

DANIEL FAST JOURNEY 21 DAY DEVOTIONAL

DAY	TITLE	REFLECTIONS	SONG	SCRIPTURE
Day 1	Fasting to Hear and Be Heard LINK	I have been impacted by the following question from God: Who has eyes to see and ears to hear? Are your eyes and ears open? What can you do to ensure you see what He has to show you and hear what He has to tell you?	Speak to Me by Kari Jobe (YouTube)	Daniel 10:12 Mark 4: 23-25 Revelation 2:7
Day 2	Fasting to Remain undefiled LINK	At what point do you need to make up your mind and draw the line in order to remain undefiled? What boundaries do you need to put in place to ensure you maintain clean hands and a pure heart?	Heart Abandoned by Passion (YouTube)	Daniel 1:8-9 John 17:15-19 1 Peter 2:9
Day 3	Fasting to Pause LINK	How can you build moments of pause into your day? Have there been issues you've been in a rush to fix yourself, when really you need to pause and give God some time to work things out?	It Is Well by Bethel (YouTube)	Daniel 1:14-15 Psalms 32:7 Psalms 46:10
Day 4	Fasting to Prepare LINK	Can you take this period of prayer and fasting not to do more, but simply to pray and prepare? Maybe you know what you need to prepare for, or maybe you have a sense that God is preparing you for "something" and you pray for clarity. What is it for you?	Build My Life by Pat Barrett (YouTube)	Daniel 2:16 Isaiah 40:3-5 Luke 4:1-2
Day 5	Fasting to Wait LINK	What will you do if you get to the end of your fast and don't have the exact answers you want? Have you pre-determined your timeline, or will you surrender to God's timeline and the process of waiting? What can you learn, enjoy, and become as you wait?	Waiting Here for You by Christy Nockels (YouTube)	Daniel 2:19-23 Isaiah 40:31 Acts 1:4-9 and 2:1-4

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Day 6	To Gain Perspective LINK	Are you only willing to sacrifice and obey if you get the rewards and results you want? What does it look like to obey God no matter what?	I Surrender by Hillsong (YouTube)	Daniel 3:16-18 Matthew 9:14-17 Colossians 3:2
Day 7	To Be Delivered LINK	Are you currently facing a trial you need delivered from? This may be a recent situation, or something from your past. Find scripture for your situation and boldly declare that no matter what, God is with you and He will deliver you!	Another in the Fire by Hillsong (YouTube)	Daniel 3:25 Isaiah 43:1-2 2 Corinthians 1:9-11
Day 8	To Know God LINK	How is fasting causing you to see your physical day-to-day through a spiritual lens? Have you grown complacent in how you view God, or will you seek to know Him on a deeper level?	Great are You Lord by All Sons and Daughters (YouTube)	Daniel 4:32 Isaiah 55:8-9 Jeremiah 18:1-6
Day 9	To Humble Ourselves LINK	As the familiar quote goes, humility is not thinking less of yourself, it's thinking of yourself less - how can you focus less on yourself and more on God? Can you make a list of things to praise Him for?	Hallelujah Here Below by Elevation Worship (YouTube)	Daniel 4:37 Deuteronomy 8:11-18 Ezra 8:21
Day 10	Fasting to Be Equipped For Battle LINK	Consider every piece of the armor that you need to take up daily so you can stand firm . . . Ephesians 6:10-18	Surrounded (Fight My Battles) by Upperroom (YouTube)	Daniel 5:12 Judges 20:24-28 Ephesians 6:10-18
Day 11	Fasting For Powerful Prayer LINK	Based on Matthew 6:5-14, we see that in powerful prayers we . . .	Our Father by Bethel (YouTube)	Daniel 6:10-11 2 Kings 19:14-19 Matthew 6:5-14

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Day 12	<p>Fasting For an Excellent Spirit</p> <p>LINK</p>	<p>Biblical meditation isn't about emptying your mind, it's about focusing your mind completely on God and His Word without any other distractions. As you fast, take a few minutes each day to meditate on God's Word.</p>	<p>Holy Spirit by Jesus Culture (YouTube)</p>	<p>Daniel 6:3-4 Psalms 119:15 Acts 2:38</p>
Day 13	<p>Fasting for Revelation</p> <p>LINK</p>	<p>How long has it been since you've meditated on Jesus Christ and what His life, death, and resurrection mean for you? The song and passages of scripture below are a great place to start.</p>	<p>O Praise the Name by Hillsong (YouTube)</p>	<p>Daniel 7:13-14 Matthew 16:13-27 Acts 2:17-39</p>
Day 14	<p>Fasting to Worship</p> <p>LINK</p>	<p>What does worship mean to you? Although we worship God through music, worship is much more than singing. How do you keep your eyes fixed on God and stay in His presence throughout your day?</p>	<p>Revelation Song by Kari Jobe (YouTube)</p>	<p>Daniel 7:9-10 Luke 2:36-38 Acts 13:1-3</p>
Day 15	<p>Fasting For Discernment</p> <p>LINK</p>	<p>Where are your prayers centered? It's time to ask for supernatural insight and revelation into our times so that we can pray, intercede, and build up the body of Christ in this season.</p>	<p>Seasons by Hillsong (YouTube)</p>	<p>Daniel 8:15 1 Chronicles 12:32 1 Corinthians 12:4-11</p>
Day 16	<p>Fasting and Intercession</p> <p>LINK</p>	<p>Have you recently heard news that breaks your heart? Whether it's national, international, or news about someone you know personally – take time today to cry out to God on behalf of others.</p>	<p>Waymaker by Leeland (YouTube)</p>	<p>Daniel 9:1-6 Jeremiah 29:7-14 James 5:13-18</p>

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Day 17	Fasting For Breakthrough LINK	Where are you seeking break through right now? Read through Hebrews chapter eleven today and consider the faith of those who walked in obedience to God, even when they couldn't always see the promise.	Praise Before My Breakthrough by Bryan & Katie Torwalt (YouTube)	Daniel 9:21-22 2 Samuel 5:20 Hebrews 11
Day 18	Fasting For Endurance LINK	Has your world been shaking lately, and how does this relate to the bigger picture of what God is doing in the world? How can you build endurance through fasting so you will have confidence to stand?	King of My Heart by Bethel (YouTube)	Daniel 10:19 Matthew 6:16-18 Hebrews 12:25-29
Day 19	Fasting For Life LINK	What would a regular rhythm of fasting look like in your life? What is defiling your spirit, soul, and body that you could abstain from for a period of time?	Here's My Heart Lord by Lauren Daigle (YouTube)	Daniel 10:2-3 Isaiah 58:3-12 Romans 14:16-19
Day 20	Fasting For Fulfillment LINK	Have you found the living water? If not, it's as simple as coming to Jesus to receive His free gift. Who can you "water" and encourage today?	Open Heaven (River Wild) by Hillsong Worship (YouTube)	Daniel 11:1 Proverbs 11:25 John 4:7-15
Day 21	Fasting to Shine Brightly LINK	Record your reflections as you end your fast: What did God reveal to you that was fresh insight? What was different than you expected, or caught you by surprise? What is your greatest takeaway?	So Will I (Do it Again) by Cross Worship (You Tube)	Daniel 12:3 Psalm 103:1-5 Matthew 28:18-20