

Daniel Fast 2026
Prayer Guide
For the Harvest

For the Harvest: Day 1

The Harvest is Plentiful

Read Matthew 9:35-38 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Jesus sends more workers into my city and region for the harvest.
- For my local church to become a church of workers.
- The national Church to become a church of workers.
- For me and my family to become workers no matter the cost.
- For me to have eyes to see how ripe the harvest is with my family, friends, co-workers, neighbors, city, and everywhere I go.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 2

Receive Power to be an Effective Witness

Read Acts 1:8 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- The Holy Spirit comes upon my local church to receive power to witness.
- For my local church to receive greater vision and boldness to share and lead others to Jesus.
- The Holy Spirit comes upon me to receive power to witness.
- For me to receive greater vision and boldness to share and lead others to Jesus.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you.
Then write what you sense below:

For the Harvest: Day 3

Always be Ready to Share

Read 1 Peter 3:15 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?

- What does the passage say about people?

- How will you obey the passage today?

- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Everyone at my local church to be trained to share their Jesus story (testimony).
- For me to always be ready to share my Jesus story no matter the cost.
- For divine appointments today and each day to share my Jesus story.
- For those I share my Jesus story with to believe in and follow Jesus.

Write three bullet points for each question below about your Jesus story that can be told in 3-5 minutes. Then write three people who you will share your Jesus story with today:

How were you before Jesus?

How did you come to know Jesus?

How has Jesus changed your life?

For the Harvest: Day 4

The Great Commission

Read Matthew 28:18-20 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- My local church to be activated to participate in the Great Commission in my city, region, and throughout the nations.
- To commit myself to make disciples of all nations with my time and finances.
- To commit to baptize people I lead to Jesus and disciple them to multiplication.
- The Church in every nation to make and multiply disciples.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 5

Preach to Everyone Everywhere

Read Mark 16:15-20 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For revelation that I am to preach to everyone everywhere.
- For the Holy Spirit's fire and zeal to consume my spirit to share Jesus with everyone everywhere.
- The Holy Spirit confirms the preached Gospel through my life with signs and wonders to demonstrate the Kingdom as I pray for people.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 6

Good Soil Produces the Harvest

Read Mark 4:1-20 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Ask the Holy Spirit if any bad soil (path, rocks, thorns) needs to be plowed from my life. Then take action to cultivate good soil.
- Pray to be sent to good soil people to share the Gospel with and that they produce the 30x, 60x, 100x harvest return.
- Pray for understanding and determination to sow the seed on any soil, even if it does not appear to be good soil.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 7

Activate World Changers

Read Acts 9:1-19 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Pray for those who hate Jesus in my city and region to have a powerful encounter with Him and become world changers.
- Pray for myself to have love and boldness to be sent to those who hate Jesus so that they would come to know Him.
- Pray for divine appointments so that I will be sent to activate world changers.
- Pray that I become a world changer.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 8

Set Apart for the Harvest

Read Acts 13:1-3 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For the Holy Spirit to call and set apart people at my local church for apostolic mission and church multiplication.
- To hear the Holy Spirit's personal call for me to reach lost people with Jesus.
- For myself to have an obedient heart to obey the Holy Spirit no matter the cost.
- To recognize the calls of others and communicate those with encouragement.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 9

Persons of Peace

Read Luke 10:1-11 and summarize in your own words in the space below:

Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

Invest time in intercessory prayer for the prayer points just below:

- For workers in my city and region to find the people of peace that God has already prepared.
- For the Holy Spirit to reveal to me who the people of peace that are already in my life and ready for the harvest.
- Receive grace to always be attentive to people of peace that Jesus sends me to.

A person of peace is someone who does not yet know Jesus, but is **open** to relationship with, **hungry** to learn more about God, and **shares** with others what they learn.

Prayerfully write below three people of peace Jesus has already placed in your life.

Then pray for them and ask them this week to start a Discovery Bible Study with you:

For the Harvest: Day 10

Person of Peace: Woman at the Well

Read John 4:1-42 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For me and my local church to learn how to go from meeting a person of peace to starting and multiplying churches with them and their network of people.
- For me and my local church to find people of peace to start and multiply churches with them and their network of people.
- Pray for three family members that do not know Jesus to come to know Him.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 11

Person of Peace: Highly Demonized Man

Read Mark 5:1-20 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For me and my local church to have a willingness to help set people free from bondage to the devil so they can live in freedom and reach many others.
- The Holy Spirit demonstrates power encounters through my life for people to come to know Jesus.
- Pray for three friends that do not know Jesus to come to know Him.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 12

Person of Peace: High Government Official

Read Acts 8:26-40 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For me to be Spirit-led and obedient no matter the cost.
- Holy Spirit to place me in the right place, at the right time, with the right people.
- For me to grow in a knowledge of the Scriptures to easily explain who Jesus is.
- Pray for three co-workers or classmates who do not know Jesus to come to know Him.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you.
Then write what you sense below:

For the Harvest: Day 13

Person of Peace: Prominent Business Woman

Read Acts 16:6-15 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?

- What does the passage say about people?

- How will you obey the passage today?

- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- For me to learn how to find places where persons of peace spend their time.
- Led by the Spirit to ask people if they would like prayer to find persons of peace.
- For entire households in my city and region to become disciples of Jesus.
- Jesus would utilize business owners in my city and region to start churches.
- Pray for three neighbors who do not know Jesus to come to know Him.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you.
Then write what you sense below:

For the Harvest: Day 14

Person of Peace: Military Leader

Read Acts 10:1-48 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- The Holy Spirit to prepare me to be sent to persons of peace different from me.
- The Holy Spirit and angels to give me supernatural guidance to be led to persons of peace in the right place at the right time.
- That entire household networks would be baptized and disciplined through my obedience to God's guidance to find persons of peace.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 15

Person of Peace: Jail Attendant

Read Acts 16:16-40 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- To be willing to be in places I don't want to be to find persons of peace.
- To grow in perseverance and perspective when facing challenges for the Kingdom and Gospel.
- For entire families in my city and region to be baptized together.
- For three people you recently met who do not know Jesus to come to know Him.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 16

Harvest No Matter the Cost

Read Acts 6:8-8:1 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Have a boldness to witness for Jesus no matter the cost.
- Grow in my ability to articulate Jesus in a way that renders others speechless.
- Still share Jesus with others who may most likely reject Jesus so they have the chance to hear about His love and forgiveness.
- Those martyred for Jesus throughout the nations yield a great harvest.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 17

Cost of Discipleship

Read Luke 14:25-33 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

- Invest time in intercessory prayer for the prayer points just below:
- Prayerfully count the cost if you are willing to obey Jesus as a disciple.
 - Ask the Holy Spirit what you need to surrender to be all-in as a disciple. Then surrender.
 - For your local church to be all-in to disciple nations.
 - For the global Church to be all-in to disciple nations.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 18

Perseverance No Matter the Cost

Read 2 Corinthians 11:23-29 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Confess and repent of any times I have turned away from God (even right now) because of hardship and suffering.
- Ask Jesus to forgive me where I have blamed Him for hardship and suffering.
- Pray for my face to be set like flint (Isaiah 50:7) so that I will preserve through anything.
- Pray for a fellow disciple-maker facing hardship.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 19

Spiritual Warfare Leads to Harvest Breakthrough

Read Luke 4:1-14 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Against satan's temptations and attacks in my life using God's Word.
- To be obedient to the Father's will no matter the cost.
- To have victory over the devil in my life.
- To make disciples in the power of the Holy Spirit.
- For disciples, churches, and leaders to multiply through my life.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:

For the Harvest: Day 20

Stand Firm

Read Ephesians 6:10-20 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Pray each piece of armor over myself.
- Pray to grow in a spirit of prayer and for my capacity for intercession to increase.
- Pray for an alert mind and spirit, and for the spiritual gift of discernment.
- Pray for more divine appointments each day to share Jesus with unbelievers.
- Pray Ephesians 6:10-20 over a fellow disciple-maker.

As you finish, take time in silence to listen to what the Holy Spirit is speaking to you.
Then write what you sense below:

For the Harvest: Day 21

Never Give Up

Read Galatians 6:7-9 and summarize in your own words in the space below:

❖ Now read the passage again and answer the following questions in the spaces below:

- What does the passage say about God, Jesus, or His plan?
- What does the passage say about people?
- How will you obey the passage today?
- Who can you share with today what you learned?

★ Take time to pray about what the Holy Spirit revealed to you through the Scriptures and how you can obey Jesus as a disciple-maker.

➤ Invest time in intercessory prayer for the prayer points just below:

- Ask the Holy Spirit what area of my flesh needs to be crucified to be more deeply committed and obedient to Jesus as a disciple-maker.
- Take time to confess and repent in any areas revealed to me by the Holy Spirit.
- Pray for grace to focus on living by the Spirit to sow Gospel seeds as I go.
- Pray for Kingdom perspective to never grow weary in sharing the Gospel and to know a harvest is coming.

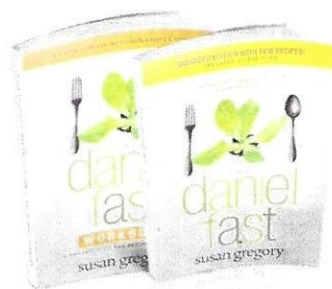
As you finish, take time in silence to listen to what the Holy Spirit is speaking to you. Then write what you sense below:



Food List

After answering hundreds of questions about the Daniel Fast on the blog, I developed these food guidelines. My hope is that it will serve as a more complete list. The original list used by many people was issued in a book about fasting. I know the author tried to do the best he could, but that isn't the same as getting hundreds of questions seeking clarification.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods. Look for the list of ingredients on the label (not the nutritional value) to make sure all the ingredients comply with the Daniel Fast Guidelines.



[Click Image](#)

Foods to include in your eating plan 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 whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.



All legumes. These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including 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.

Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

Foods to avoid on the Daniel Fast

All meat, animal, fish and seafood products including beef, lamb, pork, poultry, fish and shellfish.

All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

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

All leavening agents including yeast, baking soda and baking powder.

All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including potato chips, French fries, corn chips.

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

Beverages including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS so you are aware of the ingredients in the package.!

Be blessed on your fast.

Daniel Fast Guideline Food List

All fruit | fresh, frozen, juiced, and canned.

Eg. Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

All vegetables | fresh, frozen, juiced, and canned.

Eg. Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Eg. Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All nuts & seeds

Eg. Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

All legumes | canned or dried

Eg. Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils

Eg. Olive, canola, grape seed, peanut, and sesame.

Beverages

Eg. Natural fruit juices, spring water, distilled water, other pure waters.

Other

Eg. Tofu, soy products, vinegar, seasonings, salt, herbs, spices.

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, you can have foods with sugar, but avoid any ADDED sugars. So be sure to read the labels. Here are foods you definitely want to refrain from eating: Sweeteners | Meat | Dairy products | Breads, pasta, flour, crackers, cookies | Animal Fat and Oils | Juices | Coffee and Energy drinks | Gum | Mints | Candy.

FASTING COMMITMENT: *Write in here what you are abstaining from and what spiritual breakthrough you are looking for. Remember to be specific, measurable, attainable, relevant, and time bound for you to see success*

The Daniel Fast Suggested Guidelines

bridgechurchnj.org/fasting | Sun, Jan 7th - Sun, Jan 28th

Why do we fast?

Fasting is abstaining from something like food and/or drink for a period of time to draw closer to God. It's a *natural discipline* that can bring **supernatural results**. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, and Jesus fasted. The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

Types of fasting?

There are many types of fasts which include:

- Standard Fast (water only)
- Absolute Fast (No water or food)
- Partial Fast (restrict certain food and drink categories)
- Intermittent Fast (Only eat during small daily window, for example: 1pm-6pm)

There are many variations of these fasts, and there are spiritual benefits of all of these **when we are able to devote the time spent eating to focus on God and serving others.**

What is the Daniel Fast?

The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically-based fast. According to Daniel 1, the results were: (v.17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12). One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather the kind of foods you can eat.

Book Recommendations:

- The Ultimate Guide to the Daniel Fast
- How to Fast Biblically: When Desperate Situations Require Drastic Actions
- Fasting for Spiritual Breakthrough: A Practical Guide to 9 Biblical Fasts
- A Hunger for God: Desiring God through Fasting and Prayer
- Fasting for Breakthrough and Deliverance