

# *Fasting: The First Seven Days*



Allow me to suggest to you what  
to pray for as you **Fast and Pray for**  
**the Next 21 Days of this Daniel Fast**

**Day 01** ✞ Fast for \_\_\_\_\_.

**Day 02** ✞ Fast for your \_\_\_\_\_.

**Day 03** ✞ Fast for \_\_\_\_\_.

**Day 04** ✞ Fast for \_\_\_\_\_.

**Day 05** ✞ Fast for a \_\_\_\_\_.

**Day 06** ✞ Fast for \_\_\_\_\_.

**Day 07** ✞ Fast for the \_\_\_\_\_.



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## **Worshiping God by Going without Eating**

**16** When you go without eating, don't try to look gloomy as those show-offs do when they go without eating. I can assure you that they already have their reward. **17** Instead, comb your hair and wash your face.

**MATTHEW 6:16-18**  
**CONTEMPORARY ENGLISH VERSION**



## **Worshiping God by Going without Eating**

**18** Then others won't know that you are going without eating. But your Father sees what is done in private, and he will reward you.

**MATTHEW 6:16-18**  
**CONTEMPORARY ENGLISH VERSION**



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Day 01 ⇨ Fast for **yourself**.

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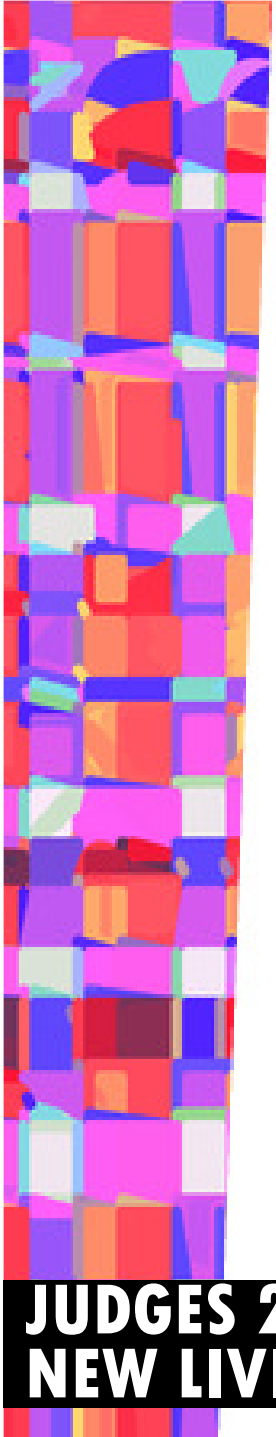
Day 03 ⇨ Fast for \_\_\_\_\_.

Day 04 ⇨ Fast for \_\_\_\_\_.

Day 05 ⇨ Fast for a \_\_\_\_\_.

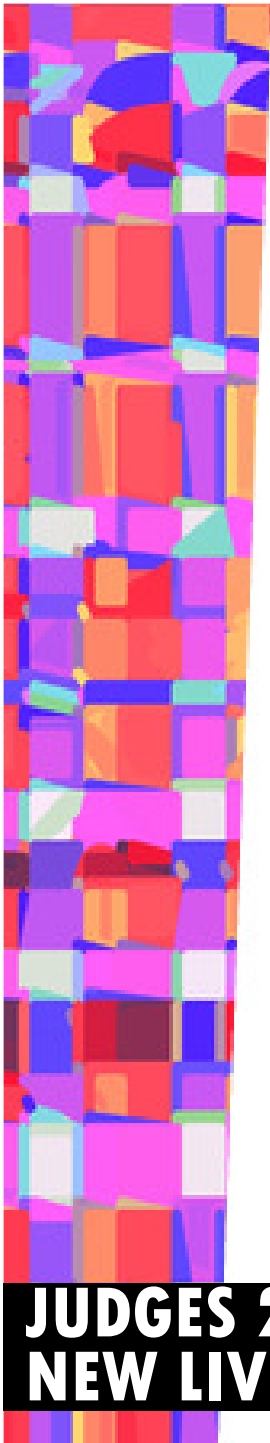
Day 06 ⇨ Fast for \_\_\_\_\_.

Day 07 ⇨ Fast for the \_\_\_\_\_.



**26** Then all the Israelites went up to Bethel and wept in the presence of the Lord and fasted until evening. They also brought burnt offerings and peace offerings to the Lord. **27** The Israelites went up seeking direction from the Lord. (In those days the Ark of the Covenant of God was in Bethel,

**JUDGES 20:26-28**  
**NEW LIVING TRANSLATION**



**28** and Phinehas son of Eleazar and grandson of Aaron was the priest.) The Israelites asked the Lord, “Should we fight against our relatives from Benjamin again, or should we stop?” The Lord said, “Go! Tomorrow I will hand them over to you.”

**JUDGES 20:26-28**  
**NEW LIVING TRANSLATION**



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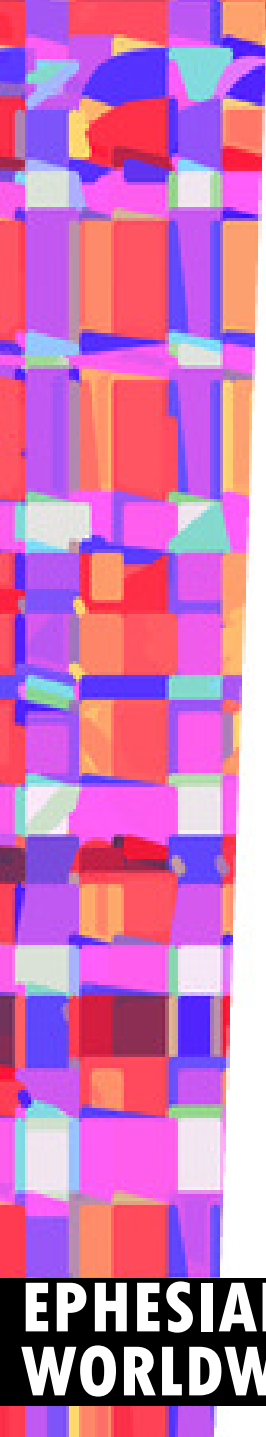
Day 03 ⇨ Fast for **spiritual warfare**.

Day 04 ⇨ Fast for \_\_\_\_\_.

Day 05 ⇨ Fast for a \_\_\_\_\_.

Day 06 ⇨ Fast for \_\_\_\_\_.

Day 07 ⇨ Fast for the \_\_\_\_\_.



**12** So use everything that God has given you, that you can fight when the bad time comes. You will need to do everything you can do to stand!

**EPHESIANS 6:12**  
**WORLDWIDE ENGLISH**



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Day 01 ⇨ Fast for **yourself**.

Day 02 ⇨ Fast for your **family**.

Day 03 ⇨ Fast for **spiritual warfare**.

Day 04 ⇨ Fast for **God to speak**.

Day 05 ⇨ Fast for a \_\_\_\_\_.

Day 06 ⇨ Fast for \_\_\_\_\_.

Day 07 ⇨ Fast for the \_\_\_\_\_.



## Saul Is Converted

**1** In Jerusalem Saul was still threatening the followers of the Lord by saying he would kill them. So he went to the high priest **2** and asked him to write letters to the synagogues in the city of Damascus. Then if Saul found any followers of Christ's Way, men or women, he would arrest them and bring them back to Jerusalem.

**ACTS 9:1-9**  
**NEW CENTURY VERSION**



## Saul Is Converted

**3** So Saul headed toward Damascus. As he came near the city, a bright light from heaven suddenly flashed around him. **4** Saul fell to the ground and heard a voice saying to him, "Saul, Saul! Why are you persecuting me?" **5** Saul said, "Who are you, Lord?" The voice answered, "I am Jesus, whom you are persecuting."

**ACTS 9:1-9**  
**NEW CENTURY VERSION**



## **Saul Is Converted**

**6** Get up now and go into the city. Someone there will tell you what you must do." **7** The people traveling with Saul stood there but said nothing. They heard the voice, but they saw no one. **8** Saul got up from the ground and opened his eyes, but he could not see.

**ACTS 9:1-9**  
**NEW CENTURY VERSION**



## **Saul Is Converted**

So those with Saul took his hand and led him into Damascus.

**9** For three days Saul could not see and did not eat or drink.

**ACTS 9:1-9**  
**NEW CENTURY VERSION**



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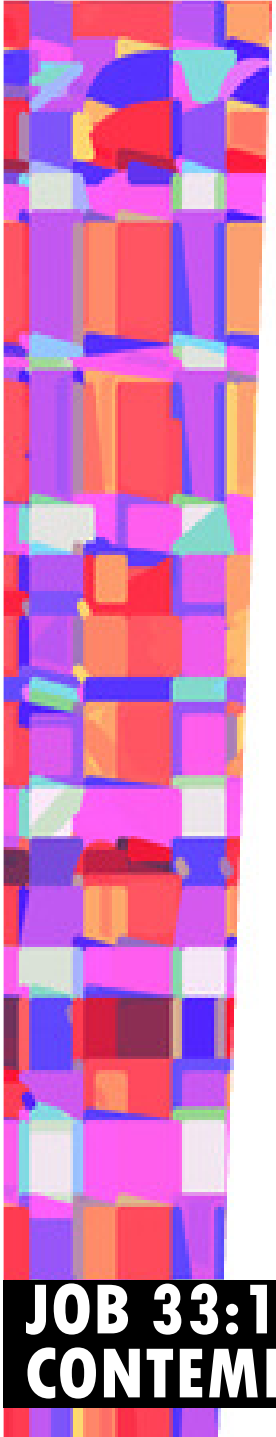
Day 03 ⇨ Fast for **spiritual warfare**.

Day 04 ⇨ Fast for **God to speak**.

Day 05 ⇨ Fast for a **testimony**.

Day 06 ⇨ Fast for \_\_\_\_\_.

Day 07 ⇨ Fast for the \_\_\_\_\_.



**19** Sometimes we are punished  
with a serious illness and  
aching joints. **20** Merely the  
thought of our favorite food  
makes our stomachs sick,

**JOB 33:19-20**  
**CONTEMPORARY ENGLISH VERSION**



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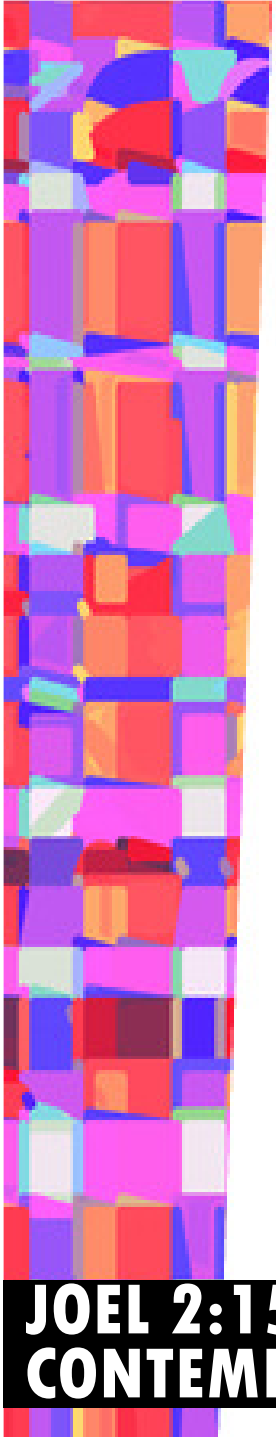
Day 03 ⇨ Fast for **spiritual warfare**.

Day 04 ⇨ Fast for **God to speak**.

Day 05 ⇨ Fast for a **testimony**.

Day 06 ⇨ Fast for **worship**.

Day 07 ⇨ Fast for the \_\_\_\_\_.



**15** Sound the trumpet on Zion!  
Call the people together. Show  
your sorrow by going without food.

**16** Make sure that everyone is  
fit to worship me. Bring adults,  
children, babies, and even bring  
newlyweds from their festivities.

**JOEL 2:15-16**  
**CONTEMPORARY ENGLISH VERSION**



Allow me to suggest to you what  
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**the Next 21 Days of this Daniel Fast**

Day 01 ⇨ Fast for **yourself**.

Day 02 ⇨ Fast for your **family**.

Day 03 ⇨ Fast for **spiritual warfare**.

Day 04 ⇨ Fast for **God to speak**.

Day 05 ⇨ Fast for a **testimony**.

Day 06 ⇨ Fast for **worship**.

Day 07 ⇨ Fast for the **Word**.



## **Place Your Life Before God**

**1-2** So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

Embracing what God does for you is the best thing you can do for him.

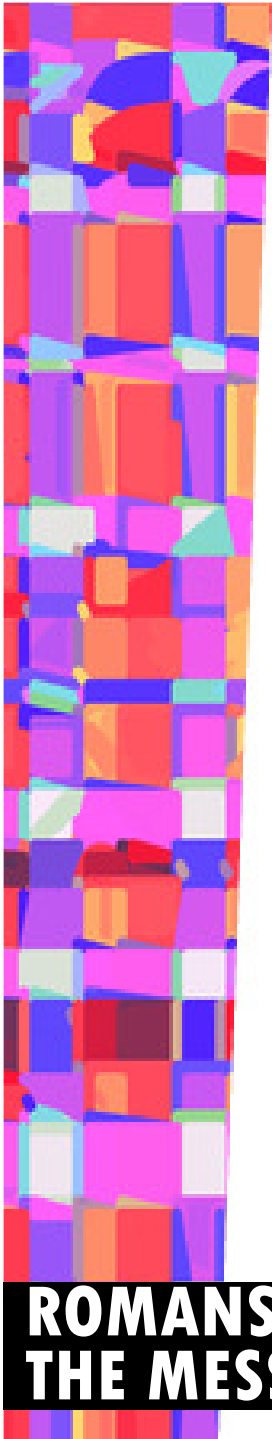
**ROMANS 12:1-2**  
**THE MESSAGE**



## **Place Your Life Before God**

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity,

**ROMANS 12:1-2**  
**THE MESSAGE**



**Place Your Life Before God**  
God brings the best out of you,  
develops well-formed maturity in you.

**ROMANS 12:1-2**  
**THE MESSAGE**



## There's 2 Reasons Why We Eat...

**(01)** Satisfy \_\_\_\_\_.

**(02)** Satisfy \_\_\_\_\_.

*((Eat the Word of God))*



There's 2 Reasons Why We Eat...

(01) Satisfy hunger.

(02) Satisfy \_\_\_\_\_.  
*((Eat the Word of God))*



## There's 2 Reasons Why We Eat...

(01) Satisfy hunger.

(02) Satisfy soul.  
*((Eat the Word of God))*