



# Daniel Fast Daily Prayer and Tip Guide

[www.faithandvictory.com/danielfast](http://www.faithandvictory.com/danielfast)

@FVChurchAuburn



## January 4th

**Scripture:** Daniel 1: 8-14

**Prayer:** Pray that God moves on the lives of the people in your church and the body of Christ as a whole.

**Tip:** Drink lots and lots and lots of water on the Daniel Fast it will help your system process your new diet.

## January 5th

**Scripture:** Matthew 6: 1-16

**Prayer:** Pray that God gives you strength and guides you through the Daniel Fast.

**Tip:** Remember the focus isn't to eat as good as we can but to worship God.

## January 6th

**Scripture:** Matthew 6:16-18

**Prayer:** Pray that God has a message for you during the Daniel fast.

**Tip:** If you are low on energy fruits provide more energy than vegetables.

## January 7th

**Scripture:** Philippians 3:7-8

**Prayer:** Pray that God will grow you and your family closer to each other and to Him.

**Tip:** Having meals prepared ahead of time will make your life easier. Plan ahead.

## January 8th

**Scripture:** Psalm 46:10

**Prayer:** Pray that God will clear your mind as you spend this time focusing on him.

**Tip:** Natural peanut butter (Adams), 100% natural fruit jelly, and whole wheat tortillas make a tasty pbj.

## January 9th

**Scripture:** Isaiah 26:3

**Prayer:** Pray that you are able to fight your flesh and no give in to temptation.

**Tip:** Quinoa and beans are great sources of protein

## January 10th

**Scripture:** Matthew 6:24-34

**Prayer:** Pray for the Children's Ministry

**Tip:** Whole wheat pasta with all natural tomato sauce is quick and easy.

## January 11th

**Scripture:** Colossians 3:1-14

**Prayer:** Pray for the Pastors of the Church

**Tip:** Rice or Almond Milk is a great substitute.

## January 12th

**Scripture:** Psalm 40:1-3

**Prayer:** Pray for the Youth Pastors and Youth Group

**Tip:** Soy Sauce is great as a sauce and seasoning.

## January 13th

**Scripture:** Hebrews 10:23-25

**Prayer:** Pray for the community around your church. Pray that you are able to love on them so they see Christ.

**Tip:** Potatoes can be baked, sautéed, shredded or mashed. Use Olive Oil instead of butter.



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## January 14th

**Scripture:** Mark 5:28-29

**Prayer:** Pray for healing for those that are sick or injured.

**Tip:** 100% Fruit Leathers/Rollups is sweet treat.

## January 15th

**Scripture:** Lamentations 3:19-23

**Prayer:** Pray for the missionaries around the world.

**Tip:** When in doubt stir fry.

## January 16th

**Scripture:** Luke 10:41-42

**Prayer:** Pray that God removes the worry from your heart.

**Tip:** Balsamic vinegar, olive oil, and a touch of orange juice make a great salad dressing.

## January 17th

**Scripture:** Galatians 2:9-10

**Prayer:** Pray for the widows and orphans in your community.

**Tip:** Baked Sea Salt Kettle Chips are fast approved

## January 18th

**Scripture:** Psalm 100:4

**Prayer:** Pray that God helps renew your heart to worship him.

**Tip:** Make extra brown rice to add to other meals

## January 19th

**Scripture:** Matthew 19:4-6

**Prayer:** Pray for the marriages within the church.

**Tip:** Plain Triscuits are a great snack.

## January 20th

**Scripture:** 1 Timothy 2:1-4

**Prayer:** Pray for your mayor, governor, and president.

**Tip:** Keeping nuts around satisfies cravings

## January 21st

**Scripture:** Romans 15:5-7

**Prayer:** Pray for Unity in the church

**Tip:** Puffed Rice (Amazon) are an alternative cereal

## January 22th

**Scripture:** Acts 2:46-47

**Prayer:** Prayer for the Unserved

**Tip:** Tofu is best extra firm. Soak in spices.

## January 23st

**Scripture:** Proverbs 28:20

**Prayer:** Pray that the Lord blesses the church and your family.

**Tip:** Hummus is great to dip vegetables in.

## January 23rd

**Scripture:** Ephesians 1:18-23

**Prayer:** Pray that God ends our Daniel Fast Powerfully. Pray for the service tonight and communion.

**Tip:** Come off the Daniel fast slowly. Don't over eat.