



THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD'S DIRECTIONS FOR OUR LIVES!

No prayer = no relationship with God | More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26, 27).

**Why Should We Pray?**

We love God | To worship and praise God for who He is | To say thanks to our Father  
To petition God | To confess our sins | To intercede for others | To listen to God  
To resist temptation | God directs us to pray

**Why Should We Fast?**

Fasting and Prayer combined can bring about a transformational revival- in you, the nation, and the world. It can be a very powerful tool in seeking God. The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

The Daniel Fast is an opportunity to draw closer to God by restricting the foods you regularly enjoy, as an act of worship and consecration to the Lord. Through the Daniel Fast, you may gain physical health and healing, spiritual wisdom, and insight.

**How Should We Prepare for The Daniel Fast?**

**Spiritual Preparation**

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

**Physical Preparation**

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe medical maladies you should definitely have professional supervision while fasting.

**INCLUDE These Foods During The Daniel Fast**

**All Fruits (Fresh, Frozen, Dried)**

**All Vegetables (Canned, Fresh, Frozen, or Dried)**

**Whole Grains:** Brown Rice, Oats, Rolled Oats, Oatmeal, Barley, Corn, Popcorn, Wheat

**All Nuts & Seeds**

**Legumes (Canned or Dried):** Black Eyed Peas, Dried Beans, Green Beans, Green Peas, Lentils, Pinto Beans, Split Peas, etc.

**All Quality Oils:** Including but not limited to Olive, Canola, Grape Seed, Peanut, and Sesame.

**Liquids:** Spring, Distilled, and Filtered Water, 100% Fruit Juices, and 100% Vegetable Juices

**Other:** Tofu, Soy Products, Vinegar, Seasonings, Salt, Herbs and Spices

**AVOID These Foods During The Daniel Fast**

**Meat:** Including but not limited to Beef, Lamb, Pork, Poultry, and Fish.

**Dairy Products:** Including Butter, Cheese, Cream, Eggs, Milk, Sour Cream, and Yogurt. **You may have fat free milk.**

**Sweeteners:** Including but not limited to Sugar, Raw Sugar, Honey, Syrups, and Molasses.

**Leavened Bread:** Including Ezekiel Bread and Baked Goods.

**Refined and processed food:** Including but not limited to Artificial Preservatives, Flavorings, Food Additives, Chemicals, White Rice, and White Flour.

**Deep Fried Foods**

**Solid fats:** Shortening, Margarine, Lard

**Beverages:** Coffee, Tea, Herbal Teas, Carbonated Beverages, Energy Drinks, and Alcohol



### DAY 1 of 20 | JANUARY 12

**Prayer for Submission to God** | Read Romans 12:1–2; Luke 9:23  
Offer your life to Christ. Pray for the right attitude throughout the fast.

### DAY 2 – January 13

*Daniel Fast; Omit 1 meal today*

**Prayer of Adoration & Thanksgiving** | Read Revelation 15:3-4 | Spend time worshipping and praising God.

### DAY 3 – January 14

*Daniel Fast; Omit 1 meal today*

**Prayer for Examination** | Read Psalm 139:23-24 | Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for forgiveness.

### DAY 4 – January 15

*Daniel Fast; Omit 1 meal today*

**Prayer for Your Identity in Christ** | Read Galatians 2:20; 1 Peter 2:24; Philippians 1:20-21 | Pray for a greater understanding of the Word as well as God's purpose for your life.

### DAY 5 – January 16

*Water & 100% Juice only from 6am– 6pm; Daniel Fast after 6pm*

**Prayer for Filling of the Spirit** | Read Ephesians 5:18; Galatians 5:16, 25 | Ask the Spirit to control and fill you today.

### DAY 6 – January 17

*Daniel Fast; Omit 1 meal today*

**Prayer on Fruit of the Spirit** | Read Galatians 5:22-23; 1 Corinthians 13:4-7 | Pray on the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

### DAY 7 – January 18

*Daniel Fast; Omit 1 meal today*

**Prayer for the Purpose of My Life** | Read Matthew 22:37, 39; Matthew 6:33; Matthew 4:19; Matthew 28:19–20; Acts 1:8; John 15:8 | Pray for guidance and direction.

### DAY 8 – January 19

*Daniel Fast; Omit 1 meal today*

**Prayer for the Circumstances of the Day** | Read Proverbs 3:5–6; Romans 8:28-29 | Commit the events of this day into the hands of God.

### DAY 9 – January 20

*Water & 100% Juice only from 6am– 6pm; Daniel Fast after 6pm*

**Prayer for World Affairs** | Read Psalms 85:4-7 | Pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.

### DAY 10 – January 21

*Daniel Fast; Omit 1 meal today*

**Prayer for the Coming of Christ and Your Future with Him** | Read Revelation 22:20; Romans 8:18; 2 Corinthians 4:16–18; Philippians 3:20 | Your kingdom come, Your will be done. (Matthew 6:10)

### DAY 11 – January 22

*Water & 100% Juice only from 6am– 6pm; Daniel Fast after 6pm*  
**Prayer for Renewal** | Read Deuteronomy 10:12; Philippians 3:12-14 | Pray for personal renewal.

### DAY 12 – January 23

*Daniel Fast; Omit 1 meal today*

**Pray Against Spiritual Warfare** | Read Philippians 4:6-9 & Ephesians 6:13-18 | Pray against the world; pray against the flesh; pray against the Devil.

### DAY 13 – January 24

*Water & 100% Juice only from 6am– 6pm; Daniel Fast after 6pm*

**Prayer for Growth in Christ** | Read Psalm 61:2-4 | Pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence; grace to glorify Him in your life.

### DAY 14 – January 25

*Daniel Fast; Omit 1 meal today*

**Prayer for Growth in Wisdom** | Read James 1:13-15 | Pray for developing an eternal perspective; to renew your mind with truth; greater skill in each area of life.

### DAY 15 – January 26

*Daniel Fast; Omit 1 meal today*

**Prayer for Family** | Read 1 Samuel 12:23 | Pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

### DAY 16 – January 27

*Daniel Fast; Omit 1 meal today*

**Prayer for Churches & Ministries** | Read Ephesians 4:4-6 | Pray for Hurricane Chapel; other churches; evangelism and discipleship ministries; educational ministries.

### DAY 17 – January 28

*Daniel Fast; Omit 1 meal today*

**Prayer for Believers** | Read 2 Corinthians 6:4- 10 | Pray for personal friends; those in ministry; those who are oppressed and in need.

### DAY 18 – January 29

*Water & 100% Juice only from 6am– 6pm; Daniel Fast after 6pm*

**Prayer for Relationships with Others** | Read 1 Corinthians 16:14 | Pray for greater love and compassion for others; loved ones; those who do not know Christ; those in need.

### DAY 19 – January 30

*Water & 100% Juice only from Midnight-Midnight*

**Faithfulness as a Steward** | Pray for your time, talents, treasure, truth, and relationships. | May I be a person who fears God, loves truth, and hates dishonest gain. (Exodus 18:21)

### DAY 20 – January 31

*Daniel Fast; Omit 1 meal today*

**Closing Prayer** | Read Psalm 73:25-28 | Offer praise to God for the spiritual revival in your life and the life of Hurricane Chapel.