

## Daniel Plan of Fasting and Prayer

**Theme of the fast—fasting and prayer:** Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Increase your prayer life during this time. Study the Scriptures with a new intensity. When the fast is over, you should have a new spiritual strength from overcoming the cravings that usually control your life and from dedicating yourself to God.

**Important exceptions:** Fasting should never harm the body. If you have special dietary needs—if you are pregnant or nursing, if you have a chronic illness such as cancer or diabetes, if you are a young person who is still growing or an athlete who expends more than typical amounts of energy on a regular basis—contact your health professional and modify the Daniel Fast eating plan in a way that is appropriate to meet your health needs. (check out Susan Gregory, The Daniel Fast Blogger [Susan@Daniel-Fast.com](mailto:Susan@Daniel-Fast.com)).

Each day will be different, and the prayer and scriptures need to be done in the order you receive them for greater results. By the end of the fast you should notice:

- **Clarity:** Direction on how to move forward in 2021, not from us but from God since the whole purpose of the fast is to get you more focused on Him.
- **Cost:** Being willing and obedient to follow what the Lord will reveal to you during this process. Shutting off the social media, TV and any other outlets that will bring the evening news, fear or distraction into your atmosphere. Other than that, it's free.

May the next 12 days will be transformational for you. God will reveal truth about Himself, who He has created you to be, and provide direction for your future.

### **Sample Menu - Fruits, Vegetables, Juices & Water**

Breakfast - Fruit smoothie with protein powder

Mid-morning Snack - Fresh fruit or fresh vegetables

Lunch - Raw vegetable salad with light dressing and vegetable broth soup

Mid-afternoon Snack - Fresh fruit or fresh vegetables

Dinner - Fresh salad with light dressing and steamed grilled vegetables

## SCRIPTURE READINGS

**DAY 1: Undefined** Read: *Daniel 1:8*

### QUESTIONS

1. Can you recall a time you felt like an outsider, in a position where your values were in opposition to the culture around you?
2. Have you made small compromises in your standards? What do you do to stay holy and ensure you are obeying God's design for your life?

**DAY 2: Pause and Pray, then Pause and Praise** Read: *Daniel 2:23*

### QUESTIONS

1. Would you respond like Daniel if someone came to you with tragic, threatening news?
2. Are you in the habit of giving God praise for great ideas, insights, and strategies you receive?

**DAY 3: Even If Not** Read: *Daniel 3:17-18*

### QUESTIONS

1. Do you attempt to control challenging circumstances to play it safe and avoid potential pain or hardship?
2. How confident are you that temporary pain is tolerable because of your faith in God's plan for your future?

**DAY 4: You Have to Be Strong to Be Humble** Read: *Daniel 4:34*

### QUESTIONS

1. Are you more likely to fall into the trap of pride, or of unworthiness and low self worth?
2. How has pride negatively impacted your life?

**DAY 5: An Extraordinary Reputation** Read: *Daniel 5:16*

**QUESTIONS**

1. What qualities do people use to describe you?
2. Do you strive to create a good reputation, or feel like you have to hide certain things from others to control your reputation?

**DAY 6: Prayer Life** Read: *Daniel 6:4*

**QUESTIONS**

1. How consistent is your current prayer life?
2. What would it look like to step aside to pray three or more times a day?

**DAY 7: Dreams and Visions** Read: *Daniel 7:14*

**QUESTIONS**

1. Have you ever had a dream or vision from God, or has someone had one about you that provided insight?
2. How do dreams and revelations from the Lord play into your daily walk with God?

**DAY 8: Guidance** Read: *Daniel 8:15*

**QUESTIONS**

1. Are you seeking God for supernatural guidance for daily practical matters?
2. Have you built a foundation of biblical knowledge, surrounded yourself with wise counsel, and planted yourself in a healthy church family?

**DAY 9: Fasting** Read: *Daniel 9:3*

**QUESTIONS**

1. How often do you fast? How often do you fast privately, without anyone else knowing?
2. Are you seeking the Lord on behalf of others, even praying for repentance and forgiveness for your city or nation?

**DAY 10: Gain Understanding** Read: *Daniel 10:12*

**QUESTIONS**

1. In what areas are you trying to learn, grow, and seek understanding right now?
2. Have you pursued knowledge and understanding less as you've gotten older, or more?

**DAY 11: Kingdoms Rise and Kingdoms Fall** Read: *Daniel 11:1*

**QUESTIONS**

1. When it comes to bible study, in what areas would you like to dig a little deeper, or get more background knowledge and context? Will you commit to study those?
2. If you have time, go back and take notes on the visions Daniel had in Chapters 2, 7, 8, 9, and 11. What patterns do you see?

**DAY 12: Shine Brightly** Read: *Daniel 12:3*

**QUESTIONS**

1. What mystery do you have to be content with not uncovering right now?
2. What is your main take away from the past 12 days and the book of Daniel?

You are about to enter an exciting, life-changing spiritual adventure. Fasting is a powerful spiritual discipline designed by our Creator to draw us closer to Him, and the Daniel Fast is an experience for your whole person: body, soul, and spirit.

Throughout Scripture, we find numerous men and women entering times of fasting: Job, Jonah, Esther, Isaiah, David, Jeremiah, Daniel, Joel, John the Baptist, Jesus, Matthew, Mark, Luke, John, and Paul. Fasting is interwoven throughout the Bible as a normal and acceptable practice in our faith. Keep in mind, fasting is not about food. It is about restricting all or some foods for a spiritual purpose.

*"God's kingdom isn't a matter of what you put in your stomach . . . It's what God does with your life as he sets it right, puts it together, and completes it with joy. Your task is to single-mindedly serve Christ." (Romans 14, The Message)*