



Daniel Fast Daily Prayer and Tip Guide

www.faithandvictory.com/danielfast

@FVChurchAuburn



January 3rd

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 4th

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 5th

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 6th

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 7th

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 8th

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 9th

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 10th

Scripture: Colossians 3:1-14

Prayer: Pray for the Pastors of the Church

Tip: Rice or Almond Milk is a great substitute.

January 11th

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 12th

Scripture: Hebrews 10:23-25

Prayer: Pray for the community around our 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 13th

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 14th

Scripture: Lamentations 3:19-23

Prayer: Pray for the missionaries around the world.

Tip: When in doubt stir fry.

January 15th

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 16th

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 17th

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 18th

Scripture: Matthew 19:4-6

Prayer: Pray for the marriages within the church.

Tip: Plain Triscuits are a great snack.

January 19th

Scripture: 1 Timothy 2:1-4

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

Tip: Keeping nuts around satisfies cravings

January 20th

Scripture: Romans 15:5-7

Prayer: Pray for Unity in the church

Tip: Puffed Rice (Amazon) are an alternative cereal

January 21st

Scripture: Acts 2:46-47

Prayer: Prayer for the Unsaved

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

January 22nd

Scripture: Proverbs 28:20

Prayer: Pray for your family. Specifically each member and what God has for them this year.

Tip: Hummus is great to dip vegetables in.

January 23rd

Scripture: Ephesians 1:18-23

Prayer: Pray for Faith and Victory Church that we continue to grow and spread the Gospel to the world.

Tip: Think about Fasting again this year.

January 24th

Scripture: Ephesians 1:18-23

Prayer: Pray for the service tonight and communion.

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