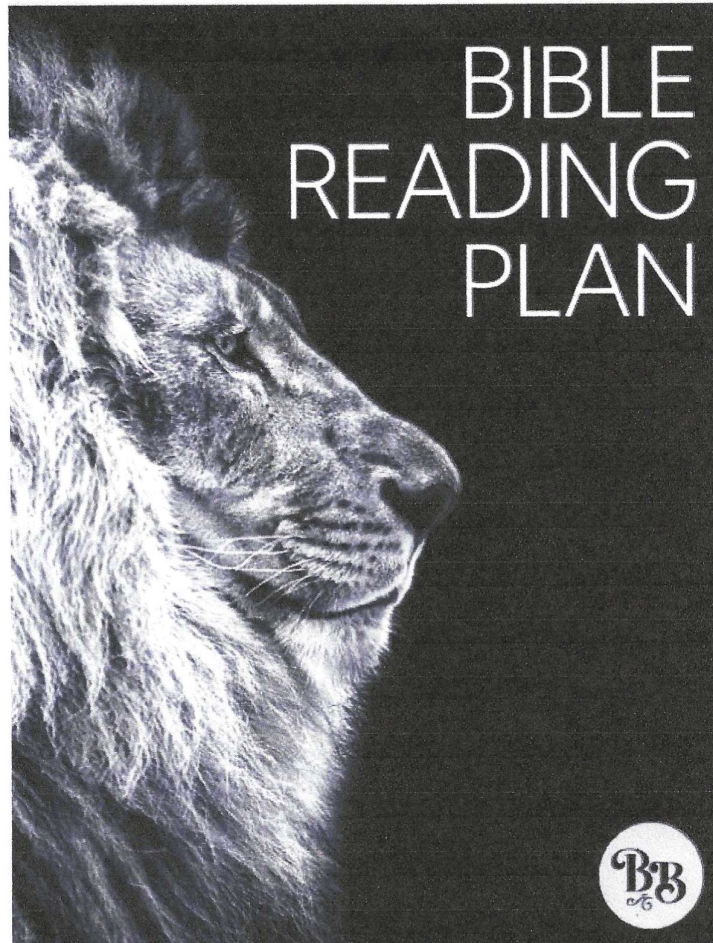


21 day Daniel Fast



PRAYERS

FASTING

21 DANIEL FAST SCRIPTURE READINGS, ONE FOR EACH DAY OF YOUR FAST

Setting aside dedicated time for bible reading, prayer, and fasting is a great undertaking and one to be taken seriously. Jesus himself has told us in Mark 9 and Matthew 17 that some things can only be accomplished through both prayer *and* fasting.

If you're considering the 21 day Daniel Fast, these daily **Daniel Fast scripture readings** and bible reading plan will help you be consistent with your time spent in the Word. Spend time in God's word each day, then pause to reflect on what you've read. Remember to incorporate a time of prayer into your day as well. Our companion post, *21 Powerful Prayers For The Daniel Fast*, offers prayer prompts

for you to use and can serve as a daily prayer guide to help you over the next 21 days.

You may also consider using the *Time With God Toolkit* to write out each bible verse and record your thoughts. You can print it out and add it to any three ring binder. When the 21 days are complete, you'll have a wonderful keepsake from your focused time of deepening your relationship with God.

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21 DANIEL FAST SCRIPTURE READINGS

DAY 1.

Daniel 9:3-4

3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

4 And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments.

DAY 2.

Daniel 9:5

We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

DAY 3.

Daniel 9:17-19

17 Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy sanctuary that is desolate, for

the Lord's sake.

¹⁸ O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies.

¹⁹ O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy city and thy people are called by thy name.



DAY 4.

Daniel 1:11-14

¹¹ Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

¹² Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

¹³ Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

¹⁴ So he consented to them in this matter, and proved them ten days.

DAY 5.

Daniel 10:1-3

¹ In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing [was] true, but the time appointed [was] long: and he understood the thing, and had understanding of the vision.

² In those days I Daniel was mourning three full weeks.

³ I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

DAY 6.

Daniel 10:4-7

⁴ And in the four and twentieth day of the first month, as I was by the side of the great river, which [is] Hiddekel;

⁵ Then I lifted up mine eyes, and looked, and behold a certain man clothed in linen, whose loins [were] girded with fine gold of Uphaz:

⁶ His body also [was] like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass, and the voice of his words like the voice of a multitude.

7 And I Daniel alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them, so that they fled to hide themselves.

DAY 7.

Daniel 10:8-11

8 Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength.

9 Yet heard I the voice of his words: and when I heard the voice of his words, then was I in a deep sleep on my face, and my face toward the ground.

10 And, behold, an hand touched me, which set me upon my knees and [upon] the palms of my hands.

11 And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling.



DAY 8.

Daniel 10:12-15

¹² Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

¹³ But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.

¹⁴ Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision [is] for [many] days.

¹⁵ And when he had spoken such words unto me, I set my face toward the ground, and I became dumb.

DAY 9.

Daniel 10:16-19

¹⁶ And, behold, [one] like the similitude of the sons of men touched my lips: then I opened my mouth, and spake, and said unto him that stood before me, O my lord, by the vision my sorrows are turned upon me, and I have retained no strength.

¹⁷ For how can the servant of this my lord talk with this my lord? for as for me, straightway there remained no strength in me, neither is there breath left in me.

¹⁸ Then there came again and touched me [one] like the appearance of a man, and he strengthened me,

¹⁹ And said, O man greatly beloved, fear not: peace [be] unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me.

DAY 10.

Deuteronomy 28:1-6

And it shall come to pass, if thou shalt hearken diligently unto the voice of the Lord thy God, to observe and to do all his commandments which I command thee this day, that the Lord thy God will set thee on high above all nations of the earth:

² And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God.

³ Blessed shalt thou be in the city, and blessed shalt thou be in the field.

4 Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of thy kine, and the flocks of thy sheep.

5 Blessed shall be thy basket and thy store.

6 Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.

DAY 11.

Romans 5:8-9

8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

9 Much more then, being now justified by his blood, we shall be saved from wrath through him.

DAY 12.

Psalms 119:97-103

97 O how love I thy law! it is my meditation all the day.

98 Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

99 I have more understanding than all my teachers: for thy testimonies are my meditation.

100 I understand more than the ancients, because I keep thy precepts.

101 I have refrained my feet from every evil way, that I might keep thy word.

102 I have not departed from thy judgments: for thou hast taught me.

103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

DAY 13.

Psalm 51:7-10

7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

9 Hide thy face from my sins, and blot out all mine iniquities.

10 Create in me a clean heart, O God; and renew a right spirit within me.

DAY 14.

Daniel 10:7-12

7 And I Daniel alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them, so that they fled to hide themselves.

8 Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength.

9 Yet heard I the voice of his words: and when I heard the voice of his words, then was I in a deep sleep on my face, and my face toward the ground.

¹⁰ And, behold, an hand touched me, which set me upon my knees and [upon] the palms of my hands.

¹¹ And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling.

¹² Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.



DAY 15.

Mark 16:15-16

¹⁵ And he said unto them, Go ye into all the world, and preach the gospel to every creature.

¹⁶ He that believeth and is baptized shall be saved; but he that believeth not shall be damned.

DAY 16.

2 Chronicles 7:13-14

¹³ If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people;

¹⁴ If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

DAY 17.

Acts 2:1-4

And when the day of Pentecost was fully come, they were all with one accord in one place.

² And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting.

³ And there appeared unto them cloven tongues like as of fire, and it sat upon each of them.

⁴ And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.

DAY 18.

John 3:30-31

30 He must increase, but I must decrease.

31 He that cometh from above is above all: he that is of the earth is earthly, and speaketh of the earth: he that cometh from heaven is above all.

DAY 19.

Philippians 4:4-8

4 Rejoice in the Lord always: and again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord is at hand.

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

DAY 20.

John 13:34-35

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

DAY 21.

Luke 10:25-28

²⁵ And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?

²⁶ He said unto him, What is written in the law? how readest thou?

²⁷ And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

²⁸ And he said unto him, Thou hast answered right: this do, and thou shalt live.

Congratulations! You've done all 21 Daniel Fast Scripture readings. Have these bible passages blessed you during your fast? Please share them with someone else so it blesses them, too!