

*In those days I, Daniel, was  
mourning three full weeks. I ate  
no pleasant food, no meat or wine  
came into my mouth, nor did I  
anoint myself at all, till three  
whole weeks were fulfilled.  
Daniel 10:2, 3*

# The Church

## 21 Day

## Daniel Fast

Friendship P. B.  
church

700 Putnam Drive

Tallahassee Florida

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## Church

### 21 DAYS OF PRAYER AND FASTING

The kingdoms of our world are crumbling; ideologies are being shaken; governments are falling, but the Church of the living God is on the rise. This is truly the time for us as believers to keep our eyes opened so that we can see what God is doing and keep our ears intoned so we can hear what God is saying.

This is not the time and season for us to lament over what we have lost because more than likely, God has plans to replace it with something better. Kingdom Celebration is in the atmosphere. Once again, let's STRETCH.

### *The Daniel Fast for the body, soul and spirit*

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

**The Body** - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

**The Soul** - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulish realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

**The Spirit** - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

## **Foods to include in your diet during the Daniel Fast:**

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to avoid on the Daniel Fast**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products

**including but not limited to milk, cheese, cream, butter, and eggs.**

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

## **21 Day Instructions and Reading Material to follow**

### **DAY 1**

**Prayer Focus:** Today, we focus in on Personal Repentance

**Scripture: Matthew 4:17**

**Prayer:** Lord, I truly repent of all my sins. I repent of the sins about which I know and the sins about which I don't know. Forgive me Lord of pride, rebellion, vanity, jealousy, judging, distrust, prejudice; all sins that I have committed that grieve your heart; greed, dishonesty and theft. Please forgive me for my refusal to forgive others. Please Lord, create in me **a clean heart** and renew **a right spirit** within me; a spirit that will worship you, glorify you and serve you for the rest of my life; in Jesus' name. Amen!

### **DAY 2**

**Prayer Focus:** Today, we pray for **unity** and **harmony** in our local church

**Scripture: I Peter 3:8, 9**

**Prayer:** Father, I thank you that Jesus has given to us the glory and honor which You gave Him, that we may be one, **even as you and Jesus are one**. God, I understand that we are stronger together so help me to do my part in order to enhance the spirit of unity among us until we become united. I pray that in the **Church**, Your Kingdom will come and Your Will be done in Jesus name. Amen!

### DAY 3

**Prayer Focus:** Today, we pray for **Discernment**; that we are able to discern the evil from the good.

**Scripture: Proverbs 3: 1-6**

**Prayer:** Father, I trust in you with all my heart and lean not on my own understanding; in all my ways I acknowledge you, so that you will make my path straight. Through your precepts, I gain understanding; therefore I hate every false way. Your Word is a lamp on my feet, and a light to my path. I thank you for a discerning heart today; in Jesus' name. Amen!

### DAY 4

**Prayer Focus:** Today, I pray **Godly Wisdom**

**Scripture: Proverbs 2:2**

**Prayer:** Father, you said if anyone lacks wisdom, let him ask of You, who give to all men liberally. Therefore, I ask in faith, nothing wavering, to be filled with the knowledge of Your will in all wisdom, and spiritual understanding concerning my life and our ministry. Today, I incline my ear unto wisdom and apply my heart to understanding so that I might receive that which has been freely given unto me. In Jesus' name, I receive **godly wisdom and instruction**, in Jesus' name I pray. Amen!

### DAY 5

**Prayer Focus:** Today, we pray that the **struggle would be removed** from our meeting our daily needs.

**Scripture: Matthew 6:9 -11 & Psalm 37:25**

**Prayer:** In the name of Jesus I confess with the Psalmist David, I have not seen the righteous forsaken, nor his seed beg bread. I thank You that all my needs of our ministry are being met. I pray that there will be no struggle doing so for it is You, O Lord that releases all wealth into the earth realm. Again, I pray that Your kingdom will come and Your will be done in my life and in our ministry in Jesus name. Amen!

### DAY 6

**Prayer Focus:** Pray for Rev. E.L. Franklin and the Leaders

**Scripture: I Timothy 2:2**

**Prayer:** Father, in the name of Jesus, I pray for Rev Eddie L. Franklin that you will give him **strength**, even now; I pray that You will place upon him an anointing to **"Finish"** in this season. I pray that he's **healthy in his body** and **whole in his mind**. Keep him and his entire family covered with the blood of Jesus. I pray that neither hurt nor harm come near his **dwelling**, that he can see the fruit of his labor. I pray for the entire **Leadership in the Church** that they too are strong in Your might, that they put no burden on each other, but that they walk in agreement and on one accord. Let them not tear each other down, but build each other up, as they walk in unity. Keep their minds stayed on You; O Lord I pray that they have good success in their ministry efforts in Jesus' name. Amen!

## DAY 7

**Prayer Focus:** Today, we pray for **divine protection**

**Scripture:** II Timothy 4:18 & Psalm 91

**Prayer:** Father, today in Jesus' name, I confess your word over my life and all those connected to me and know that Your Word does not go out and return to You void, but it accomplishes what you say it will do. I give you thanks for moving quickly to perform Your Word and fulfill its promises. I rejoice in the promises that Your Word holds for protection and safety. I trust in you and dwell in Your protection. If I shall face any problem, I will run to you. You are my **strong tower** and **shelter** in a time of need. Believing in the Written Word of God, I speak **peace**, **safety** and **success** over all of my movement today in Jesus' name. As a child of God, I stand **confident that my planned moments** will not be disrupted or confused. Thank you Father, that in every situation you are there to protect me; in Jesus' name. Amen!

## DAY 8

**Prayer Focus:** Today, we pray for **all** who **preach** and **teach** God's word in our ministry.

**Scripture:** Proverbs 8:6

**Prayer:** Father, we come to You in the name of Jesus, thanking You for **preachers** and **teachers** in our ministry who have been **called by your name**; men and women anointed to hear what You are saying in this season, and to teach a **now** lesson and preach a **rhema** word to Your people. We thank you for people who are filled with the spirit of God, in wisdom and ability, in **understanding** and **intelligence**, in **knowledge**, to devise skillful methods for teaching and preaching the Word of God. I thank You Father, that our teachers are a part of the Five Fold Ministry who are perfectly and fully equipping the saints – God's consecrated people, that they should do the work of ministering toward building up Christ's Body. Now Lord, I pray that you will give me and help me to hold on to a *"teachable spirit"* in Jesus' name, Amen.

## Day 9

**Prayer Focus:** Today, we pray for the **Salvation** of the Lost

**Scripture:** I Timothy 2: 1, 2

**Prayer:** Father, in the name of Jesus, we bring the lost to you this day; and **every man, woman**, and child throughout our country before you. As I intercede, I use my faith believing that thousands on this day, have the opportunity to make Jesus their Lord. For everyone who has that opportunity, today we loose the enemy from his assignment against them. We ask the Lord of the harvest to thrust **willing** and **able laborers** around these lives this day to share the good news of the gospel. We believe that they will not be able to resist the wooing of the **Holy Spirit** from you Father. Bring them to repentance by your goodness and love. We thank you now for souls, **many souls**. In Jesus' name I pray. Amen!

## DAY 10

**Prayer Focus:** Today, we pray for **deliverance to come to our City.**

**Scripture: Jeremiah 29:11**

**Prayer:** Father, in the name of Jesus I have received your **power, ability** and might because the Holy Spirit has come upon me and I am your witness in the city and to the ends of the earth. I **fearlessly** and **confidently** and **boldly** draw near the throne of grace that I may receive mercy and find grace to help in every need while being Your witness. I pray that Deliverance will come. I will not let false prophets who are in our city deceive us; I pray that their schemes are destroyed; I come against **spirits of strife** , and **confusion** in our church, our city, our country and in my life. Holy Spirit, I ask you to open the eyes of our people that they may turn from darkness to light. In Jesus' name pray. Amen!

## DAY 11

**Prayer Focus:** Today, We pray for the **Leadership**

**Scripture: Psalm 33: 12**

**Prayer:** Father, in the name of Jesus, we give thanks unto you that the good news of the Gospel is published in our land. The word of the Lord prevails and grows mightily in the hearts and lives of the people. We give thanks for this land and the Leaders You has given us" we pray that you may give to them godly wisdom. We pray for peace in the community and we thank you now for your many blessing that you will send our way. In Jesus' name we pray. Amen!

## DAY 12

**Prayer Focus:** Today, we pray for the **Prosperity** in our Churches

**Scripture: Deuteronomy 8:18**

**Prayer:** Father, in the name of Jesus, according to Your Word, it is your desire that we may prosper and be in good health, even as our soul prospers. In the name of Jesus I declare that the Churches shall prosper, and all their Pastors shall be in good health even as their souls shall prosper. In Jesus' name we pray. Amen!

## DAY 13

**Prayer Focus:** Today, we pray for **Single Believers** in our ministry

**Scripture: II Timothy 2:22**

**Prayer:** Father, in the name of Jesus, I pray for all Single members of our ministry. I pray that the conduct of the "old man" continues to pass away and I pray that they are united to You Lord, and will become one spirit with You. I pray that Singles will shun **immorality** and all **sexual looseness** in Jesus' name. I pray that they will flee from impurity in **thoughts** , **words** , or **deed**; that they regard their bodies as the temple of the Holy Spirit, whom he/she has received as a gift from God. Lord, help them to understand that they were bought with a price, and they are covered with the Blood of Jesus. I thank you for their protection, and their understanding in Jesus' name. Amen!



## DAY 14

**Prayer Focus:** Pray for **Peace in Troubled Marriages**

**Scripture II Timothy 2:26**

**Prayer:** Father, in the name of Jesus, I bring all Marriages in our ministry before You, whether they are troubled or not. I pray and confess Your Word over them; I use my faith, believing that Your Word will come to pass. Therefore, I pray and confess that all married couples in our congregation will let **bitterness , indignation, wrath, passion, rage, bad temper, resentment, slander, abuse and evil speaking** be banished from them. I pray that they are, **kind to one another, tenderhearted, and understanding, loving and forgiving one another** as you forgave them. I thank you that they shall **walk in love , and bring no shame** to your name, In Jesus' name we pray. Amen!

## DAY 15

**Prayer Focus:** Today, we pray for **Our Youth & Teenagers**

**Scripture: Proverbs 22:6, 15:31**

**Prayer:** Father, in the name of Jesus, I affirm Your Word over our **sons and daughters** I commit them to you and delight myself also in you. I thank you that you delivered them out of **rebellion** and into **right relationship with you**. Father, I thank you that they too walk in great knowledge of who you are, and have made You Lord over their lives. Keep them safe is our prayer, increase their knowledge and give them wisdom is our prayer. In Jesus' name I pray. Amen!

## DAY 16

**Prayer Focus:** Today, we pray for **total submission to the will of God**

**Scripture: 1 Peter 5:6**

**Prayer:** Father, I thank you for **Pastors and Leaders** who are submitted to you and are an example to the congregation. I pray that in this season as they are submitted to You Father, **that I may submit all my ways unto you**. Father, you are the Supreme Authority, the God of order. You have instituted other authority structures that will support healthy relationships and maintain harmony. It is my decision to surrender my will to you that I might find protection and dwell in the secret place of the Most High. I shall not walk out of the order that you have set for my life whether in **my home , the marketplace or the church** . I will remain submitted to you and the authority you placed over me in the earth realm. In Jesus' name I pray. Amen!

## DAY 17

**Prayer Focus:** Today, we pray that the **Backsliders of our fold will return to God**

**Scripture: Hosea 6:1, 3**

**Prayer:** Lord, I thank you that **Backsliders** will begin to return to the Lord. Lord, I thank you for forgiving their faithlessness as they return to you. Now Lord, Your Word declares that you are married to the backsliders. Thank you for forgiving receiving them. In Jesus name we pray. Amen!



### **DAY 18**

**Prayer Focus:** Today, our corporate focus is on **Physical healing...the children's bread**

**Scripture: Psalm 103:1-3**

**Prayer:** Father, I thank you that you have promised to pardon all our iniquities and to heal **all our diseases**. I know I am **forgiven** and I know I am **saved**. Today, I received my healing that Your Son and my Savior died for many years ago. In Jesus' name I pray. Amen!

### **DAY 19**

**Prayer Focus:** Today, we pray for our **members to bear witness of being people with the Fruit of the Spirit**

**Scripture: Galatians 5:19-23**

**Prayer:** Lord, I pray that you will begin this process with me. I pray that my life would be a walking example of what a **believer with the fruit of the Spirit** should be like. I thank you for the manifestation of the fruit of the Spirit in our ministry. In Jesus name we pray. Amen!

### **DAY 20**

**Prayer Focus:** Pray that Intercessors will be **birthed** into the **earth realm** in this season

**Scripture: Isaiah 59:16**

**Prayer:** Father, in the name of Jesus, we pray for a great **birthing of Intercessors** in the ministry. Today, we pray for the birthing of **bold intercessors** in the ministry. We pray that they shall come forth *head* first. In Jesus' name. Amen!

### **DAY 21**

**Prayer Focus:** Today, we pray for the **release of a Spirit of Celebration** over the ministry

**Scripture: Psalm 20:1-5**

**Prayer:** Father, in the name of Jesus, I thank you for a prolonged Spirit of Celebration over the Church. I pray that you would provoke all of us to celebrate each of us and that all of us will be able to put down our banners. I thank you that a Spirit of Celebration that has hit our ministry will also come to my home. In Jesus' name. Amen!