



ADVANCING GOD'S KINGDOM

The **Daniel Fast** is a spiritual discipline based on the prophet Daniel's practices, outlined in the Bible, where you commit to prayer, fasting, and a plant-based diet for 21 days. It focuses on *drawing closer* to God while removing distractions, especially unhealthy or indulgent foods.

Biblical Basis

1. **Daniel 1:8-14**
2. **Daniel 10:2-3**

Guidelines for the Daniel Fast

Foods to Include:

- **Fruits:** Fresh, frozen, or dried (e.g., apples, berries, oranges, bananas).
- **Vegetables:** All types (e.g., spinach, broccoli, sweet potatoes, carrots).
- **Whole Grains:** Brown rice, quinoa, oats, barley.
- **Legumes:** Lentils, chickpeas, black beans, kidney beans.
- **Nuts and Seeds:** Almonds, sunflower seeds, chia seeds, flaxseeds.
- **Oils:** Plant-based oils like olive oil, coconut oil, and avocado oil.
- **Beverages:** Water, herbal tea (unsweetened).

Foods to Avoid:

- Meat, poultry, fish.
- Dairy products (milk, cheese, yogurt).
- Processed or refined foods (white flour, white rice, baked goods).
- Sweeteners (sugar, honey, syrups, artificial sweeteners).
- Beverages like coffee or soda.

Spiritual Focus

1. **Daily Prayer and Bible Reading**
 - Spend time meditating on Scripture and seeking God's guidance.
2. **Worship and Reflection**
 - Use worship music, journaling, or quiet reflection to draw closer to God.
3. **Repentance and Intercession**
 - Confess sins and pray for yourself, your loved ones, and your community.

Benefits of the Daniel Fast

1. **Spiritual Renewal:** Deepens your relationship with God by focusing on Him.
2. **Physical Health:** Promotes a cleaner diet with natural foods.
3. **Mental Clarity:** Helps eliminate distractions and center your mind on Christ.

Sample 3-Day Meal Plan

Day 1

- **Breakfast:** Oatmeal with almond milk and fresh berries.
- **Lunch:** Lentil soup with a side of steamed broccoli.
- **Dinner:** Salad with mixed vegetables, olive oil, and lemon dressing.



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Day 2

- **Breakfast:** Smoothie with banana, almond milk
- **Lunch:** Sweet potato and bean bowl with avocado.
- **Dinner:** Stir-fried vegetables with brown rice and soy sauce.

Day 3

- **Breakfast:** Fresh fruit salad with nuts.
- **Lunch:** Hummus, raw vegetables, and whole-grain crackers.
- **Dinner:** Baked Potato and baked apple

Tips for Success

1. **Prepare in Advance**
 - Plan meals and grocery shop for approved foods.
2. **Stay Hydrated**
 - Drink plenty of water throughout the day.
3. **Be Flexible but Faithful**
 - Focus on the spiritual purpose of the fast, not perfection in the diet.
4. **Pray for Strength**
 - Seek God's help to overcome cravings or moments of weakness.

The focus of the Daniel Fast is prayer. While it's natural to be concerned about the food list, your priority on the fast should *always* be **calling out to God** on behalf of your own needs and the needs of others.

Day 1 (Jan. 6) – Pray for unbelievers to repent and be saved.

"Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God" (2 Cor. 4:4 NLT).

Day 2 (Jan. 7) – Pray for revival and a great awakening in the world.

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land" (2 Chron. 7:14).

Day 3 (Jan. 8) – Pray that God will give you a soul to disciple this year

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age." (Mat. 28:19-20).

Day 4 (Jan. 9) – Pray for families to be strengthened in the Lord.

"Be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil" (Eph. 6:10-11).

Day 5 (Jan.10) – Pray for a family member or a friend who is sick.

"Lord, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death" (Ps. 107:19-20 NLT).



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Day 6 (Jan. 11)– Pray for a couple who is struggling in their marriage.

“Make allowance for each other’s faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony” (Col. 3:13-14 NLT).

Day 7 (Jan.12) – Pray for unity in the church and in the body of Christ.

“I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose” (1 Cor. 1:10 NLT).

Day 8 (Jan.13) – Pray for your pastor and for your church leadership.

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind” (James 1:5-6 NLT).

Day 9 (Jan.14) – Pray for the ministries in your church or community.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving” (Col. 3:23-24).

Day 10 (Jan.15) – Pray for a neighbor. “I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better” (Eph. 1:17).

Day 11 (Jan.16) – Pray for a missionary.

“Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord” (Ps. 112:6 -7).

Day 12 (Jan.17) – Pray for a widow/widower.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Ps. 34:18).

Day 13 (Jan.18) – Pray for a people in your country to turn to God.

“All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations” (Ps 22:27-28).

Day 14 (Jan.19) – Pray for the government leaders in your country and elected president

“It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him” (Deut. 13:4).

Day 15 (Jan.20)– Pray for the sanctity of life to be upheld and celebrated.

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.” (Ps. 139:13-15 NLT).



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Day 16 (Jan.21) – Pray for an unsaved family member or friend.

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved” (Rom. 10:9-10).

Day 17 (Jan.22) – Pray for someone who is battling depression.

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs” (Zeph. 3:17 NLT).

Day 18 (Jan.23) – Pray for the people in your city/community.

“Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love” (1 John 4:7-8 NLT).

Day 19 (Jan.24) – Pray for your heart to be obedient to the Lord. “If you look carefully into the perfect law that sets you free, and if you do what it says and don’t forget what you heard, then God will bless you for doing it” (James 1:25 NLT).

Day 20 (Jan.25) – Pray for a deeper commitment to prayer.

“Let joy be your continual feast. Make your life a prayer. And in the midst of everything be always giving thanks, for this is God’s perfect plan for you in Christ Jesus” (1 Thess. 5:16-18 TPT).

Day 21 (Jan.26) – Send Me! Pray for boldness to share the gospel with others.

“For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile.” (Rom 1:16 NLT).

Your own request and contract to the fast: _____

Signed this day _____/_____, 2025 _____
Signature