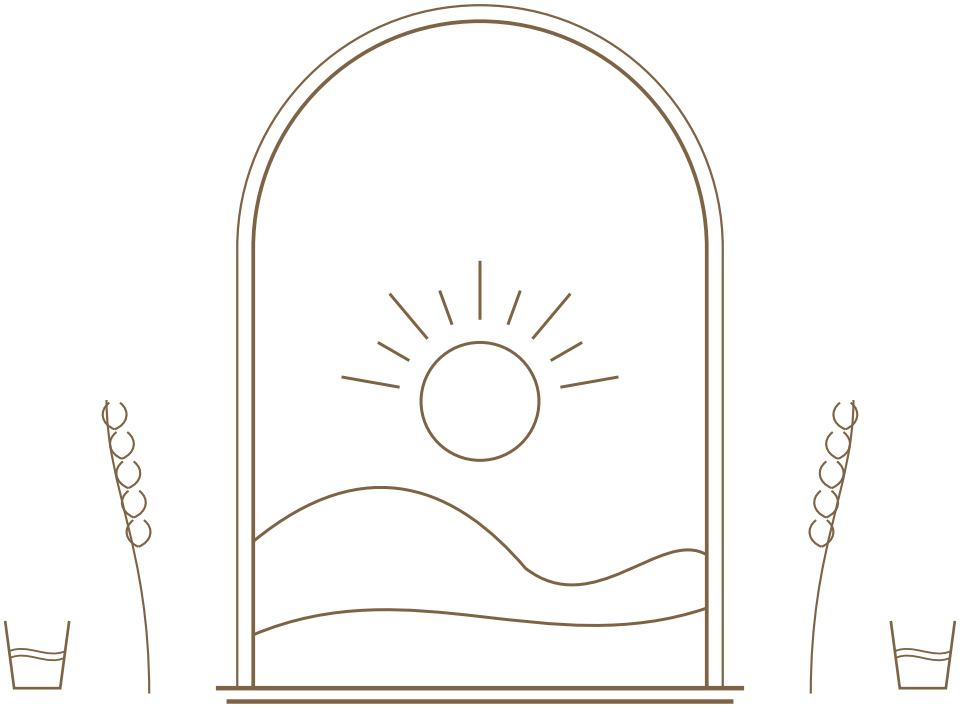
FREE PRINTABLE · KING JAMES VERSION

21-Day

Daniel Fast

& Prayer Guide

FOOD LIST · READING PLAN · PRAYER JOURNAL



8 PAGES · US LETTER + A4

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

DANIEL 10:2-3 (KJV)

For a 21-day church fast, a January fast, or any season of seeking God.

BEFORE THE FIRST DAY

Start Here

The Daniel fast is a partial fast: for 21 days you eat simple plant foods and drink water, and you give the time and attention you save to prayer and the Word. It is modeled on two chapters of Daniel. As a young man in Babylon he asked for "pulse to eat, and water to drink" (Daniel 1:12), and later he "ate no pleasant bread, neither came flesh nor wine" in his mouth for "three full weeks" (Daniel 10:2-3).

The Bible does not command a Daniel fast or give an official food list. It is a voluntary practice many churches keep, often in January. The goal is not the menu; it is to seek God with your whole heart.

SET YOUR PURPOSE

MY START DATE _____ MY LAST DAY (DAY 21) _____

In these 21 days I am seeking God about:

_____

_____

_____

_____

_____

_____

FOUR HABITS FOR EACH DAY

- **Read** the day's passage from the plan on page 4 (most take 5 to 10 minutes).
- **Pray** through the day's focus, and add the people and needs on your prayer list.
- **Write** a few lines on a journal page (page 6) while it is fresh.
- **When you feel hungry,** let it be a reminder to pray, not a reason to quit.

Health first. Talk with your doctor before you start if you are pregnant or nursing, have diabetes or another health condition, take medication, or have a history of disordered eating. Children and teens can fast from something else, like sweets or screens. This guide is for prayer, not medical or diet advice.

"But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

MATTHEW 6:17-18 (KJV)

WHAT TO EAT · WHAT TO SET ASIDE

Daniel Fast Food List

Common guidelines many churches use, drawn from Daniel 1:12 and 10:3. If your church gives its own list, follow that one.

ENJOY

- ✓ **Vegetables**
  fresh, frozen or canned without sugar
- ✓ **Fruits**
  fresh, frozen, or dried with no added sugar
- ✓ **Whole grains**
  brown rice, oats, quinoa, barley, whole-wheat pasta
- ✓ **Beans and lentils**
  black beans, chickpeas, lentils, split peas
- ✓ **Nuts and seeds**
  almonds, walnuts, sunflower, chia, flax, plain nut butter
- ✓ **Plant oils**
  olive and avocado oil, used lightly
- ✓ **Water**
  the main drink of the fast (Daniel 1:12)
- ✓ **Herbs and spices**
  salt, pepper, garlic, herbs, lemon, spices

SET ASIDE

- × **Meat, poultry and fish**
  "neither came flesh" (Daniel 10:3)
- × **Eggs and dairy**
  milk, cheese, butter, yogurt, cream
- × **Sugar and sweeteners**
  honey, syrups, artificial sweeteners
- × **Leavened bread**
  yeast breads and baked goods
- × **Processed foods**
  white flour, chips, additives, fast food
- × **Deep-fried foods**
  fries, fried snacks
- × **Solid fats**
  margarine, shortening, lard
- × **Coffee, soda, alcohol**
  "nor wine" (Daniel 10:3); energy drinks

Tips: read labels for hidden sugar, yeast and dairy · cook a big pot of beans, rice or soup on day one · drink plenty of water · if you slip, simply start again; the fast is an offering, not a test.

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."
DANIEL 1:12 (KJV)

THE PLAN

21 Days of Reading and Prayer

DAY	READ	PRAY
☐ 1	Daniel 1:1-21	**Set your purpose** What am I asking God for in these 21 days?
☐ 2	Matthew 6:1-18	**Fast in secret** Keep it between you and the Father.
☐ 3	Isaiah 58:1-12	**The fast God chooses** Who can I help this week?
☐ 4	Joel 2:12-17	**Return with all your heart** Confess what has pulled you away.
☐ 5	Psalm 51:1-17	**A clean heart** Ask God to create a clean heart.
☐ 6	Daniel 2:14-23	**Pray with friends** Who can pray with me?
☐ 7	Psalm 27:1-14	**Seek His face** Week 1: write what God has shown you.
☐ 8	Daniel 6:1-23	**Faithful in prayer** Pray at set times today.
☐ 9	Nehemiah 1:1-11	**A burden for others** Pray for your city and nation.
☐ 10	Esther 4:1-17	**Courage** Where do I need courage?
☐ 11	Ezra 8:21-23	**Protection and direction** Pray for safety and guidance.
☐ 12	2 Chronicles 20:1-22	**Our eyes are upon thee** Bring God the battle in front of you.
☐ 13	Jonah 3:1-10	**Mercy for many** Pray for people far from God.
☐ 14	Matthew 4:1-11	**Not by bread alone** Week 2: answer temptation with Scripture.
☐ 15	Daniel 9:1-19	**Confession** Pray Daniel's prayer for your people.
☐ 16	Daniel 10:1-21	**Keep praying** Don't give up when answers seem slow.
☐ 17	Luke 2:36-38	**Waiting on God** Anna served God with fastings and prayers.
☐ 18	Acts 13:1-3	**Guidance and calling** Ask what God would have you do next.
☐ 19	Acts 14:21-23	**Your church and leaders** Pray by name for your pastor and church.
☐ 20	Psalm 63:1-8	**Thirst for God** Tell God what you long for most.
☐ 21	Philippians 4:4-13	**Thanksgiving** Write down what God did in 21 days.

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

ISAIAH 40:31 (KJV)

TRACKER AND PRAYER LIST

My 21 Days

Color or check a circle each evening: read, prayed, kept the fast.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

I AM PRAYING FOR	ANSWERED
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
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	☐

"So we fasted and besought our God for this: and he was intreated of us."

EZRA 8:23 (KJV)

PRINT ONE FOR EACH DAY

Daily Fast Journal

DAY | DATE | TODAY I READ

WHAT GOD SHOWED ME

I AM PRAYING FOR

WHEN I FELT HUNGRY, I PRAYED ABOUT

TODAY I AM THANKFUL FOR

☐ Read ☐ Prayed ☐ Kept my fast

"And ye shall seek me, and find me, when ye shall search for me with all your heart."

JEREMIAH 29:13 (KJV)

PRINT THREE · WEEK ___ OF 3

Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

PRODUCE	GRAINS AND BEANS	NUTS, SEEDS, OILS	OTHER
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐
☐	☐	☐	☐

"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

MATTHEW 4:4 (KJV)

After the Fast

"Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words."

DANIEL 10:12 (KJV)

- **Ease back in.** Add foods back slowly over a few days, starting with small portions.
- **Look back.** Read your journal pages and tracker, and write down what God did.
- **Keep one habit.** Keep the daily reading and prayer time you built. That is the fruit to keep.

TO KEEP PRAYING AND READING

30-Day Prayer Journal

Thirty days of guided KJV prayer prompts to carry on the prayer time you began in the fast.

byscripture.com/shop/30-day-prayer-journal/

Scripture Memory Cards

Learn one verse at a time, for the fridge, the car or a pocket. Start with Matthew 4:4.

byscripture.com/shop/scripture-memory-cards/

SOAP Bible Study Journal: byscripture.com/shop/soap-bible-study-journal/

Journals and cards together, the Starter Bundle: byscripture.com/shop/starter-bundle/

ALSO FREE

Bible verses about fasting and prayer (KJV): byscripture.com/bible-verses-about-fasting/

New Year Scripture plan: byscripture.com/free-new-year-scripture-plan/

Bible reading tracker: byscripture.com/free-bible-reading-tracker-printable/

SOAP Bible study sheet: byscripture.com/free-soap-sheet/

A prayer for the new year: byscripture.com/new-year-prayer/

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