tbs extra virgin olive oil
- 4 cloves of garlic minced
- 1 handful fresh parsley finely chopped
- ⅛ tsp cayenne powder
- 2 tbs tamari or soy sauce
- sesame seeds for garnish (optional)

Directions

- Cook the brown rice according to package directions
- Place some water in a wok or frying pan and bring it to a boil. Then add the veggies (the water must cover them) and cook for 1 to 2 minutes over high heat. Drain the veggies and set aside.
- Heat the oil in a wok or frying pan, then add garlic, cayenne powder, and parsley. Cook over high heat for about 1 minute, stirring occasionally.
- Add the vegetables, rice, and tamari. Cook for about 1 to 2 minutes more.
- Add some sesame seeds for garnish (optional)
- Store the brown rice stir-fry in a sealed container.

Notes

- Feel free to use other grains, veggies, spices, or any other non-refined oil
- To make an oil-free recipe, cook the garlic, cayenne powder, and parsley in some water or oil-free broth. You can also omit step number 3, use some garlic powder, and cook it with the cayenne powder, parsley, veggies, and rice for a few minutes.
- If you don't like spicy food, omit the cayenne powder or add less.

Quinoa Black Bean Burrito Bowls

Ingredients

- 1 cup quinoa (or brown rice)-cook according to instructions
- 1 tbs olive oil
- ¼ cup onion minced
- 1 clove garlic minced
- 30 oz. cooked black beans or 2 cans (drained & rinsed)
- ¼ cup fresh cilantro chopped
- ¼ tsp chili powder mild
- pinch cayenne pepper spicy
- ¼ fresh lime juice
- 1 cup shredded lettuce
- salt

Optional Ingredients

- grated vegan cheese
- vegan sour cream
- pico de gallo or salsa
- diced seeded tomatoes
- hot sauce or sriracha
- sliced avocado
- guacamole
- corn

Directions

- Rinse the quinoa thoroughly in a mesh strainer or sieve, and drain.
- Pour quinoa into a saucepan along with 2 cups of water. Bring the quinoa to a boil, then reduce the heat to a low simmer. Cover the pot. Let the quinoa simmer for about 20 minutes, until tender and all the liquid has been absorbed. Keep a close eye on the quinoa to make sure it doesn't burn.
- While the quinoa cooks, heat 1 tbsp of oil in another saucepan over medium heat. Pour minced onion into the saucepan and saute for a few minutes until it softens and begins to turn brown. Add the minced garlic to the pot and let it saute for 1-2 minutes longer until aromatic.
- Add the black beans to the pot with the onions, along with ½ cup of water, 2 tbsp of chopped fresh cilantro, chili powder, and cayenne pepper. Bring the beans to a boil, then reduce the heat to medium-low. Let the beans simmer for 15 minutes until the liquid is mostly evaporated. Stir in 2 tbs of fresh lime juice—season with salt to taste.
- When the quinoa is fully cooked, remove from heat and fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice—season with salt to taste.
- Assemble your burrito bowls. Divide the cilantro-lime quinoa among four bowls.
- Top each portion of quinoa with ¼ cup of shredded lettuce.
- Top each portion of lettuce with simmered black beans.
- Top the black beans with your choice of optional seasonings.

Chickpea Salad

Ingredients

- 2 cans (15 oz) chickpeas, rinsed & drained, or 3 cups cooked chickpeas
- 1 medium red bell pepper, chopped
- 1 ½ cups chopped fresh flat-leaf parsley (about 1 bunch)
- ½ cup chopped red onion (about ½ small)
- ½ cup chopped celery (about 2 ribs)
- 3 tbsp extra-virgin olive oil
- 3 tbsp lemon juice (from 1 to 1½ lemons), or more if needed
- 2 cloves garlic, pressed or minced
- ½ tsp fine salt
- black pepper

Directions

- In a medium bowl, combine all the ingredients. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.
- Serve immediately, or chill until you're ready to serve. Leftovers keep well, covered in the refrigerator for up to 4 days.

Overnight Oats

Ingredients-Base Recipe

- ½ cup whole rolled oats
- 1 tbsp chia seeds
- ½ tsp maple syrup, plus more for serving
- pinch of sea salt
- ¼ cup plant base greek yogurt
- ⅔ cup almond or oat milk

Variations

Apple Pie

- 2 tbsp unsweetened applesauce
- ¼ tsp cinnamon or apple pie spice
- diced apples
- chopped pecans
- cinnamon apples (optional)

PB & J

- chia jam (or sugar free fruit jelly/preserve)
- almond butter
- chopped strawberries
- raspberries
- chopped peanuts

Variations Cont...

Peach Crisp

- peach slices
- granola

Chocolate Banana Bread

- ½ banana, mashed
- 1 tsp cocoa powder
- ¼ tsp cinnamon
- pinch nutmeg
- banana slices
- chopped walnuts
- chocolate chips

Directions

- Make the base recipe: In a mason jar or other lidded jar, place the oats, chia seeds, maple syrup, salt, and plant-based yogurt, infusing. Add the almond milk and stir until well combined, with no chia seed clumps at the bottom of the bowl. Cover and refrigerate overnight, or for up to 5 days.
- In the morning, top with your desired toppings and serve with drizzles of maple syrup.
- For apple pie overnight oats, stir the applesauce and cinnamon into the overnight oat base. Refrigerate overnight. In the morning, top with diced apple, chopped pecans and cinnamon apples and drizzles of maple syrup, if desired.
- For peach crisp overnight oats, make the plain overnight oat base. Refrigerate overnight. In the morning, top with peach slices, granola, and drizzles of maple syrup, if desired.
- For PB&J overnight oats, make the plain overnight oat base. Refrigerate overnight. In the morning top with chia jam, peanut butter, chopped strawberries, raspberries and chopped peanuts.
- For chocolate banana bread overnight, stir the mashed banana, cocoa powder, cinnamon, and nutmeg into the overnight oat base. Refrigerate overnight. In the morning, top with banana slices, chopped walnuts, chocolate chips, and drizzles of maple syrup, if desired.

Overnight Oats Continued

Chia Jam Recipe

- 1 pound strawberries
 - ½ tsp fresh lemon juice
 - 1 tsp maple syrup
 - pinch of sea salt
 - 3 tbsp chia seeds
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- Place the strawberries, lemon juice, maple syrup, and salt in a small saucepan over low heat. Cook,
 - stirring occasionally, for 3 to 5 minutes, or until softened. Use a fork or a potato masher to mash
 - the strawberries, keeping a few a little chunky. Remove from the heat and stir in the chia seeds.
 - Transfer to a jar and let cool, uncovered, at room temperature, then cover and chill in the fridge.

Notes

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