

WEEK 1 – Daniel Fast

Monday, January 6th 2025

Daniel 1:8, 12-16 NLT

⁸ But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

¹² “Please test us for ten days on a diet of vegetables and water,” Daniel said. ¹³ “At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” ¹⁴ The attendant agreed to Daniel’s suggestion and tested them for ten days.

¹⁵ At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. ¹⁶ So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

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Tuesday, January 7th 2025

Matthew 6:16-18 NLT

¹⁶ “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

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Wednesday, January 8th 2025

Ezra 8:23 NLT

²³ So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

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Thursday, January 9th 2025

Daniel 9: 3-4 NLT

³ So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes.

⁴ I prayed to the Lord my God and confessed:

“O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands.

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Friday, January 10th 2025

Mark 14: 35-36 ESV

³⁵And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. ³⁶And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.”