



Seeking God Relentlessly

Daniel Fast Prayer Journal
January 10 - 30, 2021



What is the Daniel Fast?

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. ~Daniel 10:12-13

The Daniel Fast is a partial fast that is practiced for 21 consecutive days in order to draw closer to God. The traditional fast is based on the diet of Daniel when he abstained from eating meat, wine, and desserts in favor of vegetables and water. Rather than restricting when you eat, the Daniel Fast restricts what you can eat. Foods such as meats, breads, sweets, and fried foods should be avoided. Instead of focusing on things of the world, the purpose of the fast is to completely focus on God through prayer.

It is completely acceptable to do a modified fast during this period, whether it is due to health restrictions or if this is your first time fasting. Choose to fast from the things that you would consider to be a sacrifice (e.g., coffee, sweets, social media, etc). Fasting is between you and God and no matter what you choose to "give up", it will be a building block in learning spiritual self-discipline.

For more information on the Daniel Fast, please check out our [Resources](#) page. There are also many fast-approved [recipes](#) to make your meal planning easier. We look forward to the breakthroughs you will experience as we **Seek God Relentlessly**.



Daily Bible Readings

Commit to reading the Youversion Bible Plan "[Fast Like Daniel](#)" daily. This plan can be accessed by downloading the Youversion Bible app and searching for the "Fast Like Daniel" plan or clicking the link above.



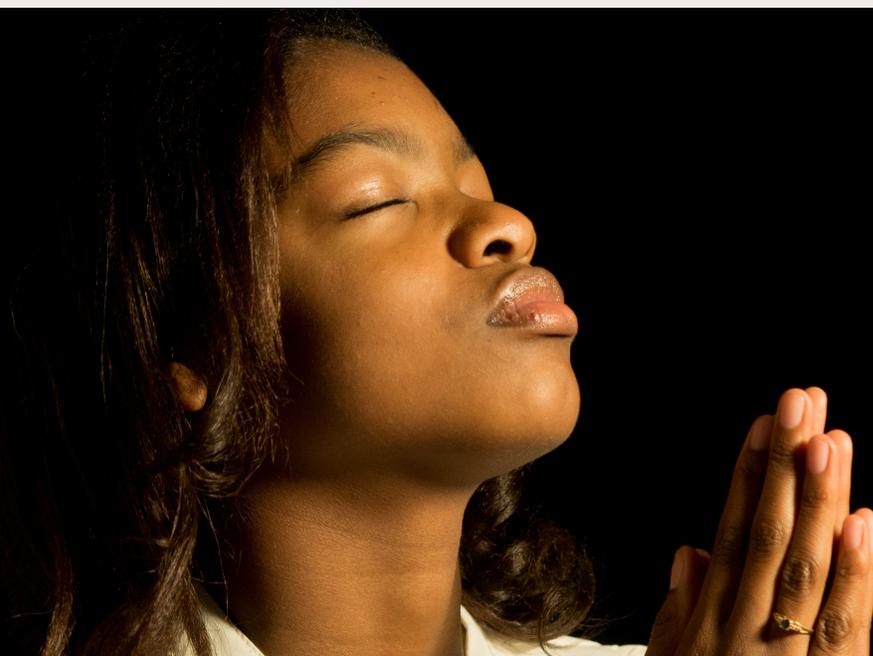
Daily Reflections

After reading the Bible plan, complete the daily reflection prompt. Use this as your time to pray, meditate, and set intentions for this journey. Print out a copy to take notes here or in your own journal.



Attend Weekly Gatherings

Morning Glow on Mondays at 6a and Bible Study on Wednesdays at 7p are excellent times for you to connect with other believers and build community via Zoom.



Day 1 - Sunday, January 10

All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed. ~Daniel 10:3

What stood out to you most in today's reading?

What are your biggest prayers for 2021? Set your intentions for this 21-day fast.

Prayer Point: Pray for unbelievers to repent and be saved.

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God. ~2 Cor. 4:4

Day 2 - Monday, January 11

...But you have not honored the God who gives you the breath of life and controls your destiny!

~Daniel 5:23

What stood out to you most in today's reading?

How can you humble yourself before God during this fast and beyond?

Prayer Point: Pray for revival and a great awakening in the world.

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land ~2 Chron. 7:14

Day 3 - Tuesday, January 12

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ~1 Peter 5:6

What stood out to you most in today's reading?

In what areas of your life can you work towards showing more true humility?

Prayer Point: Pray for families to be strengthened in the Lord.

Be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil ~Eph. 6:10-11

Day 4 - Wednesday, January 13

Then they told the king, "That man Daniel, one of the captives from Judah, is ignoring you and your law. He still prays to his God three times a day." ~Daniel 6:13

What stood out to you most in today's reading?

Daniel handled his haters by going to God in humble prayer. Do you need to change the way you handle haters and attacks of the devil?

Prayer Point: Pray for someone who has hurt you.

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. ~Col. 3:13-14

Day 5 - Thursday, January 14

Pray like this: *Our Father in heaven, may your name be kept holy. ~Daniel 5:23*

What stood out to you most in today's reading?

**What is one way you can change your small corner of the world
in Jesus' name this month?**

Prayer Point: Pray for a neighbor.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ~Eph. 1:17

Day 6 - Friday, January 15

So the sun stood still and the moon stayed in place until the nation of Israel had defeated its enemies...The sun stayed in the middle of the sky, and it did not set as on a normal day. ~Jos. 10:13

What stood out to you most in today's reading?

What are the bold asks you have of God? Ask Him specifically for what you want.

Prayer Point: Pray for a family member or a friend who is sick.

"Lord, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death. ~Ps. 107:19-20

Day 7 - Saturday, January 16

But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you. ~Matt. 6:17-18

What stood out to you most in today's reading?

How can you make room for God to work in your life? Write down ways you can intentionally leave space for Him to grow into.

Prayer Point: Pray for unity in churches and in the body of Christ.

I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose. ~1 Cor. 1:10

Day 8 - Sunday, January 17

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.' ~Matt. 4:4

What stood out to you most in today's reading?

Write down 2-3 scriptures that can be used as comebacks when the devil attempts to harm or tempt you. Commit them to memory.

Prayer Point: Pray for Christians who are enduring persecution.

Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. ~Ps. 138:7

Day 9 - Monday, January 18

He urged them to ask the God of heaven to show them his mercy by telling them the secret, so they would not be executed along with the other wise men of Babylon. That night the secret was revealed to Daniel in a vision. Then Daniel praised the God of heaven. ~Dan. 2:18-19

What stood out to you most in today's reading?

Define what victory looks like to you. Is there a specific victory you are praying God will provide?

Prayer Point: Pray for a ministry in your church or community.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. ~Col. 3:23-24

Day 10 - Tuesday, January 19

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. ~James 1:5

What stood out to you most in today's reading?

There are times when we do not know what to ask God for. Are there areas where you need clarity in your life?

Prayer Point: Pray for your pastor and for your church leadership.

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ~James 1:5-6

Day 11 - Wednesday, January 20

"Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. ~Matt. 7:7-8

What stood out to you most in today's reading?

Waiting on God can be difficult. Have you ever considered that His response may be that, "it's not ready, you're not ready for it, or I have something better for you?"

Prayer Point: Pray for a missionary.

Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. ~Ps. 112:6-7

Day 12 - Thursday, January 21

Then the Lord said, "Learn a lesson from this unjust judge. Even he rendered a just decision in the end. So don't you think God will surely give justice to his chosen people who cry out to him day and night? Will he keep putting them off?" ~Luke 18:6-7

What stood out to you most in today's reading?

Reflect on a time where you've questioned God. How did you move past it?

Prayer Point: Pray for a widow/widower.

The Lord is close to the brokenhearted and saves those who are crushed in spirit.
~Ps. 34:18

Day 13 - Friday, January 22

"Who can tell? Perhaps even yet God will change his mind and hold back his fierce anger from destroying us." ~Jonah 3:9

What stood out to you most in today's reading?

Is there an area of your life where you think you have it all figured out? Ask God for His will to be done.

Prayer Point: Pray for people in your country to turn to God.

All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations. ~Ps 22:27-28

Day 14 - Saturday, January 23

"So at last the king gave orders for Daniel to be arrested and thrown into the den of lions. The king said to him, "May your God, whom you serve so faithfully, rescue you." ~Daniel 6:16

What stood out to you most in today's reading?

How can you shine God's light with those around you? When people interact with you, do they see God's light shining through you?

Prayer Point: Pray for the government leaders in your country.

It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him. ~Deut. 13:4

Day 15 - Sunday, January 24

When he got there, he called out in anguish, "Daniel, servant of the living God! Was your God, whom you serve so faithfully, able to rescue you from the lions?" ~Daniel 6:20

What stood out to you most in today's reading?

What problem are you facing where you can ask God to show His greatness?

Prayer Point: Pray for the sanctity of life to be upheld and celebrated.

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. ~Ps. 139:13-15

Day 16 - Monday, January 25

"What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes." The father instantly cried out, "I do believe, but help me overcome my unbelief!" ~Mark 9:23-24

What stood out to you most in today's reading?

Reflect on a time where you felt hopeless. How can you increase your faith to make it through those challenging times?

Prayer Point: Pray for an unsaved family member or friend.

If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

~Rom. 10:9-10

Day 17 - Tuesday, January 26

Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. ~Daniel 10:12

What stood out to you most in today's reading?

Patience is often needed when waiting on God's answers. What can you do as you wait expectantly?

Prayer Point: Pray for someone who is battling depression.

For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs ~Zeph. 3:17

Day 18 - Wednesday, January 27

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." ~Psalms 46:10

What stood out to you most in today's reading?

How can you carve out time to actually listen to God? What are some ways to quiet all of the outside noise?

Prayer Point: Pray for the people in your city and/or community.

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. ~1 John 4:7-8

Day 19 - Thursday, January 28

"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. ~Isa. 58:6-7

What stood out to you most in today's reading?

Examine your heart. Which fruit of the spirit--love, joy, peace, patience, kindness, goodness, gentleness, or self control--need to be nurtured?

Prayer Point: Pray for your heart to be obedient to the Lord.

If you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. ~James 1:25

Day 20 - Friday, January 29

But you will not even need to fight. Take your positions; then stand still and watch the Lord's victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the Lord is with you! ~2 Chron. 20:17

What stood out to you most in today's reading?

God has prepared us for times such as these. Has this fasting period allowed your expectancy in Him to grow?

Prayer Point: Pray for a deeper commitment to prayer.

Let joy be your continual feast. Make your life a prayer. And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus.

~1 Thess. 5:16-18

Day 21 - Saturday, January 30

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ~Phil. 4-6:7

What stood out to you most in today's reading?

What breakthroughs have you experienced during this fasting period? Can you commit to keeping this same fervor for God throughout the upcoming weeks and months?

Prayer Point: Pray for boldness to share the gospel with others.

For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile. ~Rom 1:16

Message from Pastor Tee

During the month of January, we have aside a time of prayer and fasting at Elevate Church Tallahassee to seek God and believe Him for miracles, signs and wonders in our lives. The Daniel Fast aligns itself with my vision that we will all **Seek God Relentlessly** in 2021. We would love for you to also join us as we commit our hearts to seeking Christ and things above.

IF YOU ARE IN NEED OF PRAYER DURING THIS TIME, PLEASE CONTACT US AT:

PRAYERS@ELEVATECHURCHTALLAHASSEE.COM

