

Daniel Fast

21 DAYS OF PRAYER AND FASTING

Daniel Fast Food List Incredible Immune-Boosting Foods

All fruit - fresh, frozen, dried, juiced or canned.

All vegetables - fresh, frozen, dried, juiced or canned.

All whole grains - amaranth, barley, brown rice, oats, quinoa, millet and whole wheat.

All nuts and seeds - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds and sunflower seeds; unsweetened almond milk. Nut butters are also included.

All legumes - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans and split peas.

All quality oils - avocado, coconut, grapeseed, olive, peanut, sesame and walnut.

Fish - baked fish, broiled fish, blackened fish.

Beverages - distilled water, filtered water and spring water.

Other - unsweetened almond milk, coconut milk, rice milk or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products and tofu.



Daniel Fast Daily Scriptures

Monday, March 31

Acts 14:23

So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

Tuesday, April 1

Psalms 33:12

Blessed is the nation whose God is the LORD, The people He has chosen as His own inheritance.

Wednesday, April 2

Psalms 1:1-3

1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the LORD, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever they do prospers.

Thursday, April 3

Numbers 6:24-26

24 "The LORD bless you and keep you; 25 The LORD make His face shine upon you, And be gracious to you; 26 The LORD lift His countenance upon you, And give you peace."

Friday, April 4

Ephesians 6:4

And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Saturday, April 5

Ephesians 6:1

Children, obey your parents in the Lord, for this is right.

Sunday, April 6

Romans 8:16-17

16 The Spirit Himself bears witness with our spirit that we are children of God, 17 and if children, then heirs - heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Monday, April 7

Ephesians 5:22

Wives, submit to your own husbands, as to the Lord.

Tuesday, April 8

Ephesians 5:25

Husbands, love your wives, just as Christ also loved the church and gave Himself for her.

Wednesday, April 9

Romans 5:1

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.

Thursday, April 10

Luke 17:6

So the Lord said, "If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you."

Friday, April 11

Hebrews 11:6

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Saturday, April 12

Romans 3:3

For what if some did not believe? Will their unbelief make the faithfulness of God without effect?

Sunday, April 13

Psalms 112:1-3

1 Praise the LORD! Blessed is the man who fears the LORD, who delights greatly in His commandments. 2 His descendants will be mighty on earth; The generation of the upright will be blessed. 3 Wealth and riches will be in his house, and his righteousness endures forever.

Monday, April 14

Luke 6:38

Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

Tuesday, April 15

Malachi 3:10

Bring all the tithes into the storehouse that there may be food in My house, and try Me now in this," Says the LORD of hosts, "If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.

Wednesday, April 16

Proverbs 13:22

A good man leaves an inheritance to his children's children, but the wealth of the sinner is stored up for the righteous.

Thursday, April 17

3 John 2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Friday, April 18

Romans 12:1

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice holy, acceptable to God, which is your reasonable service.

Saturday, April 19

2 Corinthians 7:1

Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Sunday, April 20

Proverbs 3:5-8

5 Trust in the LORD with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths. 7 Do not be wise in your own eyes; Fear the LORD and depart from evil. 8 It will be health to your flesh And strength to your bones.