

# Daniel Fast

FEBRUARY 15 to  
MARCH 8, 2019

## 21 Days During Lent of Prayer and Fasting

*Each Day for twenty-one days join us at the Lincoln Heights Church for prayer and fasting, from 7 AM to 7 PM, join us in fasting for a greater outpouring of God's Spirit in your life, in your family, and in your church.*

### Pray-Pray-Pray

**Pray to God**

**Pray for Souls**

**Pray for Healing**

**Pray for the church**

**Pray for your family**

**Pray for your marriage**

**Pray for your hopes**

In the Bible, there are two instances where Daniel fasted. The first is Daniel 1:12, "Please test your servants for ten days, and let them let them give us vegetables to eat and water to drink." The second is Daniel 10:2-3, "In those days, I Daniel was mourning three full weeks." We are fasting and praying for twenty-one consecutive days, 7 AM to 7 PM each day. If your medical or physical condition prevents your fasting, then just pray along with those of us who can fast. At the start of each day of fasting, pray for at least seven minutes. Great things are wrought through prayer!  
**READ THE WORD!**

February 15	Psalm 1	March 3	Psalm 100
February 16	Psalm 27	March 4	Psalm 124
February 17	John 4	March 5	Luke 22
February 18	John 8	March 6	Luke 24
February 19	Proverbs 1	March 7	Isaiah 6
February 20	Proverbs 10	March 8	Isaiah 40
February 21	Ephesians 3	*****	
February 22	Ephesians 4	If you cannot read the entire Scripture set aside for that day, then put it down, mark the place you left off, and return later to complete it. God honors excellence! God rewards faithfulness! Always do the very best you can do and remember in your prayer to pray for your co-laborers in prayer. WE CAN DO IT!	
February 23	Psalm 30		
February 24	Psalm 42		
February 25	Galatians 2		
February 26	Galatians 5		
February 27	Proverbs 30		
February 28	Proverbs 22		
March 1	Colossians 1		
March 2	Colossians 2		

## What Can I Eat During the Daniel Fast?

As you begin the fast and as you go through it, do not stuff yourself. As your health allows, you can eat fruits, nuts, vegetables, whole grains, fish, and other seafood. You should always drink plenty of water, however, you can also consume non

-sweetened juices or a little honey. You can also eat your choice of lentils, brown rice, almonds, or sunflower seeds. Salads are good, too, however, use olive oil combined with lemon or lime juice as a salad dressing should your health allow. Always check

with your physician about your diet, especially, when you are not sure. Fasting is not dieting. What is most important is that you do your fast unto the Lord and not to brag or boast to people. We expect great things!