

THE DANIEL FAST

MONDAY, JUNE 18 - FRIDAY, JUNE 22

DAILY FOCUS

Commit to praying for 21 minutes a day during the five day fast -
example - 7 minutes in the morning, 7 minutes mid-day/lunchtime,
7 minutes in the evening

Day 1: Vision to See God's Calling / Reading: Daniel 1:1-7

- Pray that each of us recognize God's calling and purpose in the uncomfortable places in our lives. (2 Corinthians 1:3-7)
- Pray for reliance on God in the midst of our calling. (2 Corinthians: 1:8-9)
- Pray for hope, deliverance, and help while living out God's purpose and calling for our lives. (2 Corinthians 1:10-11)

Day 2: Vision to See God's Kingdom / Reading: Daniel 1:8-21

- Pray that our desires and appetites align with God's. (Galatians 5:13-26)
- Pray for a desire to restore broken relationships inside and outside the body of Christ. (Galatians 6:1-10)
- Pray for a vision of newness in Christ. (Galatians 6:11-17, 2 Corinthians 5:17)

Day 3: Vision to See Whom to Serve / Reading: Daniel 2:1-49

- Pray for our service Arenas and churches to be filled with a fresh passion to serve. (Colossian 3:23-24, Mark 10:42-45)
- Pray for all our service Arenas' leaders and all the leadership of the related churches. Additionally, pray for those who are in Government. (Romans 12:1-8, Romans 13:1-6)
- Pray that our mission is aligning with Christ's mission for the world. (Luke 4:16-21, Isaiah 61:1-8)

Day 4: Vision to See How to Live in Community / Reading: Daniel 3:1-30

- Pray for community and fellowship amongst believers. (Act 2:42-47)
- Pray for communities around our city and for ways that reconciliation can bridge gaps of division. (Galatians 3:23-29)
- Pray that we can live with eternity and our heaven community in view. (Revelation 21:1-6)

Day 5: Vision to See Eternity / Reading: Daniel 4:1-3

- Pray for an eternal perspective for our lives. (2 Corinthian 4:11-21)
- Pray for God to open the eyes of our heart. (2 Kings 6:17, Ephesians 1:18)
- Pray to live for the eternal. (2 Peter 3:11-14)

Please join us Saturday, June 23, 9:30 AM
All our invited for a time of worship and prayer at
The GraceCity Loft | 3701 Bank Street Suite C. Baltimore, MD 21224

For more food information visit www.daniel-fast.com



WHY WE FAST

"PRAYER is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God."

~Andrew Murray

FOODS TO INCLUDE:

ALL FRUITS

ALL VEGETABLES

ALL WHOLE GRAINS

ALL NUTS & SEEDS

ALL LEGUMES

ALL QUALITY OILS

WATER

OTHER: TOFU, SOY PRODUCTS,

VINEGAR, SALT, SEASONING,

HERBS & SPICES

FOODS TO AVOID:

ALL MEAT & ANIMAL PRODUCTS

ALL DAIRY PRODUCTS

ALL SWEETENERS

ALL LEAVENED BREAD

ALL REFINED & PROCESSED

FOOD PRODUCTS

ALL FRIED FOODS

ALL SOLID FATS

ALL COFFEE, TEA, HERBAL TEA,

CARBONATED BEVERAGES,

ENERGY DRINKS & ALCOHOL