

IT'S TIME



Daniel Fast 2020

Guidelines

- 1 You have freedom in this Daniel Fast to modify it according to your personal, physical and spiritual needs. You can modify these instructions as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, then modify your fast as the Lord leads you. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
- 2 The main thing is to decide ahead of time how you are going to apply the Daniel Fast, then stick to your commitment for the length of time you have decided to fast.
- 3 Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time, it was his lifestyle. Daniel asked for permission to avoid the king's delicacies over a ten day period. Then, if he was still healthy looking, he could continue his "diet."

Daniel's reason for his "diet" is given in Daniel 1:8.

The Message Bible:

"But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet."

Foods to Eat

Fruits:

apples	kiwi
apricots	lemons
avocados	limes
bananas	mangoes
berries	melons
blackberries	mulberries
blueberries	nectarines
boysenberries	olives
breadfruit	oranges
cantaloupe	papayas
cherries	peaches
coconuts	pears
cranberries	pineapples
dates	plums
figs	prunes
grapefruit	raisins
grapes	raspberries
grenadine	strawberries
guava	tangerines
honeydew	watermelon
melon	

Legumes:

dried beans
pinto beans
split peas
black eyed peas
green beans
green peas
beans
lentils
lupins
peas
peanuts
natural peanut
butter

Seeds:

all nuts
natural almond
butter
sprouts
ground flax
all whole
grain foods

Foods to Eat

Vegetables:

artichokes	mustard greens
asparagus	okra
beets	onions
broccoli	parsley
brussel sprouts	peppers (all)
cabbage	potatoes (all)
carrots	radishes
cauliflower	rutabagas
celery	scallions
chili peppers	spinach
corn	sprouts
cucumbers	squashes
eggplant	sweet potatoes
garlic	tomatoes
ginger root	turnips
kale	watercress
lettuce	yams
mushrooms	zucchini

Whole Grains:

brown rice
oats
rolled oats
oatmeal
barley
corn/popcorn
whole wheat
quinoa

Liquids:

spring water
distilled water
filtered water
100% all natural
fruit/vegetable
juices

Foods to Avoid

- Meat, because Daniel didn't want to take the chance of eating non-kosher food or meat that was offered to idols
- White flour and all products using it
- White rice, white bread and pasta
- Fried foods
- Foods or drinks with caffeine
- Carbonated beverages, including diet sodas
- Wine, beer or any other alcoholic drinks
- Foods containing preservatives or additives
- Refined sugar
- High fructose corn syrup
- Chemical sugar substitutes
- Margarine, shortening, animal fat, high-fat products
- Dairy or other animal products

Devotional Resources

Galatians thru Colossians

- On Day 1 we will read Galatians chapter 1, Day 2 -Galatians chapter 2 and continue on through the days, finishing up with Colossians 4 on Day 20.

Fast Like Daniel - Scott Williams

- [YouVersion](#)
- [21 Day Guide](#)

Day 1

**To everything there is a season, a time
for every purpose under heaven.
Ecclesiastes 3:1 NKJV**

It's TIME!

Today marks the beginning of this year's Daniel Fast. God manifests His purpose in the earth through systems of designated times and seasons and we are embarking on a period of forward momentum. This year, God is saying to us corporately as a church and as individuals, "It's TIME!" It's time to pull up the anchor, go full throttle and launch out into deep and exciting waters of new possibilities. Let 2019 be the year that shifts you into the next phase of God's plan and direction for your life. No more waiting... No more hesitating... It's TIME!

Worship Song

"Won't Stop Now" by Elevation Worship

Reading & Confessions

Ecclesiastes 3:11

Confession: "It is beautiful how God has done everything at the right time. He has put a sense of eternity in my mind."

2 Corinthians 6:2

Confession: "He says, 'I listened to you at the right time, and I helped you on the day of salvation. Look, now is the right time! Look, now is the day of salvation!'"

Psalms 1:3

Confession: "I am like a tree, planted by flowing cool streams of water that never run dry. My fruit ripens in its time; my leaves never fade or curl in the summer sun. No matter what I do, I prosper."

Prayer:

Lord, I am preparing my heart to receive divine revelation and insight about 2019. I am no longer satisfied with being stuck in neutral. It's Time to shift into high gear and pursue You will like never before! In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 2

**Forget the former things; do not dwell on the past.
See, I am doing a new thing! Now it springs up; do
you not perceive it? I am making a way in the
wilderness and streams in the wasteland.**

Isaiah 43:18-19 NIV

It's Time for CHANGE

The Greek philosopher Heraclitus stated, "The only thing constant is change." Whether we like it or not, life consistently changes. God doesn't want you to be fearful or apprehensive about transition. He will often call you to initiate needed changes in your life in order to continue to become all that He's created you to be. What "new thing" is God wanting to do in and through your life this year? Get excited about the prospect of change and look forward to transforming into a new and better you!

Worship Song

"Different" by Micah Tyler

Reading & Confessions

Deuteronomy 31:8

Confession: "The Lord Himself will go before me. He will be with me; He will not leave me nor forget me. I won't be afraid and I won't worry."

Daniel 2:21

Confession: "He changes the times and the seasons; He gives me wisdom and understanding."

2 Corinthians 5:17

Confession: "Therefore, since I am in Christ, I am a new creation; old things have passed away; behold, all things have become new."

Prayer:

Lord, I am open to any changes that need to happen so that I can develop into the person that You desire me to be. I won't be reluctant nor afraid and I will submit to my transformation process with an attitude of courage and optimism. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 3

And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.

Hebrews 11:6 NIV

It's Time to BELIEVE

What were you believing God for in 2018 that didn't come to pass? Are you willing to take a step of faith and believe once more in 2019? 2 Corinthians 5:7 encourages us to "walk by FAITH and not by SIGHT." You won't always be able to physically see God working on your behalf, however, that doesn't mean He isn't active behind the scenes, divinely orchestrating your affairs. With God, ALL THINGS are possible. Push aside doubts and disappointments and choose to believe once again.

Worship Song

"Mystery" by VOUS Worship

Reading & Confessions

Mark 9:23

Confession: "I believe and know that all things are possible."

2 Corinthians 5:7

Confession: "I live by what I believe, not by what I can see."

Philippians 4:13

Confession: "I can do all things through Christ who strengthens me."

Prayer:

Lord, during the times when I can't tangibly trace Your hand in my circumstances, I will decide not to doubt but trust Your Word instead. My spiritual eyes are open and I will walk by supernatural faith and not by my natural sight. I believe and I am fully persuaded that You can do the impossible. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 4

**Try to understand other people. Forgive each other.
If you have something against someone, forgive
him. That is the way the Lord forgave you.
Colossians 3:12-13 NLV**

It's Time to FORGIVE

Holding on to hurt and offense hinders us from fully receiving from God. Who do you need to forgive that has spoken against you, mistreated you or even abused you? Forgiving them doesn't exonerate them from what they did to you, however, it does release them back to God and allows Him to be the ultimate judge and vindicator. Let go of the heavy weight of hurt and bitterness and let the Holy Spirit begin to rehabilitate your wounded soul and bring closure to your pain.

Worship Song

"Cycles" by Jonathan McReynolds

Reading & Confessions

Ephesians 4:32

Confession: "I will be kind and compassionate to others, forgiving everyone, just as Christ forgave me."

Luke 6:37

Confession: "I won't judge or condemn others. I will forgive others and in return I'll be forgiven."

Matthew 18:21-22

Confession: "If my brother or sister continually sins against me, I will continually forgive them."

Prayer:

Lord, I forgive anyone who has ever hurt me, whether it was intentional or not. I willingly extend mercy to those who have offended me because You have been extravagantly merciful to me. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 5

Dear friend, I am praying that all is well
with you and that your body is as
healthy as I know your soul is.
3 John 2 TLB

It's Time to be HEALTHY

Your body is the Temple of God; the earthly suit in which your spirit and soul reside. When your body is ravaged by sickness, it affects every aspect of your life. Jesus not only hung on the cross for the salvation of your eternal spirit, He was savagely whipped and bled profusely from His back so that you don't have to carry the burden of disease and disorder in your physical body. Healing is a divine right and gift that Jesus earned for you. Begin to BELIEVE, CONFESS and RECEIVE health and wholeness in your body.

Worship Song

"New Wine" by Hillsong Worship

Reading & Confessions

Psalms 103:2-3

Confession: "I will praise the Lord. I won't forget anything He does for me. He forgives all my sins. He heals all my sicknesses."

James 5:14-15

Confession: "When I get sick I'll call on my fellow believers to pray for me and anoint me with oil. Those prayers offered up in faith will make me well and the Lord will raise me up."

Isaiah 53:5

Confession: "Christ was wounded for my transgressions. He was bruised for my iniquities, the punishment for my peace was upon Him, and with His stripes I am healed."

Prayer:

Lord, I believe and receive the Blood-bought benefit of healing in my body. I confess that I am healed from all sicknesses, diseases, allergies and infections. I realize that my body is Your Temple, so I will make every effort to eat nutritious, balanced meals and exercise on a regular basis. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 6

**Do everything without complaining or arguing.
Philippians 2:14 NCV**

It's Time to STOP COMPLAINING

The Old Testament leader Moses was commissioned by God to deliver the Hebrew people from Egyptian bondage into a promised land. Despite being freed from an oppressive slave-based system, many of them started to complain about the effort it would take to possess the land they were to inherit and the journey through the arid wilderness to get there. As a result, a whole generation of Hebrews perished in the Palestinian desert. Do you find yourself complaining or grumbling when the journey towards God's promises seems burdensome? Start changing your perspective and your speech. Shift from complaining to praising. Replace murmuring with words of appreciation and step into the promise God has set before you.

Worship Song

"Grateful" by Elevation Worship

Reading & Confessions

Ephesians 4:29

Confession: "I won't let even one rotten word seep out of my mouth. Instead, I'll offer only fresh words that build others up when they need it most. My good words will communicate grace to those who hear them."

1 Thessalonians 5:18

Confession: "I will give thanks no matter what happens. I'm grateful because I believe in Jesus Christ."

James 5:9

Confession: "I will not complain nor will I judge others."

Prayer:

Lord, forgive me for complaining and whining about the pathway that You've laid out for me. I will cultivate within myself a grateful heart that focuses on the positive aspects of my journey and not on negative distractions. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 7

**Since they are no longer two but
one, let no one split apart what
God has joined together.
Matthew 19:6 NLT**

It's Time for Your MARRIAGE to be WHOLE

What is the current state of your marriage? Are things going well between you and your spouse, or is your relationship a bit rocky? God wants your marriage to be meaningful, fun, passionate and whole. Take some time today to pray for and with your spouse. Husbands, pray for a tender heart of compassion towards your wife and find creative ways to show her that you sincerely love and cherish her as your helper and companion. Wives, pray that the Holy Spirit gives you words of affirmation and approval that will boost your husband's confidence and reinforce the respect you have for him as the leader of your home. Allow God to restore the emotionally broken places in your marriage and make it exciting and whole again.

Worship Song

"Peace" by Hillsong Young & Free

Reading & Confessions

Ephesians 5:25

Confession: "As a husband, I will love my wife, even as Christ also loved the church and gave Himself for it."

Ephesians 5:24

Confession: "As a wife, I will submit and follow the leading of my husband."

1 Peter 4:8

Confession: "Above all, we (husband and wife) will choose to love each other deeply, because love covers a multitude of sins."

Prayer:

Lord, thank You for uniting us as husband and wife. We will strive to keep You at the center of our marriage because according to Ecclesiastes 4:12, "a cord of three strands is not easily broken." We invite You to repair and restore the fragmented areas of our marriage so that we may return to a place of intimacy, devotion and appreciation for each other. In Jesus' name we pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 8

Dedicate your children to God and point them in the way they should go, and the values they've learned from you will be with them for life.

Proverbs 22:6 TPT

It's Time for Your KIDS to LIVE for GOD

Psalm 127:3 states that "children are a gift and blessing from the Lord." At birth, this verse definitely rings true, but as they grow through adolescence and transition into adulthood, it can seem as if what was once a blessing quickly becomes a burden. If your children don't appear to be following God's ordained path for their lives, don't give up hope. Pray for them and speak God's promises over them. Proclaim that they will honor God and their parents and live out long and full lives. Declare that they will adhere to the divine guidance found in God's Word and cleave to the Biblical values that have been instilled in them. Ask the Holy Spirit to watch and protect them and convict them when they want to make decisions that are contrary to their faith and their God-given destiny. Believe that even when your children make mistakes, they would always have the humility and tenacity to pick themselves up and get back on the path of righteousness.

Worship Song

"Surrounded" by UPPERROOM

Reading & Confessions

Joshua 24:15

Confession: "As for me and my house, we will serve the Lord."

Deuteronomy 6:6-7

Confession: "I will repeat God's Word to my children. We'll talk about it when we're at home or away, when we lie down and when we get up."

Ephesians 6:1-3

Confession: "My children will obey me/us as their parent(s) because it is the right thing to do. They will honor me/us as their father/mother. As a result, they will live a long and prosperous life."

Prayer:

Lord, thank You for blessing me with the daunting responsibility of raising and caring for *child(ren)'s name(s)*. I ask that You surround them with a hedge of protection wherever they go. Holy Spirit, convict them when they're tempted to make the wrong decision and remind them that they are royalty. They are a child of the King, and a King's kid is held to a higher standard. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 9

**Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.
Philippians 4:6 NLT**

It's Time to PRAY

Prayer is a precious and supernatural gift that allows you to communicate with your divine Creator. It is your direct line to the very throne room of heaven. Take rest in knowing that when you pray, God hears and He answers according to His perfect timing. You may not always receive the answer you want nor when you want it, but God knows the best and ideal solution to every problem and major decision that you wrestle with. Utilize this time of prayer and fasting to not only vocalize your needs and concerns, but also intently: listen, heed and obey when God answers.

Worship Song

"When We Pray" by Tauren Wells

Reading & Confessions

1 John 5:14

Confession: "This is the confidence that I have in God, that when I ask anything according to His will, He hears me."

Colossians 4:2

Confession: "I will be alert, tenacious and thankful when I pray."

Ephesians 6:18

Confession: "I will never stop praying, especially for others. I will continually pray for God's people by the power of the Holy Spirit."

Prayer:

Lord, I will not worry about the outcome of my daily cares and concerns. I know You hear my prayers and I trust that You will answer according to Your excellent timing and flawless will. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 10

Jesus said to His followers, "There are many people to harvest but only a few workers to help harvest them."

Matthew 9:37 NCV

It's Time for HARVEST

In Matthew 28:18, Jesus tells His disciples to "go and make disciples of all nations, baptizing them in the name of the Father, the Son and the Holy Spirit, and teach them to obey all His commandments and statutes." Today, pray and ask God what role you are to play in helping to reap a harvest of souls for the Kingdom of God. It could be as simple as inviting a neighbor or co-worker to church, sowing monetarily into the ministry of a missionary or praying for the salvation of people in your city or another nation. Be open to opportunities that God may orchestrate for you to share your own personal testimony and the love of Christ with someone who needs to hear it.

Worship Song

"World Needs Jesus" by River Valley Worship

Reading & Confessions

John 4:35

Confession: "When I look around, I see fields of human souls that are ripe and ready to be harvested for God's glory."

Proverbs 11:30

Confession: "The fruit of the righteous is wisdom and a full life. Those who win souls for Christ are truly wise."

Matthew 18:11

Confession: "The Son of Man, who is Jesus Christ, has come to save those who are lost."

Prayer:

Lord, use me as Your vessel to live out the Gospel message by embodying the nature, character and heart of Jesus. Place people across my path that need to hear my personal testimony of Christ's goodness and mercy. Show me what missionary initiatives I need to partner with, in both prayer and in my giving, so that Your Kingdom may be extended throughout the earth. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 11

**I urge you, brothers and sisters, by the name of
our Lord Jesus Christ, to agree together,
to end your divisions, and to be united
by the same mind and purpose.**

1 Corinthians 1:10 NET

It's Time to UNIFY

We are at the midway point of the Daniel Fast and God is calling us to set aside petty differences and personal biases and UNIFY for the greater good of His Kingdom agenda. Our denominational backgrounds or political convictions should never carry more weight than the commonality that unites us all, which is the fact that we're all flawed and sinful people in need of the grace and mercy of a loving Savior. As we converge under the blood-stained banner of the cross, let's strive to build up, encourage and inspire each other to love the way God loves, which is unconditionally.

Worship Song

"Make Us One" by Jesus Culture feat. Chris Quilala

Reading & Confessions

Psalm 133:1

Confession: "How good and pleasant it is when we live together in unity."

Ephesians 4:3

Confession: "I will make every effort to keep myself united in Spirit and at peace with other believers."

Philippians 2:2

Confession: "I will think and speak the same things as my fellow believers. Lord, help us to be one in thought and action."

Prayer:

Lord, I give up my own one-sided opinions, ignorant prejudices and unfair biases for the sake of unity and harmony with my fellow believers. I'm not concerned with being 'right.' I want to be 'righteous' and in right-standing with You and among the community that You've appointed me to be a part of. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 12

**Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.
1 Peter 4:10 NIV**

It's Time to SERVE

At the famed Last Supper that Jesus took part in with His disciples, the soon-to-be crucified Messiah removed His priestly rabbinical garments. He then donned the towel of a lowly servant and proceeded to wash the sand-weathered feet of the men who abandoned their own personal careers and ambitions to follow Him. He instructs them to model and exemplify the heart of a servant towards one another. Servanthood is the trademark of a genuine disciple of Christ. In what ways can you serve your community and your church? God has gifted you with talents and abilities that He wants you to use to positively affect the people you encounter day to day. Serving allows you to showcase the very heart and nature of Jesus to a lost world.

Worship Song

"Now & Forever" by Mosaic MSC

Reading & Confessions

Matthew 23:11

Confession: "The greatest among us is the one who serves others from the heart."

Mark 10:45

Confession: "The Son of Man did not come to be served but to serve, and to give His life as a ransom for all of us."

1 Peter 4:10

Confession: "God has endowed me with gifts and talents to faithfully serve others."

Prayer:

Lord, unlock the gifts and talents that You've deposited in me. Help me to serve others with a pleasant disposition and an attitude of meekness that is undeniably unique and noticeable to those who are lost and far from You. Draw them close to You as they sense the humble heart of a servant beating within me. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 13

**A giving person will receive much in return,
and someone who gives water will also
receive the water he needs.**

Proverbs 11:25 VOICE

It's Time to START GIVING

Would you consider yourself a "generous" person? Probably one of the most widely known verses in the Bible, John 3:16, says "For God so loved the world that He GAVE..." and what did He give? Our Father gave us His most precious asset, His only begotten Son, Jesus Christ. God wants you to emulate His very nature by being generous in your giving. Are you obedient in returning the tithe (10% of your income) back to God? When the Holy Spirit prompts you to give an offering, do you passively ignore His proposal? God doesn't need your money, but He does want to know that you are fully submitted to Him as your ultimate source of provision. Jobs, investments and pensions are all prone to failure at times. However, 'Jehovah Jireh' (in Hebrew means "God Who Provides") will never fail when you trust Him with your finances. Start tithing and giving offerings and watch God bless you with MORE than enough!

Worship Song

"Spirit Lead Me" by Influence Music
feat. Michael Ketterer

Reading & Confessions

Malachi 3:10

Confession: "I know that when I'm obedient in returning the tithe to You, then You will open the floodgates of heaven and pour out a blessing so large that I won't have room enough to store it."

Matthew 6:21

Confession: "Where my heart is, there also lies my treasure."

Proverbs 11:25

Confession: "I am prosperous and my life is enriched because I am generous in my giving."

Prayer:

Lord, I will be obedient in returning Your tithe back to the church and ministry that teaches me, prays for me and cares for my spiritual well-being. I will also be generous and liberal in giving offerings, knowing that all I have is Yours. Use me as a conduit to flow resources through in order to expand and enlarge Your Kingdom. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 14

**Grow in the grace and knowledge of
our Lord and Savior Jesus Christ.
2 Peter 3:18a NIRV**

It's Time for GROWTH

Your Heavenly Father never intended for you to stay the same. He created you with the capacity to grow, mature and develop into the person He intended you to become. In what areas of your life is God calling you to grow in knowledge, wisdom and understanding? Are there certain books you need to read or classes you need to take in order to excel in your career, personal and family life or in your ministry gift and calling? Take some time during this fast to find ways to invest in yourself and grow into the greatest expression of who God created you to be!

Worship Song

"Greater Than" by Gateway Worship

Reading & Confessions

1 Corinthians 13:11

Confession: "When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man/woman, I put childish ways behind me."

Proverbs 1:5

Confession: "I will seek wise counsel and grow in wisdom and understanding."

Psalms 92:12

Confession: "I will flourish and be fruitful like a palm tree and grow strong and stable like a cedar tree."

Prayer:

Lord, I am open to growing in areas that I've previously been stagnant or satisfied with. I'll commit to reading books, studying and taking courses and/or conversing with people who are where I want to be. Holy Spirit, help me find ways to develop the hidden potential inside of me. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 15

**Happy are the people whose God is the Lord.
Psalm 144:15 NKJV**

It's Time to be HAPPY

Is there a fond thought or memory that prompts a silly grin or smile when it comes to your mind? When was the last time that you laughed so hard that your side hurt and you struggled to catch your breath? There are many problems, pressures and disappointments that you endure on a regular basis. Being joyful or happy can seem like such a far cry from your current reality. Today, find a reason to be happy and joyful. Call a friend and share a laugh or take a look at yourself in the mirror and smile or make a goofy face. God never intended you to be perpetually sad and depressed. Choose to be happy!

Worship Song

"Your Great Name" by Todd Dulaney

Reading & Confessions

Job 8:21

Confession: "Lord, You fill my mouth with laughter and my lips with shouts of joy."

Nehemiah 8:10

Confession: "I won't be sad because the joy of the Lord is my strength."

Psalms 92:4

Confession: "For You, O Lord, have made me happy. I sing for joy because of what You have done."

Prayer:

Lord, I will make the decision to be joyful and happy today. I will put on the garment of praise which combats the spirit of heaviness and depression. I can smile with sincerity because You have made me glad. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 16

**David attacked the Philistines and defeated them. Then he said, "I watched the Lord break through my enemies like a mighty flood." So he named the place "The Lord Broke Through."
2 Samuel 5:20 CEV**

It's Time for BREAKTHROUGH

In one particular battle against the vicious and unrelenting Philistine army, King David consulted with God concerning whether or not to engage in a fight against these enemies of the Israeli people. The Lord confirms to David that He has already secured the victory for him and to fearlessly confront the Philistines. After the successful defeat of His enemies, David named the geographical location of that battle: Baal Perazim which translates to "The Lord of the Breakthrough." Are there any "enemies" threatening to destroy your health, marriage, family, self-esteem or even your mental or emotional stability? If so, pray and call on the Lord of the Breakthrough. Jesus has conquered your adversary, the devil, on the cross over 2,000 years ago. As a believer, you can claim that victory which makes you MORE than a conqueror! Whatever stronghold the kingdom of darkness has constructed against you, know that your God, The Lord of the Breakthrough, has empowered you to demolish and defeat them every time.

Worship Song

"Do It Again" by Elevation Collective
feat. Travis Greene & Kierra Sheard

Reading & Confessions

Matthew 11:12

Confession: "The Kingdom of heaven is forcefully advancing, and the strong take it by force."

2 Corinthians 10:4

Confession: "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

John 8:36

Confession: "The Son of God has set me free, therefore, I am free indeed."

Prayer:

Lord, I thank You for breaking through every demonic stronghold that has threatened to take me under. Since You conquered sin and death by way of the cross, then I am MORE than a conqueror because I lay claim to that victory that Christ won for me! In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 17

**And let us not neglect our meeting together,
as some people do, but encourage one
another, especially now that the day
of His return is drawing near.**

Hebrews 10:25 NLT

It's Time to CONNECT

After the creation of Adam in Genesis chapter 1, God states that "it is not good for man to be alone." God didn't design us to live detached, withdrawn and isolated. We were formed and fashioned with an inherent need to fellowship, communicate, encourage and worship alongside other believers. Our shared salvation experience and love for Jesus Christ serves as the common ground that connects us all. Consider joining a Grace Group at church or invite a friend over to chat and play a board game. Let's come out of hiding and do something that requires us to connect with each other in fun and meaningful ways.

Worship Song

"Help Us To Love" by Tori Kelly feat. The Hamiltones

Reading & Confessions

Galatians 6:2

Confession: "I will help carry the burdens of others. When I do this, I actively model Christ's behavior and His teachings."

Proverbs 27:17

Confession: "We sharpen each other's character, the same way that iron sharpens iron."

Acts 2:46

Confession: "As believers, we will be intentional about meeting together to worship, sharing meals and fellowshiping with one another."

Prayer:

Lord, show me the people You've ordained me to connect and bond with. I will boldly step outside of my comfort zone and be open to new friendships. Thank You for positioning me to make divine and organic connections within the Body of Christ. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 18

**Worship the Lord with gladness;
come before Him with joyful songs.**

Psalm 100:2 NIV

It's Time to WORSHIP

Psalm 23:3 states that "God dwells in the praises of His people." When you worship, God chooses to reside and manifest His presence in that place of transparency, devotion and utter surrender to Him. There are many ways to worship to include: singing, dancing, skillfully playing musical instruments, crying, making declarations, clapping and lifting hands, kneeling in reverence and many other countless ways to convey your love toward your Heavenly Father. You shouldn't relegate worship to a preferred expression or "style," rather, view this holy act as a "lifestyle" which intentionally and consistently invites God's presence into every situation that you face.

Worship Song

"Hunger" by David & Nicole Binion feat. MDSN

Reading & Confessions

John 4:23

Confession: "The time has come to worship our Heavenly Father in Spirit and in truth."

Psalms 100:1-2

Confession: "I shout with joy to the Lord! I worship the Lord with gladness and come before Him singing with joy."

Psalms 150:6

Confession: "Let everything that has breath praise the Lord!"

Prayer:

Lord, I worship You freely in Spirit and from a place of authenticity and truth. Let Your Kingdom come and Your will be done in and through me as I humbly bow down before You. I sense Your presence because I praise Your name and surrender all that I am to You. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 19

**The thief comes only to steal the sheep
and to kill them and spoil them. I have
come so that people may live and that
they may enjoy life to the full.**

John 10:10 WE

It's Time to START LIVING

Does it feel like you're just "going through the motions?" Jesus didn't come to merely secure your eternal salvation. He came that you may live a life filled with purpose, fervor and significance. If you feel like you're always under the circumstances, then come out from under them and be brave and bold enough to live in spite of them! You were never called to constantly be the victim, you were created to be the victor. It's time to shift from surviving to thriving, from the mundane to the meaningful, from simply existing to truly living!

Worship Song

"Live In The Wonderful" by Lakewood Worship

Reading & Confessions

John 8:12

Confession: "Jesus is the Light of the world; because I follow Him, I will never walk in darkness but I've attained the light of life."

Psalm 23:6

Confession: "Surely goodness and mercy and unfailing love shall follow me all the days of my life."

Isaiah 60:1

Confession: "I rise up and shine because the light of Christ has come! The glory of the Lord has risen upon me."

Prayer:

Lord, I thank You that You came to usher me into an abundant life. I won't take for granted the precious time that you've given me on the earth. Help me to stop pathetically existing and start passionately living! In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 20

Brothers and sisters, I don't consider that I have taken hold of it yet. But here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me.

Philippians 3:13 NIRV

It's Time to MOVE

World renowned actor and entertainer Will Smith once said, "Sometimes you have to forget what's gone, appreciate what still remains and look forward to what's coming next." What memories, regrets or mistakes from the past are hindering you from progressing and advancing toward your destiny? Even "good" milestones and accomplishments can impede forward momentum when God has "greater" opportunities in store for you ahead. It's okay to remember past victories, but you can't dwell there. Everything that God has planned for you lies ahead and not behind. It's time to focus on new horizons and move forward!

Worship Song

"Moving Forward" by Hezekiah Walker
feat. Ricardo Sanchez

Reading & Confessions

Proverbs 4:25

Confession: "I will look straight ahead and fix my eyes on what lies before me."

Hebrews 12:1

Confession: "I shake off and release everything that slows me down, especially the sin that distracts me. I must run the race that lies ahead of me and I'll never give up."

Luke 9:62

Confession: "I won't procrastinate and I won't look backwards. I must move forward and seize the day!"

Prayer:

Lord, I won't rehearse past defeats nor will I dwell in the satisfaction of former glory. I know You have GREATER things in store for me. Help me to fix my gaze upon the endless possibilities that lie ahead of me. In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Day 21

**This is the day of the Lord's victory;
let us be happy, let us celebrate!
Psalm 118:24 GNT**

It's Time to CELEBRATE

Today marks the culmination of this year's Daniel Fast. What insight and revelation has God revealed to you during the fast? What changes are you going to make to ensure that 2019 isn't a duplicate of 2018? Your Heavenly Father has new, fresh and astonishing opportunities prepared for you to step into this year. Anticipate and expect God to blow your mind with what He has planned! It's time to shout, it's time to dance, it's time to celebrate!

Worship Song

"God's Great Dance Floor" by Passion feat. Chris Tomlin

Reading & Confessions

Psalm 16:11

Confession: "Lord, in Your presence there is total celebration. Beautiful things are always in Your right hand."

Philippians 4:4

Confession: "Everyday, I will celebrate joyfully in the Lord!"

Psalm 145:7

Confession: "Lord, the news of Your rich goodness is no secret. I love to sing songs of joy that celebrate Your righteousness."

Prayer:

Lord, thank You for the fresh revelation and supernatural guidance that You've given me during this time of prayer and fasting. I now have the confidence to dive headfirst into every opportunity and blessing that You've prepared for me in 2019. It's TIME to celebrate and praise You; for You are good! In Jesus' name I pray, amen.

Today, I need to pray for:

What is God telling me today?

Resources

BOOKS:

The Daniel Fast Made Delicious

- John & Ann Marie Cavazos

The Daniel Fast

- Susan Gregory

The Ultimate Guide To The Daniel Fast

- Kristen Feola

Daniel Fast Cookbook For Beginners

- Bernice Bach

WEBSITES:

UltimateDanielFast.com

[Pinterest.com](https://www.pinterest.com)



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