

*Ministry of Reconciliation*  
*A New Dimension*

# **21-DAY DANIEL FAST**

**JANUARY 2022**



# REVIVAL

**A FRESH NEW OUTPOURING OF THE HOLY SPIRIT**

# THE DANIEL FAST

A “**Daniel Fast**” is based on Daniel 10:2-3, which says that the prophet Daniel spent three weeks mourning and praying for the Jewish people. During this time, the Bible says Daniel “ate no tasty food” and abstained from meat and wine. No detailed list of foods is offered, but we can assume that he kept his diet very simple.

During a Daniel fast, the diet consists mainly of fruits and vegetables. Keep in mind that you should consume plenty of water. As with all forms of fasting, you may experience headaches, fatigue or irritability, because toxins that have been stored in your body will be released. Always consult a doctor before fasting if you have medical conditions such as diabetes or hypoglycemia, or if you are on medication.

This Daniel Fast is about laying everything down and picking up the word of God and seeking His face with our whole heart. We want to spend as much time as possible during our fast seeking God and just being in His presence. Food is just one thing we fast, if you know there are other things that are taking time away from God in your life go ahead and fast from those things too. In fasting, God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!



## WHY WE FAST

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin...restoration in your relationships... financial blessings...spiritual renewal... supernatural healing and so much more!

THE PURPOSE OF THIS FAST IS REVIVAL,  
FRESH FIRE, AND RESTORATION IN OUR  
PERSONAL LIFE, FAMILY, CHURCH,  
COMMUNITY, CITY, AND NATIONS!





**WORD FROM THE LORD FOR 2022**

RECEIVING JESUS  
EVERLASTING  
NEW RICHES

*And my God will liberally supply (fill to the full) your every  
need according to His riches in glory in Christ Jesus.*

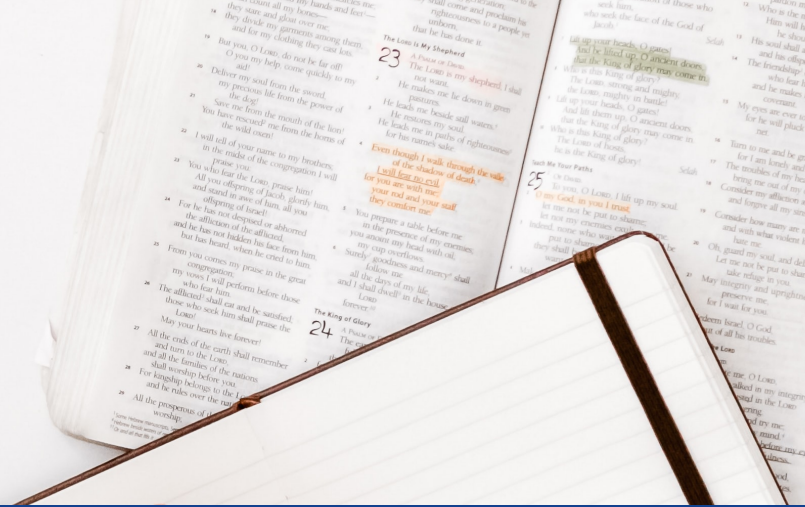
Philippians 4:19 AMPC



# JANUARY 2022

## 21-Day Daniel Fast

### Meditation Readings

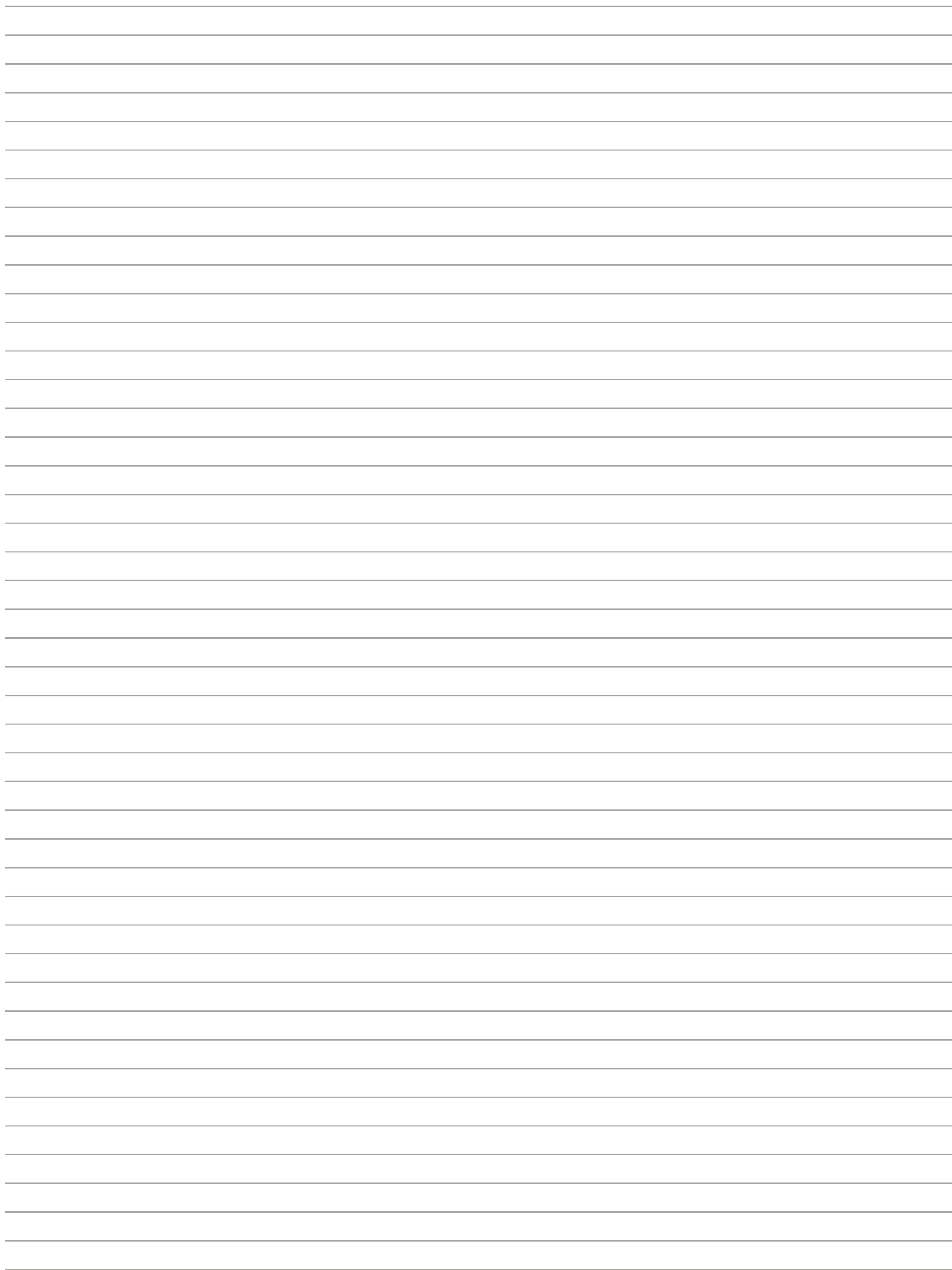


DAY	READINGS
JAN 10	<b>Make A New Commitment:</b> Jesus implied that all of His followers should Fast and Pray. <b>Read Matthew 6 Chapter</b> <b>Let's look to Jesus the author and finisher of our faith!</b> <b>Hebrews. Chapter 12</b>
JAN 11	<b>Ask the Holy Spirit to reveal any unconfessed sin in your life.</b> <b>Read 2 Chronicles Chapter 7. Amp</b>
JAN 12	<b>Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Most of all receive forgiveness from GOD!</b> When you forgive, God will forgive you! <b>Read Psalms Chapter 51, Psalms Chapter 103 &amp; 1 John 1:9.</b>
JAN 13	<b>Examine your motives in every word and deed:</b> Ask the Lord to search and cleanse your heart daily. <b>Read Isaiah Chapter 58 and Daniel Chapter 10.</b>
JAN 14	<b>Ask the Holy Spirit to guard your walk against complacency and mediocrity:</b> <b>Read Joel Chapters 1-3, and Romans Chapter 8.</b>
JAN 15	<b>Surrendering your life to Jesus Christ as your Lord and Savior:</b> Develop total dependence on HIM with total submission, and humility. <b>Read Acts Chapter 1 and Romans Chapter 12.</b>
JAN 16	<b>Walk in the Newness of LIFE:</b> <b>Read Acts Chapters 2, and Romans Chapter 6.</b>
JAN 17	<b>Meditate on the Attributes of God: HIS</b> Love, Sovereignty, Power, Wisdom, Faithfulness, Grace, Compassion, Holiness, Righteousness, Mercy, etc. <b>Read Acts Chapters 3 &amp; 4.</b>
JAN 18	<b>Blessed are they that Hunger and thirst after righteousness:</b> <b>Read Acts Chapters 5 &amp; 6.</b>
JAN 19	<b>Fellowship Daily with The Holy Spirit:</b> <b>Read Acts Chapters 7 &amp; 8, and John Chapter 14.</b>
JAN 20	<b>Appropriate the continual fullness and control of the Holy Spirit by Faith:</b> <b>Read Acts Chapters 9 &amp; 10.</b>
JAN 21	<b>Love God with all of your heart, soul, mind, and strength:</b> <b>Read Matthew 22:37-40, and Acts Chapters 11 &amp; 12.</b>
JAN 22	<b>Health, Healing &amp; Wholeness:</b> <b>Read 3 John 2, 1 Peter 2:24 and Acts Chapters 13 &amp; 14.</b>
JAN 23	<b>Prayer:</b> Pray without ceasing. <b>Read 1 Thessalonians 5:16-18, Acts Chapters 15 &amp; 16, and Philippians Chapter 4.</b>
JAN 24	<b>Fast and Pray Daily:</b> Personal Revival, Revive us again LORD. <b>Read Psalms 85:6, Matthew Chapter 4 and Acts Chapters 17 &amp; 18.</b>
JAN 25	<b>Seek to share Jesus Christ daily with someone:</b> Reaching People, and Changing Lives. <b>Read Mark 16:15-18, Acts Chapters 19 &amp; 20.</b>
JAN 26	<b>Determine to live a holy, godly life of Obedience and Faith:</b> <b>Read Acts Chapters 21 &amp; 22, 1 Peter Chapter 1.</b>
JAN 27	<b>Faithfulness:</b> <b>Read Acts Chapters 23 &amp; 24 and Colossians Chapter 3.</b>
JAN 28	<b>Unity In The Body:</b> <b>Read John Chapter 17, Eph. Chapter 4 and Acts Chapters 25 &amp; 26.</b>
JAN 29	<b>Expect A New Supernatural Impartation From The Holy Spirit:</b> <b>Read Acts Chapter 27 and John Chapter 16.</b>
JAN 30	<b>Expect Answers to your Prayers: Believe and Receive!</b> <b>Read Mark Chapter 11, Hebrews Chapter 11 and Acts Chapter 28, Isaiah 65:24.</b>
JAN 31	<b>Praise and give thanks to God continually all the time, regardless of your circumstances:</b> <b>Read Psalms Chapter 100, Psalms 107 and Matthew 18:19-20.</b>











# DANIEL FAST FOOD AND DRINK LIST

## All Whole Grains

*(Fresh, Frozen, Dried, or Canned)*

Brown Rice	Oats	Barley
Buckwheat	Bulger	Corn
Grits	Millet	Quinoa
Popcorn	Whole Wheat	Wild Rice

## Legumes

*(Fresh, Frozen, Dried, or Canned)*

Black Beans	Black Eyed Peas	Chickpeas
Peas	Cannellini Beans	Dried Beans
Lentils	Kidney Beans	Pinto Beans
Split Peas	White Beans	

## Fruits

*(Fresh, Frozen, Dried, or Canned)*

Apples	Apricots	Bananas
Blackberries	Blueberries	Boysenberries
Cherries	Cranberries	Dates
Figs	Grapes	Grapefruit
Guava	Kiwi	Lemons
Limes	Mangoes	Melons
Nectarines	Oranges	Papayas
Peaches	Pears	Pineapples
Plums	Prunes	Raisins
Raspberries	Strawberries	Tangelos
Tangerines	Watermelon	

## Vegetables

*(Fresh, Frozen, Dried, or Canned)*

Artichokes	Eggplant	Peppers
Asparagus	Garden Cress	Potatoes
Beans	Garlic	Radishes
Bean Sprouts	Ginger Root	Rutabagas
Beets	Jicama	Spinach
Broccoli	Kale	Sweet Potatoes
Brussel Sprouts	Leeks	Tomatoes
Cabbage	Lettuce	Turnips
Carrots	Mushrooms	Turnip Greens
Cauliflower	Okra	Zucchini
Celery	Onions	Veggie Burgers
Corn	Parsnips	
Edamame	Peas	

## Others

**Liquid Oils:** Canola, Corn, Grape Seed, Olive, Peanut, Safflower, Soybean, Sunflower

**Nuts & Seeds:** Almonds, Brazil nuts, Cashews, Filberts, Peanuts, Pecans, Pumpkin Seeds, Sesame Seeds. Sunflower Seeds, Walnuts & Nut Butters

**Liquids:** Water, 100% All-Natural Fruit Juices, & 100% All-Natural Vegetable Juices

## Foods to Avoid

All Meat & Animal Products (beef, lamb, pork, poultry, & fish)	All Dairy Products (Milk, cheese, cream, butter, and eggs)
White Rice	Fried Foods
Caffeine	Carbonated Drinks
Food Containing Preservatives or Additives	Refined Sugar and Sugar Substitutes
White flour and all products using flour	Margarine, Shortening, & High-Fat Products

## Other Things to Avoid

Negative Words   Social Media   TV