

What is the Daniel Fast?

21 Day Fast


In Daniel 10, Daniel deprived himself of choice food, meat, and wine as he sought the Lord in prayer. The fast resulted in answered prayer and spiritual insight.

"I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks... Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer."

- Daniel 10:3, 12

Three key components to the Daniel Fast:

1. Only fruits, vegetables, nuts, & whole grains.
2. Only water or natural fruit juice for a beverage.
3. No sweeteners, breads, meat, eggs or dairy products.



21 days of
Prayer and
Fasting

January 4-24

Metro Believers Church

How to Pray

Pray one section at a time and pray/meditate on it before moving to the next section.

Adoration Give God praise and honor

Confession Honestly deal with the sin in your life

Thanksgiving Tell what you are grateful for

Supplication Pray for needs of others and yourself

- - - - -

Praying the Lord's Prayer

Pray one section at a time and pray/meditate on it before moving to the next section.

Our Father in heaven,

hallowed be your name.

Your kingdom come, your will be done, on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

In 2021, I am believing God for...

Personal Faith Goals

My Family

My Career or School

My Ministry