



# Victory Worldwide Ministries

6033 Roosevelt Hwy \* Union City, GA 30291 \* 404-435-5687

Wanda V. Smith, Sr. Pastor

Frank J. Williams, Jr., Executive Pastor



## January 5 - January 25, 2026

### 21 Days of Fasting and Prayer: Walking in Bold Faith

**The Year of Bold Faith** is a season of intentional courage, where we **trust** God fully, **obey** Him promptly, and **walk** forward in faith with confidence, even when the outcome isn't clear. We will choose faith over fear, obedience over comfort, and forward motion over complacency.

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Join us every Monday at 6:00 am for Corporate Prayer:

Facebook/ X @victory4udaily or YouTube @victoryworldwideministries

**Week One: BOLDNESS TO TRUST GOD FULLY**

**Week Two: BOLDNESS TO OBEY PROMPTLY**

**Week Three: BOLDNESS TO WALK FORWARD IN FAITH**

Connect with Victory on social media platforms @victory4udaily and with Pastor Wanda @iamwandavsmith

## **WORDS FROM PASTOR WANDA V. SMITH:**

As we step into this new year of 2026, we begin by **declaring our pursuit of M.O.R.E**, more faith, more obedience, more purpose, and more of God, by launching our annual 21-Day Fast. This is a sacred time to humble ourselves, quiet distractions, and intentionally seek God as we enter a new season of walking in **BOLD** Faith.

Through this fast, we position our hearts to hear God clearly, trust Him fully, and walk boldly in faith, even when the path ahead is not fully revealed. We come ready to align our lives with His will and to surrender control so God can lead us forward.

It is our prayer that these 21 days will strengthen us, equip us, and prepare us to yield completely to God, creating space for Him to move, speak, and reveal Himself in deeper and more powerful ways. As we walk in bold faith, we believe we will encounter our Father on new levels and experience transformation from the inside out.



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## How do I prepare for the fast?

*Please always consult your doctor before fasting especially if underlying medical conditions exist.*

- Prepare physically and spiritually.
- Food prep! Take a few days to prep and prepare your meals.
- **Do not** overeat prior to the fast.
- **Do** stock up on healthy foods and snacks that line up with the fast.
- Start eating smaller portion size meals a few days before you begin this fast.
- **Begin** to wean yourself off caffeine.
- Clean out your refrigerator and your pantry (also, consider sticking closely to healthy eating after the fast ends).
- **Drink LOTS of WATER.**
- Put your mind in a state of repentance. **Psalm 51**

## What is the difference between spiritual fasting and dieting?

**Fasting** is a spiritual journey that must be accompanied by prayer, while dieting is a physical discipline that does not require prayer. Both, however, demand self-discipline.

Without prayer, fasting loses its spiritual purpose; prayer is what gives fasting meaning, power, and spiritual impact.

## Just a few notes and “FYI’s”

\* Ask God for strength. You may experience hunger pangs during the first few days of the fast, so prepare wisely. Keep your refrigerator and pantry stocked with the food you will need and remove or avoid items that may become a temptation. Remember, God always provides a way of escape, and wisdom helps us guard our choices and our hearts. (*1 Corinthians 10:13; James 1:14–15*).

\* Ask the Holy Spirit to help you resist temptation, especially when cravings arise. Pray often throughout the day and continually seek the Lord for strength and clarity. As your body adjusts, you may experience temporary discomforts such as



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headaches, dizziness, stomach aches, or hunger pangs, but remain encouraged. These moments are opportunities to lean deeper into prayer and depend more fully on God.

\* Remember why you are fasting. The purpose of fasting is to shift your focus away from the physical distractions of this world and turn your heart fully toward God. As you deny the flesh, you make room to seek Him intentionally and position yourself for spiritual breakthroughs that only come through prayer, surrender, and obedience.

\* Consider fasting and praying for our communities, pastors and spiritual leaders, churches, healing throughout our land, and those in national leadership, including all governing authorities. As we lift them before God, we ask for wisdom, unity, protection, and righteous guidance.

Fasting is the willing and voluntary abstinence from certain foods, drinks, or both for a specific period of time. It is a temporary act of self-denial with the purpose of drawing closer to God.

In addition to food, fasting can also include abstaining from certain activities, habits, media, or even unhealthy influences, anything that distracts from spiritual focus, so that greater attention can be given to prayer, reflection, and seeking God.

The Bible identifies **three types of fasting**:

1. **Supernatural Fast** – No food and no water (*Exodus 34:28*)
2. **Total Fast** – No food, water only (*Matthew 4:2*)
3. **Partial Fast** – Abstaining from certain foods or delicacies (*Daniel 10:3*) \*\*\*

Fasting is **not a diet** and should never be done for selfish reasons. It is an act of devotion unto the Lord, carried out with sincerity of heart, humility, and repentance.

**Fasting and prayer together are a master key**, turning the impossible into the possible, the unthinkable into the thinkable, and what once seemed out of reach into something attainable.



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Through fasting and prayer, spiritual power is released, the flesh is subdued, and doubt is silenced, making room for God to move supernaturally.

*Study: Matthew 17:19–21*

## Why do we fast?

**Prayer** opens heaven, so God can hear your request; **Fasting** opens your heart, so you can hear God's request of You! **Matthew 17:21**

## Why should I fast?

**Fasting reduces the power** of self so that the Holy Spirit can do a more intense work within. **Matthew 5:6**

## ARE YOU READY?

The 21-Day “Year of Walking in **BOLD** Faith” will begin Monday, **January 5<sup>th</sup>**, at 12:00 a.m. and conclude Sunday, **January 25<sup>th</sup>**, at 11:59 p.m.

- This will be a 21-day plant-based fast (**if it came from the ground directly eat it**).
- **If you are taking prescribed medication**, please consider including fish or salmon as needed while fasting.



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**WEEK ONE:** Boldness to Trust GOD Fully

**WEEK TWO:** Boldness to Obey Promptly

**WEEK THREE:** Boldness to Walk Forward in Faith

## WEEK ONE – WEEK THREE, JANUARY 5<sup>th</sup> – 25<sup>th</sup>, 2026

Foundation scripture **Ephesians 3:12** – In whom we have boldness and access with confidence by the faith of him.

	WEEK ONE	WEEK TWO	WEEK THREE
	Trust God Fully	Obey Him Promptly	Walk Forward w/Confidence
MONDAY	D1 - Proverbs 28:1	D8- James 1:22	D15 - Hebrews 10:39
TUESDAY	D2 -- 2 Timothy 1:7	D9 - Luke 9:23	D16 - Ephesians 3:20
WEDNESDAY	D3 - Proverbs 3:5-6	D10 - James 2:17	D17 - Mark 11:23
THURSDAY	D4 - 2 Corinthians 5:7	D11 - Galatians 6:9	D18 - Matthew 17:20
FRIDAY	D5 - Joshua 1:9	D12 - Psalm 37:5	D19 - Isaiah 40:31
SATURDAY	D6 - Ecclesiastes 3:11	D13 - Daniel 3:17-18	D20 - Philippians 1:6
SUNDAY	D7- Exodus 14:14	D14 - Deuteronomy 28:1-2	D21 - Ephesians 3:12



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**Daily Declarations:** *I declare this is the Year to Walk in Bold Faith*

## WEEK 1, TRUST GOD FULLY

**Day 1 – Bold Faith / Declaration:** *I declare that I will not shrink back. I move forward with courage and confidence, knowing God is with me.*

**Day 2 – Faith Over Fear / Declaration:** *I declare that God has not given me the spirit of fear. I operate in confidence, power, love, and a sound mind.*

**Day 3 – Trust Without Clarity / Declaration:** *I declare that I trust God with all my heart. I will not rely on my own understanding.*

**Day 4 – Walking by Faith / Declaration:** *I declare that I walk by faith and not by sight. My faith will direct my steps.*

**Day 5 – Confidence in God's Presence / Declaration:** *I declare that I am strong and courageous. The Lord my God is with me wherever I go daily.*

**Day 6 – Trusting God's Timing / Declaration:** *I declare that God's timing is perfect. I trust Him even when I must wait and do not understand.*

**Day 7 – Resting in Trust / Declaration:** *I declare that the Lord fights for me. I rest in His faithfulness and power.*

## WEEK 2, OBEY HIM PROMPTLY

**Day 8 – Obedience Unlocks Blessing / Declaration:** *I declare that I will strive to be a doer of the Word. I am determined to obey God promptly and fully.*

**Day 9 – Obedience Over Comfort / Declaration:** *I declare that I choose obedience over comfort. I will follow Christ daily.*

**Day 10 – Faith in Action / Declaration:** *I declare that my faith is alive and active. I will move when God speaks.*

**Day 11 – Standing Firm / Declaration:** *I declare that I will not grow weary. I will remain faithful and consistent.*



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**Day 12 – Trusting God with Results / Declaration:** *I declare that I will commit my ways to the Lord and trust Him to act.*

**Day 13 – Obedience in Pressure / Declaration:** *I declare that even if it's uncomfortable, I will obey God without compromise.*

**Day 14 – Obedience Brings Favor / Declaration:** *I declare that because I obey God, blessings will pursue and will overtake me.*

## **WEEK 3, WALK FORWARD WITH CONFIDENCE**

**Day 15 – Forward Motion Over Complacency / Declaration:** *I declare that I will not retreat and I move forward in faith.*

**Day 16 – Bold Prayers / Declaration:** *I declare that I will pray boldly and trust God to do exceedingly and abundantly.*

**Day 17 – Speaking Faith / Declaration:** *I declare that my words align with faith. I will speak life and victory.*

**Day 18 – Faith That Moves Mountains / Declaration:** *I declare that my faith moves obstacles and will open doors.*

**Day 19 – Strength for the Journey / Declaration:** *I declare that my strength is renewed as I wait on the Lord.*

**Day 20 – God Finishes What He Starts / Declaration:** *I declare that God is completing the good work He began in me.*

**Day 21 – Living the Year of Bold Faith / Declaration:** *I declare that this is the Year for me to Walk in Bold Faith!*



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**\* REMINDER: Please always consult your doctor before fasting, especially if underlying or medical conditions exist.**

**\* REMINDER: This is a *21-Day Plant Based* Fast, however, if medication is involved feel free to consider adding Fish/Salmon while fasting if needed.**

Otherwise, use only plant-based food items.

## **Foods to Eat on the Daniel Fast:**

**All fruit** – all fresh, frozen, or dried with no sugar added: lemons, lime, apples, guava, apricots, melons, bananas, grapefruit, grapes, plums, peaches, pears, prunes, raisins, berries, avocado, kiwi, nectarines, cantaloupe, pineapples, oranges etc.

**All vegetables** – all leafy greens, frozen, and canned: examples artichokes, onions, asparagus, beets, broccoli, brussels sprouts, carrots, collards and turnips, cucumbers, potatoes, sweet potatoes, celery, cauliflower, corn, tomatoes, parsley, peppers, radishes, cabbage, rutabagas, scallions, spinach, chili peppers, squash, sprouts etc.

**All whole grains/wheat** – whole wheat (pasta included), barley, brown rice, wild rice, lentil/chickpea, oats, quinoa, millet, pasta, and grits (no dairy added), popcorn, rice cakes, etc.

**All nuts & seeds** – (raw & unsalted) almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; Nut butters are also included; natural almond butter, ground flax.

**All legumes** – fresh, frozen, dried, canned: black beans, green beans, green peas, split peas, black-eyed peas, kidney beans, pinto beans, white beans, cannellini beans, garbanzo beans (chickpeas), great northern beans, lentils etc.

**All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

**Beverages**– **water** (must not have any calories), coffee/tea (black only), fresh fruit or vegetable juices (must only have fruit or vegetables), herbal teas with NO added sweeteners, unsweetened almond milk, rice milk, or soy milk.

**Other/Spices** –herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

## **Foods to Avoid on the Daniel Fast:**

**All meat & animal products** – bacon, beef, buffalo, eggs, lamb, poultry, and pork (*except Salmon and Fish if needed*).

**All dairy products** – butter, cheese, cream, milk, and yogurt.

**All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, and sugar.

**All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).



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**All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

**All deep-fried foods** – corn chips, French fries, and potato chips.

**All solid fats** – lard, margarine, butter, and shortening.

**Beverages** – alcohol, carbonated drinks, energy drinks, tea (with sugar or sweeteners).

**NO SWEETS ARE ALLOWED!**