

DANIEL FAST DAILY PRAYER & MEDITATION PROMPTS

Daniel 1:11-14, 10:2-3



Week 1-Trust God for Spiritual Health

- Deepen your trust of & dependence on God
- Become more sensitive to God's voice & seek direction for important life issues
- Become closer & more intimate with God
- Experience conviction, contrition, repentance, forgiveness & deliverance from bad habits & addictions

1. Psalm 24:3-4

3 Who is allowed to ascend[a] the mountain of the Lord?[b] Who may go up to his holy dwelling place?
4 The one whose deeds are blameless and whose motives are pure,[c] who does not lie,[d] or make promises with no intention of keeping them.[e]

2. Psalm 51:10-12

10 Create for me a pure heart, O God.[a] Renew a resolute spirit within me.[b] 11 Do not reject me.[c]
Do not take your holy Spirit[d] away from me.[e] 12 Let me again experience the joy of your deliverance. Sustain me by giving me the desire to obey.[f]

3. Psalm 139:23-24

23 Examine me, O God, and probe my thoughts.[a] Test me, and know my concerns.[b] 24 See if there is any idolatrous way[c] in me, and lead me in the everlasting way.[d]

4. Micah 6:8

8 He has told you,[a] O man, what is good, and what the Lord really wants from you:[b] He wants you to[c] carry out justice,[d] to love faithfulness,[e] and to live obediently before[f] your God.

5. Romans 10:9-10

9 because if you confess with your mouth that Jesus is Lord[a] and believe in your heart that God raised him from the dead, you will be saved. 10 For with the heart one believes and thus has righteousness[b] and with the mouth one confesses and thus has salvation.[c]

6. James 4:7-10

7 So submit to God. But resist the devil and he will flee from you. 8 Draw near to God and he will draw near to you. Cleanse your hands, you sinners, and make your hearts pure, you double-minded.[a] 9 Grieve, mourn,[b] and weep. Turn your laughter[c] into mourning and your joy into despair. 10 Humble yourselves before the Lord and he will exalt you.

7. 1 John 1:9-10

9 But if we confess our sins, he is faithful and righteous,[a] forgiving[b] us our sins and cleansing[c] us from all unrighteousness. 10 If we say we have not sinned, we make him a liar and his word is not in us.

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Week 2-Trust God for Mental/Emotional Health

- Experience anxiety relief & inner peace
- Rid mind of negative thoughts & feelings
- Experience healing of stressful & broken relationships

1. Psalm 23:1-6

The Lord is my shepherd,^[b] I lack nothing.^[c] 2 He takes me to lush pastures,^[d] he leads me to refreshing water.^[e] 3 He restores my strength.^[f] He leads me down^[g] the right paths^[h] for the sake of his reputation.^[i] 4 Even when I must walk through the darkest valley,^[j] I fear^[k] no danger,^[l] for you are with me; your rod and your staff reassure me.^[m] 5 You prepare a feast before me^[n] in plain sight of my enemies. You refresh^[o] my head with oil; my cup is completely full.^[p] 6 Surely your goodness and faithfulness^[q] will pursue^[r] me all my days,^[s] and I will live in^[t] the Lord's house^[u] for the rest of my life.^[v]

2. Psalm 27:1-3

The Lord is my light^[b] and my salvation. I fear no one.^[c] The Lord protects my life. I am afraid of no one.^[d] 2 When evil men attack me^[e] to devour my flesh,^[f] when my adversaries and enemies attack me,^[g] they stumble and fall.^[h] 3 Even when an army is deployed against me, I do not fear.^[i] Even when war is imminent,^[j] I remain confident.^[k]

3. Psalm 121:1-3

I look up^[c] toward the hills. From where^[d] does my help come? 2 My help comes from the Lord,^[e] the Creator^[f] of heaven and earth. 3 May he not allow your foot to slip. May your Protector^[g] not sleep.^[h]

4. Matthew 11:28-30

28 Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke^[a] on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and my load is not hard to carry.”

5. 2 Corinthians 10:3-5

3 For though we live^[a] as human beings,^[b] we do not wage war according to human standards,^[c] 4 for the weapons of our warfare are not human weapons,^[d] but are made powerful by God^[e] for tearing down strongholds.^[f] We tear down arguments^[g] 5 and every arrogant obstacle^[h] that is raised up against the knowledge of God, and we take every thought captive to make it obey^[i] Christ.

6. Philippians 4:6-7

6 Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. 7 And the peace of God that surpasses all understanding will guard your hearts and minds^[a] in Christ Jesus.

7. 1 Peter 5:6-9

6 And God will exalt you in due time,^[a] if you humble yourselves under his mighty hand^[b] 7 by casting^[c] all your cares^[d] on him because he cares for you. 8 Be sober and alert. Your enemy the devil, like a roaring lion,^[e] is on the prowl looking for someone^[f] to devour. 9 Resist him,^[g] strong in your faith, because you know^[h] that your brothers and sisters^[i] throughout the world^[j] are enduring^[k] the same kinds of suffering.^[l]

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Week 3-Trust God for Physical Health

- Break addiction to sugar & clear out harmful toxins
- Develop healthy inflammation response, healthy hormonal balance, & healthy joint comfort
- Increase energy levels

1. Proverbs 3:5-8

5 Trust[a] in the Lord with all your heart,[b] and do not rely[c] on your own understanding.[d]
6 Acknowledge[e] him in all your ways,[f] and he will make your paths straight.[g] 7 Do not be wise in your own estimation;[h] fear the Lord and turn away from evil.[i] 8 This will bring[j] healing to your body,[k] and refreshment[l] to your inner self.[m]

2. Daniel 1:15-16

15 At the end of the ten days their appearance was better and their bodies were healthier[a] than all the young men who had been eating the royal delicacies. 16 So the warden removed the delicacies and the wine[b] from their diet[c] and gave them a diet of vegetables instead.

3. Matthew 6:33

33 But above all pursue his kingdom[a] and righteousness, and all these things will be given to you as well.

4. Romans 12:1-2

Therefore I exhort you, brothers and sisters,[a] by the mercies of God, to present your bodies as a sacrifice—alive, holy, and pleasing to God[b]—which is your reasonable service. 2 Do not be conformed[c] to this present world,[d] but be transformed by the renewing of your mind, so that you may test and approve[e] what is the will of God—what is good and well-pleasing and perfect.

5. 1 Corinthians 6:19-20

19 Or do you not know that your body is the temple of the Holy Spirit who is in you,[a] whom you have from God, and you are not your own? 20 For you were bought at a price. Therefore glorify God with your body.

6. 1 Corinthians 9:24-27

24 Do you not know that all the runners in a stadium compete, but only one receives the prize? So run to win. 25 Each competitor must exercise self-control in everything. They do it to receive a perishable crown, but we an imperishable one. 26 So I do not run uncertainly or box like one who hits only air. 27 Instead I subdue my body and make it my slave, so that after preaching to others I myself will not be disqualified.

7. 1 Corinthians 10:31

31 So whether you eat or drink, or whatever you do, do everything for the glory of God.