

Ministry of Reconciliation
A New Dimension

21-DAY DANIEL FAST

JANUARY 2023



21 DAY DANIEL FAST

"Word From the Lord For 2023"

"NEW FOCUS - LOOKING UNTO JESUS NEW WORKS"

REVIVAL - A FRESH NEW OUTPOURING OF THE HOLY SPIRIT

Our Objective: REVIVAL, FRESH FIRE, RESTORATION, IN OUR PERSONAL LIFE, FAMILY, CHURCH, COMMUNITY, CITY, AND NATIONS!

Why are we praying and fasting? It is for Fresh New Anointing, Wisdom, Spiritual Growth, Renewal, Guidance, and for Healing, etc....

Looking away [from all that will distract us and] focusing our eyes on Jesus, who is the Author Perfecter, and (Finisher) of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [a]disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work]. Hebrews 12:2 AMP

Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert. Isaiah 43:19 AMPC

This is what I will do in the last days I will pour out my Spirit on everybody and cause your sons and daughters to prophesy, and your young men will see visions, and your old men will experience dreams from God. The Holy Spirit will come upon all my servants, men and women alike, and they will prophesy. Acts 2:17-18 TPT



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!

JANUARY 2023

21-Day Daniel Fast

Meditation Readings

Make A New Commitment:

Jesus implied that all of His followers should Fast and **Pray. Read Matt. 6 Chapter.**

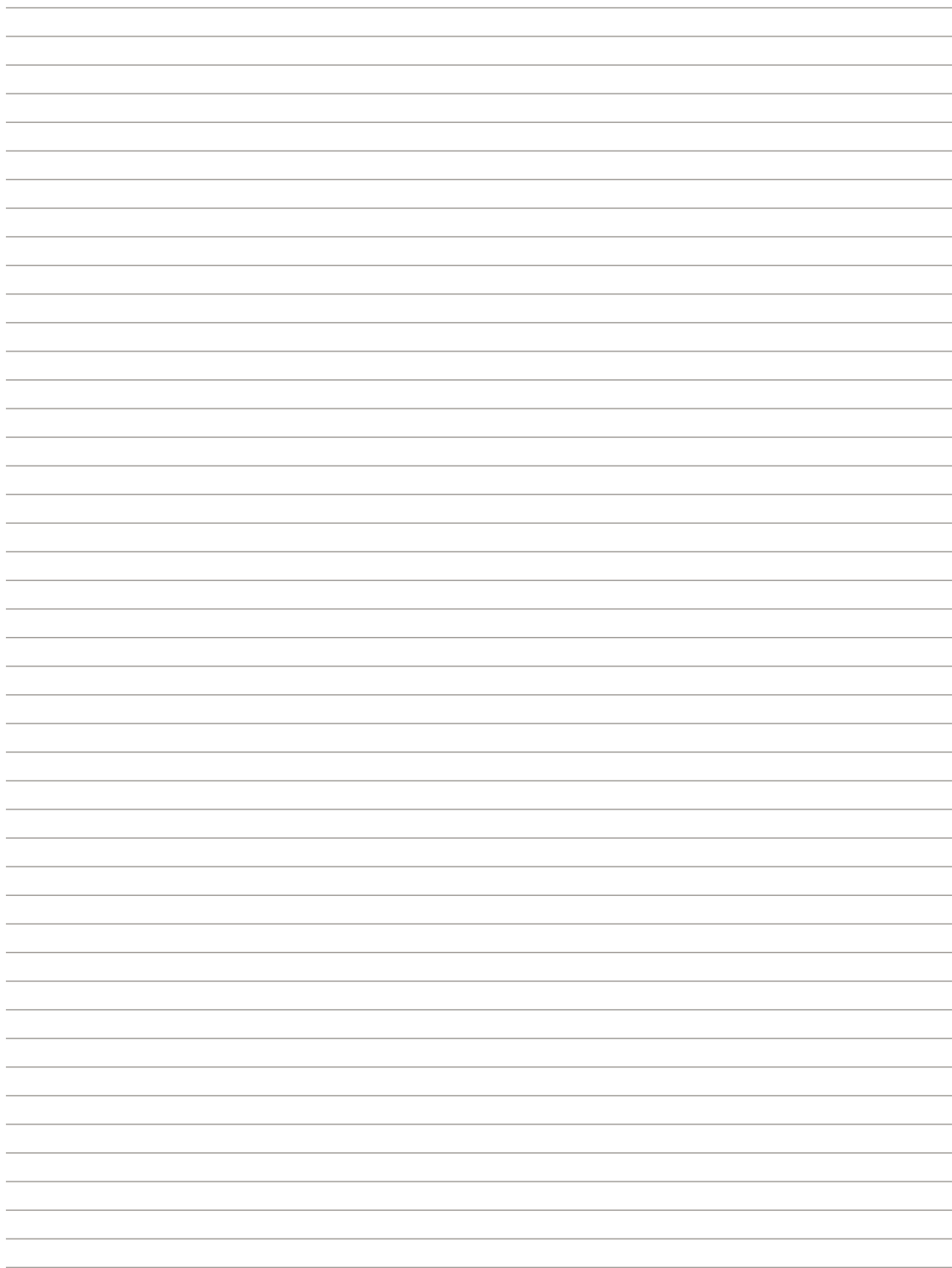
Let's look to Jesus the author and finisher of our faith! **Hebrews Chapter 12**

DAY	READINGS
JAN 09	Ask the Holy Spirit to reveal any unconfessed sin in your life. Read 2 Chronicles Chapter 7. Ampc
JAN 10	Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Most of all receive forgiveness from GOD! When you forgive, God will forgive you! Read Psalms Chapter 51, Psalms Chapter 103 & 1 John 1:9.
JAN 11	Examine your motives in every word and deed: Ask the Lord to search and cleanse your heart daily. Read Isaiah Chapter 58 and Daniel Chapter 10.
JAN 12	Ask the Holy Spirit to guard your walk against Complacency and Stagnation: Read Joel Chapters 1-3, and Romans Chapter 8.
JAN 13	Surrendering your life to Jesus Christ as your Lord and Savior: Develop total dependence on HIM with total submission, and humility. Read Acts Chapter 1 and Romans Chapter 12.
JAN 14	Walk in the Newness of LIFE: Read Acts Chapters 2, and Romans Chapter 6.
JAN 15	Meditate on the Attributes of God: HIS Love, Sovereignty, Power, Wisdom, Faithfulness, Grace, Compassion, Holiness, Righteousness, Mercy, etc. Read Acts Chapters 3 & 4.
JAN 16	Blessed are they that Hunger and thirst after righteousness: Read Acts Chapters 5 & 6.
JAN 17	Fellowship Daily with The Holy Spirit: Read Acts Chapters 7 & 8, and John Chapter 14.
JAN 18	Appropriate the continual fullness and control of the Holy Spirit by Faith: Read Acts Chapters 9 & 10.
JAN 19	Love God with all of your heart, soul, mind, and strength: Read Matthew 22, and Acts Chapters 11 & 12.
JAN 20	Health, Healing & Wholeness: Read 3 John 2, 1 Peter 2:24 and Acts Chapters 13 & 14.
JAN 21	Prayer: Pray without ceasing. Read 1 Thessalonians Chapter 5, Acts Chapters 15 & 16, and Philippians Chapter 4.
JAN 22	Fast and Pray Daily: Personal Revival, Revive us again LORD. Read Psalms 85:6, Matthew Chapter 4 and Acts Chapters 17 & 18.
JAN 23	Praying and Interceding for the Lost: Reaching People, and Changing Lives. Read Luke 19:10, Matthew 9:37-38, Mark 16:15-18, and Acts Chapters 19 & 20.
JAN 24	Determine to live a holy, godly life of Obedience and Faith: Read Acts Chapters 21 & 22, 1 Peter Chapter 1, 2 Timothy 1:19 Ampc
JAN 25	Faithfulness: Read Acts Chapters 23 & 24, Matthew 25:23, and Colossians Chapter 3.
JAN 26	Unity In The Body: Read John Chapter 17, Eph. Chapter 4 and Acts Chapters 25 & 26.
JAN 27	Expect A New Supernatural Impartation From The Holy Spirit: Read Acts Chapter 27 and John Chapter 16.
JAN 28	Expect Answers to your Prayers: Believe and Receive! Read Mark Chapter 11, Hebrews Chapter 11 and Acts Chapter 28, Jeremiah 33:3.
JAN 29	Praise and give thanks to God continually all the time, regardless of your circumstances: Read Psalms Chapter 34 Psalms 145:1-13 and Matthew 18:19-20.

January 2023 Daniel Fast

Use these pages for notes, words or revelations from the holy spirit, blessings, answered prayers, or anything else you've received during your time of fasting and praying.

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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