



21 Day

Devotional, Fasting, and Prayer Guide

21 Day Devotional, Fasting and Prayer Guide

By starting each year with a corporate fast, many Christians and Churches have found that God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up! Corporate fasting in January is much the same principle as praying in the morning to establish the will of God for the entire day. We believe that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!

Another reward of fasting has to do with your future. God has given you a vision, a divine dream for your life. When you fast, you open up the blessings and opportunities He has provided for you to pursue that dream. As you fast, pray for God's direction and guidance. Focus your faith on your dream and God will show you how you can turn your vision into a reality. Begin pursuing your divine dream today and make the rewards of fasting part of your lifestyle.

When you fast and pray, you will see amazing results from God. You will see godly changes in your home/family, prayers answered in incredible ways, wisdom gained about hard issues, and in it all, you will mostly appreciate that your own desires become secondary to God's. It's all about putting Him first, and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Ps 37:23 says, "The steps of a man are established by the LORD, And He delights in his way." (NASB)

Many people believe the first week is the hardest during a fast. Symptoms like

grumpiness, sleepiness, headaches, and cravings are all normal because your body is detoxing. The detox part can last for as few as 3 days, but it normally takes a week to feel refreshed (and stronger than ever).

What's the easiest thing about it? You can make healthy food, like bean soups and snacks for the week ahead. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. By the time your first week is up, you will be used to leaving your house with your healthy food. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead of desirable.

You can still feed your family like normal. Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

We don't expect that everyone will join the fast but we would like you to pray about reading through the 21 day devotional and prayer guide listed below. So if you can't fast, you can join, with equal impact, by praying for God's grace and strength for those who do! Take this time and pray for JRNY Church. Pray for God to move with divine direction and that in 2021 He will give us dreams, revelation, and visions both for Journey Church corporately and individually.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us, and I am encouraged and excited about our next semester.

Resources: There are several websites and resources available on the website that you will find useful during your 21 Day Fast.

1. "Daniel Fast" by Susan Gregory. I read this tool and found it very beneficial. Susan Gregory is all about teaching this delightful discipline, and she shares a very informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc.) The e-book which she offers is for free on her website. Susan Gregory's website is: <https://www.daniel-fast.com/>
2. You might want to study more about fasting by reading some of the

resources that are available. You can also find updated links and resources on The Daniel Fast Blog.

a) The Daniel Fast website: <https://www.daniel-fast.com/>

b) The Daniel Fast Blog: <https://danielfast.wordpress.com/>

c) Jentezen Franklin Ministries: <https://jentezenfranklin.org/fasting>

Types of fast and what they require

Broad Types

1. **Corporate:** When a Pastor, church leader, or group of people call for a fast (see 1 Kings 21:9, Ezra 8:21, Ester 4:16) This type of fast requires that the people are in agreement about the fast and will be in compliance to what the Pastor or Leader, by the leading of the Holy Spirit.
2. **Private:** This is a personal fast for an individual or husband and wife; lead by the Lord. (see Matthew 6:18)

Specific Types

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time, this could also be considered a vegetarian diet because there is no meat intake. This is the Fasting type JARNY Church is encouraging. Prayerfully consider joining us this year.
2. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, lunch, or dinner. This meal would be skipped until the fast was over.
3. **Half-Day:** Fast until 3 P.M. (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty. (see Luke 4:1-2)
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

Lengths of Fast

1. Half-Day: see Judges 20:26, Acts 10:30
2. One Day
3. Three Days: see Acts 9:9, Esther 4:15-16
4. Seven Days: see 1 Samuel 31:13
5. Fourteen Days: see Acts 27:33
6. Twenty One Days: see Daniel 10:3
7. Forty Days: see 1 Kings 19:8, Luke 4:1-2

NOTE: The length of the fast should be dependent on three factors:

- 1) Your health, consult with your Doctor for any concerns.
- 2) God's leading, praying and listening for the Holy Spirit.
- 3) Type of fast and length for which you plan on fasting.

Other activities to commitment to Fasting

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- a) Electronics
- b) Computers
- c) TV
- d) Video games
- e) Limited cell phone use if possible.
- f) Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

Daniel Fast: Foods to avoid

Basically, you want to avoid the King's food. Some might sum it up to say that you shouldn't have the King's Burgers or fries. You should probably avoid the golden arches as well. However, many fast-food restaurants now have good salads. To avoid the king's food means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. Today, in most of the world, very few people can afford to eat any kind of meat or processed foods, like the foods in this list.

- Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- white flour and all products using it
- white rice, white bread, hominy and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products

Daniel Fast: foods to eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.
3. **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
4. **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. **Liquids:** spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices

Other Food items to Avoid during Your Fast

1. Avoid caffeinated drinks.
2. Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

*These items stimulate digestive action in your stomach and may make you feel hungry.

Why Pray?

Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Holy Word (scripture) in prayer is the most powerful thing we can do for ourselves and others. The heart of prayer is the will of our Heavenly Father. Part of that will is simply coming to Him. He desires us, as His dear children, to know Him. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus), He also desires a time of communion, an intimate time of personal exchange and involvement, and finally a release of His will and manifest Presence in the earth through prayer.

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father. It is written that Jesus was sent to destroy the works of the devil, 1 John 3:8. We are to do the same. We have the power and authority through Jesus Christ. All we have to do is live in the promise of the Word of God and to use His precious Name. The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against satan. No power of darkness can stand against the Word of God in the Name of Jesus Christ, and through the Blood of Jesus Christ.

The importance of confessing our sins and worshipping God, according to the Word of God: "If I regard iniquity in my heart, the Lord will not hear me." Psalms 66:18. "We know that God does not listen to sinners: but if anyone is God-fearing and a worshipper of Him and does His will, He listens to him." John 9:31
Prayerlessness is a sin according to 1 Sam. 12:23. Each day during your fast, we encourage you to keep a daily journal. Write any revelations that God gives you about yourself and about life in general.

Day One

Acknowledging God the Creator of Heaven and Earth Devotion

Have you ever wondered who or what created the heavens or even little things like flies and ants? If so, what caused you to think that there is someone besides God who can bring things like that into existence? Colossians 1:16 says, “for by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” When we acknowledge the Creator of heaven and earth it leaves no room for doubt in our minds that our Heavenly Father is the creator of the Universe. Take a look around outside today and behold the beauty of the sky and the things around you; and look at how detailed our Father God is. Don’t you think that if we serve a God who is that detailed in the smallest things of His creation like a fly or a tiny ant then, think of how detailed the plan must be He has for your life? Take some time today to thank God for what He has done for us in all creation. God loves it when we brag on Him and about Him. Watch how He will begin to fill your heart with joy!

Prayer

Father God, who is like You? There is none in heaven or on earth like our Mighty and Awesome God. O Lord, You have created all things and by You all things exist. Heaven is Your throne and the earth is Your footstool. God we your children can not build anything large enough to contain You and Your glory, the heaven and heaven of heavens can’t contain You, yet You have chosen to have Your Holy Spirit live inside of us. Thank You Father for all the things You have done for us. Thank You for the wonderful creation of life we partake in each day God. Lord, we acknowledge that You are God of every living thing. We say that You are God of all flesh, the Creator, the Great I Am, The Ancient of Day, and we bless Your Holy and righteous ways. Thank You Father for Your Creation.

Scriptures to Meditate on

1 Kings 8:22-23,27; Psalm 103:1; Psalm 148, Isaiah 66:1; 2Timothy 1:14

Day Two

One Nation Truly Under God Devotion

Today in our society we have become passive about how and what people do, especially our own children. We now look at the wrong people do and call it right, and the good that people do, and call it bad. The word of God tells us in Psalms 33:12, "that blessed is the nation whose God is the Lord". If we continue to go silent and watch as our families, children, homes, schools, and yes Government become a bunch of modern-day pagan worshipers how can we be called one nation under God. I challenge you to stand for what is right even when you are the only one standing, remember with God there is more with you than there is against you (see 2 Kings 6:17). God is watching (see Pro.15:3) us to see what we will do in these times when He has given us a voice to make a difference. You might think that you are just one person and how can one person make a difference, well all God needs is just one person; ask Daniel, Jeremiah, and Moses. One person's actions could help God save a whole nation from destruction. Will you be that one?

Prayer

Father, first forgive me for silently standing by while watching people make bad decisions and not sharing the Gospel of Jesus Christ with them. Help me to not be afraid to share Your goodness to the world around me. Father, I have a desire to see my home, city, state, and country be changed by You. We want You Lord Jesus to rule in our nation. We want what You want for our Nation so that we can continue to be blessed by You to be a blessing to other Countries. Help us dear Lord to be a Nation who calls You our God.

Scriptures to Meditate on

Psalm 33:12-15, Psalm 52:4, Job 24:1-25

Day Three

Guidance for the President of the United States Devotion

It is our job as believers to keep our elected and appointed officials up in prayer, whether you like the choice or not we are told in scripture to pray for them. God is the one who lifts some up and sits some down. We must understand that God has the last word and whatever decisions these two new people make our God is STILL in control of them also. So let us make a decision to pray for guidance for our new leaders of the United States of America. Let us have a purpose in our hearts that we will ask the Father to lead and guide every plan, purpose, thought, and decision they make. Remember these Leaders have a huge load to carry with the state of our economy, health care, and our soldiers in harms, and other war-torn countries. Let us also remember that they need people they can trust to help them in their decision making. Like all of us one of the most important things we can ask God for and that is guidance. Can you imagine what the White House would be like if you knew that the President asked our Lord and Savior each day for guidance in their actions, motives and plans, WOW! Well we know that we can ask for them and that is just as good.

Prayer

Lord God we pray our President and Vice President will trust in You, Lord, with all their hearts; and that they will not lean on their own understanding. We pray that in all their ways they will acknowledge You, and You will make their paths straight. For You, Father, lead the humble in justice, and teach the humble Your way. A man's way is not in himself; nor is it in a man who walks to direct his steps. Father, and You delight in their way. Help them see, understand, and know Your ways, Father; teach them Your paths. Lead them in Your truths and teach them, for You are the God of their salvation; for You they wait all the day. Thank You Father for surrounding our new leaders with people who will serve them with pure motives and help them make the best decisions for our Country. Thank You Lord for leading them and guiding them with Your right eye.

Scriptures to Meditate on

Psalm 1:1-3, Romans 13:1-7, 1Timothy 2:1-4

Day Four

The Elephant in the Church Devotion

Have you ever heard the saying “Elephant in the Room”? I’m sure you have. Around the office, with friends, or even at the dinner table, it’s an old English idiom that many of us use to describe an obvious truth that is either being ignored, or at times, rarely being addressed. We all have seen elephants at the zoo or maybe on TV, and we know how impossible it is for an elephant to be ignored. They are the largest land animals in the world, weighing anywhere between 9000-12,000 pounds. So you would think that if you and I were in a room with an elephant, we would probably know it! As Christians, what are the elephants you and I have in the room today? What are the biggest elephants we have in the church today? I’m sure, depending on whom you ask, the answers to that question would differ greatly, money, divorce, racism, homosexuality, politics, and sexism. The list is endless. There is however one “elephant” in particular that we as Christians rarely seem to uncover enough. Despite its size and ability to frighten all in its path, this elephant has been chained to the rooms (and hearts) of every believer by God Himself. It simply cannot be avoided. That elephant is ACCOUNTABILITY. Romans 12:16 says, “Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.” If we are really honest with one another we can all say at one point or another that we have a hard time asking for help. Whether it was from a family member, friend, or even fellow believer, for some reason we equate a need for help as a sign of weakness. Nothing like figuring things out on your own, or so we think until our “elephants of accountability” grow bigger than the rooms we hide them in. As Christians, there is nothing more important than seeking out and embracing the accountability of the friends and loved ones God has placed around us. More often than not, many of us can fall victim to a dangerous belief system that our relationship with Christ (and no one else) is all that we need to be successful in our daily walk with Him. Without accountability, the voice of God can sound a lot like your own. I encourage you today to become a person of accountability.

Prayer

Dear Lord, I humble myself before You and ask You to forgive me for thinking that I am wise in my own opinion. I ask You Father to help me see when I need to be held accountable for wrong actions or thoughts. Father please take away the shame and help me to see that my need for help is not a sign of weakness. Father I want to please You in all that I do and say, I want to be a true Ambassador for Christ sharing Your Gospel without any issues that will hold me back from being who You want me to be. Amen

Scriptures to Meditate on

Romans 12:16, Matthew 12:33-37

Day Five

God is counting on you!

Devotion

It absolutely thrills me when I think that the God of Heaven has an assignment for me! We all should be very grateful to know that we can be an instrument to accomplish His will here on earth. Faithful Christians are the agents God uses to do great things that have eternal value. He assigns His followers as a reflection of himself to the entire earth to tell everyone about Him and His love. When you stop to think about it, you and I can truly alter the course of history and the world. Unfortunately, some people are not following through with their assignment because they are either unwilling or unfaithful. It is said that Leon Trotsky, who was a key part of the Communist revolution in Russia, actually attended a Sunday school class one day during a visit to America. But the teacher of the class was absent that morning, and did not bother to get a substitute. So no one taught the Bible that morning, and as far as anyone knows, Trotsky never attended church again. What if someone had been faithful enough to show up that morning? It may have helped to alter history! All that God asks of us is to make ourselves available to Him. Tell the Lord today that you want to faithfully serve Him, who knows what wonderful things might happen when you are faithful to the Lord.

Prayer

Dear Lord, forgive me for not being available for Your use in the Kingdom. Lord, I want to fulfill my purpose by following through with my God assignment and bring about change in my community. I yield myself to You Lord, to do whatever You want me to do. In Jesus name, Amen.

Scripture to Meditate on

2 Timothy 2:20-21

Day Six

What is Freedom?

Devotion

The concept of freedom is one that most Americans would claim to comprehend. But after generations of living free, do we really understand what would be lost if just a piece of our freedom were taken away? Remember the days just after September 11, 2001? The airlines were shut down, and air travel suffered for months. Professional football games were postponed. Large events were canceled. The security measures implemented since then have cost billions of dollars and demanded countless hours. Imagine what life would be like if we suffered a barrage of suicide bombers, truck bombs and armed assaults similar to what happens in places like Iraq and Israel. An old saying warns that you don't know what you have until it's gone. Truly, we take so much for granted in this country that it is easy to lose sight of how much is at stake. We must not allow terrorist to shut us down and isolate us from the rest of the world. Our soldiers are risking (and some losing) their lives to protect our freedom. The rest of us must do our part to secure the future for our children and grandchildren, not only for the sake of our loved ones, but also for the sake of freedom. This is where our prayers for freedom and protection, not just for America, but for all those other countries like Darfur, and Israel etc. that suffer through terror every day, become very important. We must pray for the protection of this Country. God is waiting to hear from us about everything that concerns us. Not just about achieving the house with the two-car garage and the six figure a year job, but also about our safety and if we don't pray to the King of the Universe, Jesus Christ to protect us

then we are in trouble.

Prayer

Thank You, Lord, for the freedom we enjoy in this country. You have blessed us beyond what we deserve. Thank you for the gifts of transportation, recreation, financial security and so much more. We are guilty of taking Your blessings for granted. Remind us continually of how You protect us and cause us to prosper. Help us not to squander the freedom You have bestowed upon us. Help us to protect it as the treasure that it is.

Scriptures to Meditate on

Psalm 91 and Psalm 100

Day Seven

The Difference between Covering and Covering Up.

Devotion

If you hang around church folk very long, you will hear them speak about “covering”. I remember when I first heard this phrase; I assumed they were talking about covering up. But there is a huge difference between covering and covering up. There is only one time in the New Testament that the word “cover” is used in that context, and that is in 1 Peter 4:8, “Above all, love each other deeply, because love covers a multitude of sins.” Sometimes this passage is misinterpreted to mean that our love for each other blots out our sin. Make no mistake, the only love that can cancel out sin is the love of Jesus manifested in His death on the cross. What Peter is talking about here is the unconditional love and acceptance that should be present in the Body of Christ creating an environment where we feel safe and secure to confess our sins to one another and repent. Sadly, in some church fellowships love and acceptance is not present. This results in an environment where we dare not confess our faults to each other for fear we will become exposed and put through a gossip mill. There is no doubt in my mind that the epidemic we are currently seeing in moral failure, divorces, and scandals among church leaders and pastors has its roots in the lack of “covering love” present in the church. In most cases, these Leaders and Pastors may have been too proud or too isolated to seek out accountability partners. For every high profile

leader who falls, there are scores of Deacons, Elders, Teachers, and others in the church who suffer the same fate out of the spotlight. You don't dare come to church and admit you and your spouse are struggling and need prayer, help and support, so you suffer in silence while your marriage and family crumbles around you. This lack of "covering love" in the church is the spirit of the Pharisees, not that of Jesus! When Jesus encountered those struggling with sin He responded with compassion and understanding, saying "I don't condemn you." He did this, even though He is the only person who has the right to condemn sinners. You and I don't have the right. We are like the Pharisees with rocks in their hands waiting to throw them at the sinful woman; when Jesus reminded them of their own sin, one by one they dropped their stones and walked away, knowing they were every bit as guilty as she was. Covering up your sin will only result in repeating the same behavior. So through prayer find someone in your fellowship who you can be transparent with, and ask them to help you be accountable.

Prayer

Dear Lord, thank You for putting me in a body of believers that I can be accountable to and who won't gossip about my sins or shortcomings, but will pray with me and for me. Help us Father, your children to truly edify and pray for each other the way You intend for us to. In Jesus name, I pray Amen.

Scriptures to Meditate on

Hebrew 10:24-25, 1Thessalonians 4:11

Day Eight

Salvation for the Lost

Devotion

Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are you do, it may be a co-worker, a friend, a neighbor, and even your own mother or father. The fact is almost every born again believer knows at least one person who is not saved. Why then do you think that God has placed you in their life? Is it to share the love of God or to let your light shine before them so that they will desire to know your God? Today take time out to pray for someone specifically you know who is not saved. Ask God to show and tell you exactly how to witness this person or people He has for you to share your

faith with. God desires for everyone to be saved, not just a select few but EVERYONE!

Prayer

Heavenly Father, I come to You now in the name of my Lord and Savior Jesus Christ. Heavenly Father I pray for (_____), and those who are lost in the world this day and that every man, woman, and child from here to the farthest corners of the earth be saved. As I intercede, I use my faith, believing that thousands this day have the opportunity to make Jesus Christ their Lord and Savior. I ask the Lord of the harvest to thrust the perfect laborers across these lives this day to share the good news of the Gospel in a special way so that they will listen and understand it, that it will touch their hearts. In the name of Jesus I pray with thanksgiving, Amen.

Scripture to Meditate on

Isaiah 52:10

Day Nine

Your Destiny Devotion

This life is but a grain of sand on eternity's beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it right here in this life. He has a plan for you to accomplish. He has set you on a prearranged path with an intended destination. Has God told you to do something that looks totally impossible to your natural eyes and understanding? Do you hear God calling you to go to the left instead of the right? Are you saying to God how, who, what, when or I can't do that? Step onto that path that God is calling you to, and stay on it. Every step on this path is covered in God's wisdom. Follow the flow of the favor He gives you. Listen and watch as He guides you past every obstacle and distraction. Know that your Heavenly Father is always guiding you with His right hand. Your destiny of greatness is inevitable. You have your Father's word on it.

Prayer

Dear Lord, in my heart I have determined the direction that I will take, making plans and setting all of my goals in accordance with the will of God. When my dream is made plain and I am focused on my destiny, You Lord direct my every step to fulfill it. Help me Father to accomplish every plan and purpose You have already set for my life, even when I don't understand it or can't comprehend Your predestined plans for my destiny. In Jesus name, Amen

Scriptures to Meditate on

Proverbs 19:21; 20:24, John 5:20, Romans 12:2

Day Ten

Promotion

Devotion

No one in the Body of Christ is bound to a dead-end job. We serve a God of increase and prosperity. He will promote you to positions you never thought you could do and then give you the ability to do them better than anyone ever has. Never forget that your Father prospers everything you set your hands to do. So set your hand to the plow and don't let up. Maintain a good attitude. Don't be a complainer. Complainers are always last in the promotion line. See your present job as a proving ground. Do it as unto the Lord and to the very best of your ability. And don't be selfish. If the opportunity arises, teach others to do your job as well as you can. You will reap the benefit of sowing into someone else's life and ensure that you have a replacement when you get the promotion you've been expecting. Remember promotion does not come from the east or the west, but promotion is from God!

Prayer

Dear Lord, thank You for raising me from the dust (the place where I am easily driven by the wind). Thank You, Lord, for delivering me from the dunghill (the place of deep and filthy poverty). You Lord have set me with kings and nobles. You Father have made me righteous on the earth. You have guarded my ways and given me strength to do Your will. Lord Your word says that You are the one who

promotes, and I believe Your word for my life. I thank You Father that You have come to give me life and an abundant life. Amen.

Scriptures to Meditate on

Deuteronomy 8:6-18, Psalm 75:6, 7

Day Eleven

Waiting on God

Devotion

As children of God, we often find it hard to wait on God to answer our prayers. For some reason we think God needs our help in answering our prayers so we might tend to do things our own way instead of waiting on God. God's word tells us that His ways are not our ways and His thoughts are not our thoughts, so why is it hard for us to wait on God? Maybe it is because of our impatience, immaturity, or lack of trust that will cause us to jump ahead of God instead of waiting and listening for His voice. Do we really trust God to answer us when we call on Him? Well He did say that He will answer us when we call and sometimes it may not be the way we were thinking He should answer. Are you willing to wait on the Lord to answer all your prayers, even if it takes longer than expected?

Prayer

Father show me Your ways, Lord God, and teach me Your paths. Lead me in Your truth and teach me. You are the God of my salvation. I wait before You with expectant hope all day long. Let integrity and uprightness preserve me as I wait on You. Father God please help me to remember to wait on You at all times and to be of good courage, for I know that as I do these things, You will strengthen my heart. Thank You, Father, for this precious promise from Your word. In Jesus name Amen.

Scriptures to Meditate on

Psalm 25:1-5, 21; Psalm 27:14

Day Twelve

Life Balance Devotion

When more time is spent at work than at home, there's a greater possibility of missing out on a rewarding personal life. However, when there is significant stress in the personal life, increased focus on the work life may sometimes serve as a coping mechanism. We should seek to bring glory to God in what we do and in how we spend our time. Neglecting ourselves or to avoid something at home isn't really God-honoring behavior. 1 Corinthians 6:19 says, "Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God?" The impact of overwork on the body is physically destructive and harmful and can lead to hypertension, depression, fatigue, and exhaustion. To keep work and personal priorities in check, seek Godly advice from other believers and pray for God's guidance as you seek to honor Him with your time. Then, keep a log of how you spend your time. Remember God has given you a life to enjoy and not to overwork yourself until the point of sickness or maybe even death.

Prayer

Father, please show me any areas where I need to reorder my priorities. Guide me to solutions that will help me live my life in a way that is pleasing to You. Jesus, I desire for my steps to be ordered in Your Word. I want to be faithful to the time You have given me on this earth. I want to please You Lord in all that I do. Help me Holy Spirit not to neglect my body in which You dwell, help me not to neglect my family by being too busy for them. Forgive me Lord for using my time unwisely. Thank You Lord for being faithful to me when I am unfaithful to the time You have given me. In Jesus name I pray, Amen.

Scripture to Meditate on

Ecclesiastes 3:13

Day Thirteen

God Works through Families Devotion

Whether we know it or not, our families are a classroom for God's character traits, including forgiveness, mercy, justice, grace, trust, loyalty, and love. God put us in families to teach us how to be more like Him. As we care for our aging parents, we learn to serve as He served us in the person of Jesus Christ. As we raise our children, we learn to love as He loves us as His own children. As we carry out our marriage vows, we learn to sacrifice ourselves as He sacrificed Himself for our sins. As we stand by our brothers and sisters in trials, we learn to care for their needs as our Father cares for us. Through the family, God also teaches us about His covenant. God works through families. Over and over in scripture we see His hand touching generations to bring His plan to fulfillment; Noah, Abraham, Isaac, Jacob, and even through the genealogy of Jesus Christ. God also uses the family to teach us about community. In walking through life with our families, we share the good and the bad. We care for one another, pray for one another, and learn the value of standing together in tough times as well as rejoicing in good times. Scripture says, "All have sinned and fall short of the glory of God" (Romans 3:23). So inevitably we will wound one another or let one another down in some way. But in our family, we can hold each other accountable and walk through forgiveness and repentance. No matter our family situation, God can use it to teach us more about who He is and to help us rely on Him.

Prayer

Dear God, thank You for what You have taught and are teaching me through my family. Help me to continue to grow in love, joy, peace, forgiveness, self-control, kindness, and goodness. Help me and my family to glorify You in all that we do. Use us to teach another family about Your true love so that they may want You as their Lord and Savior. Help us Lord to love what You love and do what You would do. Amen.

Scriptures to Meditate on

Genesis 17:7, Romans 3:23, Galatians 5:16

Day Fourteen

Restore Relationships Devotion

Today as you continue in this fast and prayer ask the Holy Spirit to help you restore any of your relationships that you know ended in an abrupt way. You may not be angry or hold any ill feelings towards the person but maybe you feel as if they are upset with you. Sometimes the enemy blinds us into thinking that someone is angry at us or you have done something wrong to them. Walk in boldness today and with help of the Holy Spirit go to that person and say “can we talk”. Don’t be tricked by your own thoughts, it may not be what you think. How many people do you know are not communicating with distant loved ones just because they think that the other person is mad at them when in fact it’s not that way at all? Maybe they are waiting on you to make the first move.

Prayer

Father, today I ask you to help me take all of my thought’s captive to the obedience of Jesus Christ. Help me Lord to see all people the way you see them. Help me Lord to be a person of reconciliation, restoring all that may have been lost in the relationships with others you have placed in my life. I ask You Father to restore a good relationship between me and all of my family, friends, co-workers, and others.

Scriptures to Meditate on

Proverbs 19:11, Ephesians 4:30-32, Romans 12:10

Day Fifteen

Enlightenment Devotion

Do you have a desire to be more in tune to the word of God? Do you want a bigger understanding of the things of God? Today lets us challenge one another to really seek and ask for the wisdom of God and divine revelation of our Holy Father and His Word. Remember you must do your part in reading and studying the word of God. It does not come to those who are unwilling to study, or do not spend time

with God. Give the Lord something to work with; you must put forth some effort.

Prayer

Lord of Glory, I pray that You might give to me Your spirit of wisdom and revelation in the sphere of a full knowledge of Yourself, with the eyes of my heart being enlightened, knowing what is the hope of Your calling, what is the wealth of the glory of Your inheritance in me and what is the super-a-bounding greatness of Your inherent power to me as one who believes, as measured by the operative energy of the manifested strength of Your might (see Eph.1:17-19). And Father I pray that You would make known to me the mystery of Your will according to Your good pleasure which You have purposed in Yourself (see Eph. 1:9).

Scriptures to Meditate on

Daniel 2:21, James 1:5

Day Sixteen

God's Provision and Protection

Devotion

When we seek God and are thankful for all He has given us, we will not lack anything we need. And when we give to those less fortunate than ourselves, He will bless us (Ps.41:1- 2). But if we close our eyes to the needs of those around us, God will do the same with our needs. When we put all that we have, especially our finances in His hands and do with it what He is telling us to do He promises to bless us. Remember if you give nothing you get nothing, and if you give little you get little, "you reap what you sow". Now for protection, we should never take for granted the protection of the Lord in our lives. We should not enter a plane, train, or automobile without praising God as our Protector. We should not enter a day without asking Him for His protection and then thanking Him for it in advance. How many times have we been protected and spared from harm and disaster that we are not even aware of? God's word tells us that we are in His hands and no man can pluck us out.

Prayer

Lord, I worship You as my Almighty God. You are my King and Lord over all my life. I surrender everything I have to You because I recognize that every good thing I

have has been given by You as a sign of Your goodness, mercy, and love (James 1:17). Thank You that You are my Provider and You provide everything I need. Lord, I praise You as my Protector. Thank You for hiding me under the shadow of Your wings". You have delivered my soul from death. Have You not kept my feet from falling, that I may walk before God in the light of the living. Thank You, Lord, for providing and protecting me, my family, and all that I have in Jesus name, Amen.

Scriptures to Meditate on

Psalm 28:7, 34:10, Matthew 6:25-34, Psalm 91

Note of encouragement.

You are on the last week of your prayer and fasting, great job, you have hung in there. This last week will focus on more praying and reading the scriptures, instead of devotions. We will focus more on praying specific prayers from specific scriptures for specific topics, such as; unity, sanctification, guidance, and thankfulness.

Day Seventeen

A prayer for Spiritual Strength

Praying Ephesians 3:14-21

Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth from whom Your whole family receives our name. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You. Help me to understand the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live constantly to Your glory! Now unto You, Father, who is able to do exceedingly far above all that I ask or can imagine, be the glory in the church through Christ Jesus throughout all the ages and forever. Amen!

Destroying Generational Curses

Heavenly Father, I (we) come to You now in the Name of my (our) Lord and Savior Christ Jesus. Lord Jesus Christ, I (we) believe that You are the Son of God; that You died on the cross for my (our) sins; that God raised You from the dead and You ascended to heaven. Heavenly Father, I (we) repent of any sins in my (our) life (lives) and my (our) ancestors' lives, going back 25 generations, that have resulted in a curse or curses. I (we) repent of all and any sins of: not keeping Your commandments: having other gods before You; bowing down to or serving images; for taking the Lord my (our) God's Name in vain; for not observing and keeping holy the Sabbath day; not honoring my (our) father and/or mother; murder; adultery; stealing; bearing false witness; coveting a neighbor's spouse, house, land, or anything that is my neighbor's; not loving You with all my heart, with all my soul, and with all my mind; not loving my neighbor as myself, or not loving myself. I (we) ask Your forgiveness and cleansing through the Blood of the Lord Jesus Christ according to 1 John 1:9 and John 14:14. Heavenly Father, I (we) repented of all of my (our) sins and I (we) thank You for forgiving me (us). In the Name of the Lord Jesus Christ, I (we) now ask You to destroy all curses, generational curses that have been placed on me (us), my (our) spouse, and my (our) children.

Day Eighteen

A prayer for Guidance

Praying Philippians 1:9-11 for your wife, husband, child, and yourself (just insert the name of the person or people for whom you are praying for)

Father, in the name of Jesus, I pray that Your love that was shed abroad in _____'s heart by the Holy Spirit would abound and grow more and more, strengthening _____'s knowledge of You and of the things You have called _____ to do, in the discernment and spiritual insight of the Holy Spirit. I pray that _____ can prove Your excellence by always knowing the right things to do and doing them with excellence and that _____ will remain sincere, genuine, and real in all his/her/my encounters with others and free from blame or even the appearance of evil until the day of Jesus Christ's return. Allow this to lead to _____ overflowing in the fruits of Your righteousness, which I have because of Jesus Christ, that all of this would make _____ a constant glory and praise to You under all circumstances and in all things. In Jesus name, Amen

Day Nineteen

A prayer for Unity

Praying Romans 15:5-6 for your Loved Ones, Your Church, Your Organization or Business, or Your City. Heavenly Father, I know that it is by Your Spirit that we have the power to forgive, and that it is through the fruit of Your Spirit that we can overcome the challenges of life and become encouragers to others around us. I thank You that You have called us as Christians to be unifiers, reconcilers, and peacemakers on this earth as a display of Your love and grace in our everyday lives. I also thank You for giving us an example of true unity in Your relationship with Your Son, Jesus, as He walked upon this earth and that we can be one as You and He were one because of His prayers for us in John 17. For this reason, Father, I pray for unity for _____. I pray that You would not only use _____ to be a unifier, reconciler, and peacemaker but that the Holy Spirit would also be present with _____ everyday to help _____ overcome with Your joy and encourage others as _____ follows Jesus. I pray that in unity with one heart and one mouth _____ may glorify You, the Father of our Lord and Savior Jesus Christ. Amen.

Day Twenty

A prayer for total Sanctification

Praying 1 Thessalonians 5:23 for yourself

Father, in the name of Jesus, I praise and thank You for being the God of Peace. I pray that You would sanctify me completely from my inner spirit to my outer actions, making my life stand out to others as an example of Your grace, mercy, love and righteousness. Father, help me to walk worthy of my heavenly citizenship even as Jesus has made me worthy through His sacrifice on the Cross. I pray that my entire Spirit, soul and body would be sanctified and complete for the purpose to which You have called me. That I would live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to spread Your kingdom upon the earth until the return of Your Son, my Lord and Savior Jesus Christ. Now unto You, who called me, be the glory forever and ever, even as You will be faithful to walk out and make certain Your sanctification and will are

fulfilled in my life. Amen.

Day Twenty-One

A prayer of Praise and Thanksgiving

Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. To You, the only wise God, be glorious through Jesus Christ forever more. You, Father, who through the grace of our Lord and Savior Jesus Christ, have enriched us in all utterance and knowledge and examples and testimonies to the greatness of Jesus. Therefore, we will come behind in no gift. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who have called us into the fellowship of Your Son Jesus Christ our Lord. You always cause us to triumph in Your Son and You raise the aroma of salvation in every place we preach of You and bring people to know You. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities. To You the only wise God, the King

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eternal, immortal, unseeable by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever.

You did it! You have completed 21 days of Prayer and Fasting. Give God the glory for the Victory. And purpose in your heart to go forward and not backwards.

Recipes

Recipes listed below were found at Ultimate Daniel Fast. For additional recipes and nutritional value please visit ultimatedanielfast.com

Fall Harvest Oatmeal

Oatmeal doesn't have to be bland and boring. This recipe reminds me of the autumn season, but it can be enjoyed year-round.

INGREDIENTS

½ recipe Cinnamon Baked Apples
2/3 cup old-fashioned rolled oats
4 Medjool dates, pitted, chopped (about ¼ cup)
2 tablespoons chopped pecans

INSTRUCTIONS

Prepare Cinnamon Baked Apples as directed. When the apples are done, cook oats on the stovetop according to package directions. To serve, place ½ cup oatmeal in two bowls. Top with apples, dates, and pecans. Pour 2 tablespoons of apple juice over each serving, and serve immediately.

Yield: 2 servings (serving size: about 1 cup)

NOTES

Use figs or raisins instead of dates. Since you only need half of the Cinnamon Baked Apples recipe, you can store the other half in an airtight container in the refrigerator and use the following day.

Chai Chia Pudding

A creamy, tasty breakfast dish that gives you a nutritional boost to start your day. It's also perfect for a morning or afternoon snack.

INGREDIENTS

1/2 cup unsweetened almond milk, unsweetened coconut milk, or water
2 tablespoons chia seeds
2 Medjool dates, pitted, chopped
¼ teaspoon cinnamon
Pinch of ground cloves

INSTRUCTIONS

Place all ingredients in a blender, and process until smooth. Set in the refrigerator overnight. Stir

well before serving.

NOTES

Top with sliced banana and/or unsweetened shredded coconut flakes.

Before serving, sprinkle a few chopped almonds or pecans on top.

To boost the protein content even more, add Daniel Fast friendly protein powder (see my blog post, Protein Powder on the Daniel Fast, for more information).

To reduce the amount of sugar in this recipe, you can omit one date. Each date contains 16 grams of natural fruit sugar.

Add 1 tablespoon Date Honey to almond milk and chia seeds before blending instead of using 2 chopped dates.

Apricot-Nut Breakfast Bars

Jump start your morning with a healthy breakfast, one that will fuel your body and give you energy for the day. Apricot-Nut Breakfast Bars can be made the night before so all you have to do is grab one for a quick, convenient breakfast. Enjoy your breakfast bar at room temperature or warm it for a few minutes in a toaster oven. Delish!

INGREDIENTS

1 ½ cups old-fashioned rolled oats

2 tablespoons flaxseed meal

½ cup unsweetened apple juice

1 tablespoon extra-virgin olive oil

¼ cup almond butter

¼ cup Date Honey

½ cup diced dried apricots, unsulfured

¼ cup chopped macadamia nuts

2 tablespoons raw sunflower seeds

INSTRUCTIONS

Preheat the oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until the oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake for 15-20 minutes. Let cool in a pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Baked Rice with Butternut Squash and Asparagus

This casserole-style dish is simple to make and requires minimal ingredients. Use a combination of brown and wild rice (per recipe instructions), or just use one or the other if that's all you have on hand. It's a win either way.

INGREDIENTS

3 cups water

½ cup brown rice

½ cup wild rice

2 cloves garlic, minced

1 teaspoon dried thyme

½ teaspoon ground sage

½ teaspoon salt

1/8 teaspoon black pepper

1 ½ pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 4 cups) ½ pound asparagus spears, ends trimmed and cut into 1-inch pieces

1 cup sliced onion, sliced pole to pole (see Recipe Notes)

INSTRUCTIONS

Preheat the oven to 350 degrees. Rub a little olive oil along the sides and bottom of a 3-quart baking dish. Add water, rice, garlic, thyme, sage, salt, and pepper. Stir well.

Bake uncovered for 30 minutes. Mix in squash, asparagus, and onions. Cook for 30 minutes, stir, and then bake for another 15 minutes, or until water is nearly all absorbed and rice is softened.

Yield: 8 servings (serving size: 1 cup)

NOTES

To slice an onion pole to pole, or into half rings, think of the onion as a globe. Trim root end (South Pole) and stem end (North Pole). Peel off outer layers. Cut onion in half from North Pole to South Pole, making a series of slices perpendicular to the equator of the onion. Use 1 teaspoon dried crushed rosemary in place of the thyme and sage.

Black Bean Stir-fry

This stir-fry is perfect for a weeknight meal, especially if you're tired from a long day at work and you want something that doesn't require a lot of prep or time.

INGREDIENTS

1 tablespoon extra-virgin olive oil

1/2 cup sliced onion

1 15-ounce can black beans, rinsed & drained
1 14 1/2-ounce can diced tomatoes, undrained
1 cup canned corn, drained
1/4 cup diced green pepper
1/4 cup diced red pepper
1 clove garlic
2 tablespoon lime juice
1/2 teaspoon cumin
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Garnishes: Diced avocado and diced green onions

INSTRUCTIONS

Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy.

Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer for 15-20 minutes. To serve, top with diced avocado and green onions.

NOTES

To add a little more protein to this dish, mix in cubed Marinated Tofu.

Sun-dried Tomato, Potato, and Broccoli Bake

Try this unique recipe for a different type of side dish. Enjoy warm or cold.

INGREDIENTS

1 pound red potatoes, peeled and halved
1 tablespoon extra-virgin olive oil
2 cups chopped cooked broccoli
½ cup jarred sun-dried tomatoes, packed in oil and undrained
½ cup fresh basil leaves, lightly packed
¼ cup fresh parsley leaves, lightly packed
1 clove garlic, minced
¼ teaspoon salt
1/8 teaspoon pepper
¼ cup toasted pine nuts

INSTRUCTIONS

Preheat the oven to 350 degrees. Use the shredder attachment on a food processor to cut potatoes. Place shredded potatoes and olive oil in a large bowl, and stir to coat. Add broccoli,

and set aside.

Place sun-dried tomatoes, basil leaves, parsley leaves, garlic, salt, and pepper in same food processor bowl, this time with the “S” blade attachment. Process until mixture forms a paste, and mix in with potatoes and broccoli. Stir well, and transfer to an 8 x 8-inch baking dish that has been lightly rubbed with olive oil.

Bake for 30 minutes. Sprinkle in pine nuts just before serving.

Yield: 8 servings (serving size: ½ cup)

NOTES

- You can also enjoy this as a cold pasta-like salad.
- Substitute pine nuts with sliced almonds.

Almond Butter Bites

Easy to make, these little snacks are big on taste. Pop one in your mouth for a quick snack, or treat yourself to a bite or two after dinner.

INGREDIENTS

½ cup almond butter

¼ cup raw sunflower seeds

¼ cup raisins

¼ cup chopped almonds

2 tablespoons unsweetened shredded coconut

¼ teaspoon cinnamon

INSTRUCTIONS

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form a mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed.

Yield: 6-8 servings (serving size: 2-3 balls)

Spinach Artichoke Dip

The "cheese" in this dip recipe is plant-based (tofu), which allows you to enjoy this tasty dip even while on the Daniel Fast.

INGREDIENTS

ounces firm tofu, drained

1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices
½ 10-ounce package frozen chopped spinach, thawed, squeezed dry
1 teaspoon dried basil
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons extra-virgin olive oil
¼ cup diced onion
2 cloves garlic, minced

INSTRUCTIONS

Preheat the oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture.

Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake for 20 minutes, or until the edges start to brown. Serve warm.

Yield: 8 servings (serving size: about ¼ cup)

NOTES

- Use as a topping on Sesame Seed Rice Crackers or Ultimate Nut and Seed Crackers.
- Tastes great on baked tortilla chips.
- Spread on Flatbread or a Whole Grain Tortilla.
- Works well as a base for Flatbread Pizza.

Sweet and Spicy Mixed Nuts

This recipe takes the wonderful flavor of nuts to a whole new level. You'll love the combination of a little sweetness and a tad bit of spice. A great snack for the Daniel Fast or any time you need a protein boost.

INGREDIENTS

½ cup raw almonds
½ cup raw pecans
½ cup raw walnut halves
1 tablespoon Date Honey
1 tablespoon water
1 teaspoon extra-virgin olive oil
½ teaspoon chipotle chile seasoning
¼ teaspoon salt

INSTRUCTIONS

Preheat the oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper (or use a silicone mat) and set aside. Put nuts in a large bowl. In a separate smaller bowl, mix Date Honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine. Pour over nuts, and stir until well coated.

Spread nuts evenly on a baking sheet. Bake for 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container.

Yield: 6 servings (serving size: about ¼ cup)

NOTES

- Substitute any of the listed nuts with Brazil nuts, cashews, hazelnuts, or peanuts.
- Use red cayenne pepper in place of the chipotle chile seasoning (you may want to decrease the amount a little unless you like super spicy food!).
- This recipe can easily be doubled.

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples Guava Avocados Kiwi Apricots

Bananas Lemons Berries Limes Blackberries Mangoes Blueberries Melons Mulberry
Boysenberries Breadfruit Nectarines Cantaloupe Oats Cherries Olives Coconuts Oranges
Cranberries Papayas Dates Peaches Figs Pears Grapefruit Pineapples Grapes Plums Grenadine
Prunes Raspberries Raisins Strawberries Tangerines Watermelon Honeydew melons

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes, Onions, Asparagus, Parsley Beets, Peppers, Broccoli, Potatoes, Radishes,
Tomatoes, Brussels sprouts, Corn, Cabbage, Rutabagas, Carrots, Scallions Cauliflower
Spinach Celery Sprouts Chili peppers Squashes Collard greens Cucumbers Turnips Sweet
potatoes Eggplant Watercress Garlic Yams Ginger root Zucchini Kale Mushrooms Leeks
Mustard greens Lettuce Okra

Legumes:

Dried beans Green beans Black beans Green peas Pinto beans Peanuts Split
peas Beans Lentils Black eyed peas Lupines Peas
Cannellini Kidney beans

Seeds: All nuts (raw, unsalted)

Sprouts Sesame Ground flax Almonds Cashews Walnuts Sunflower Natural Almond
Butter

Whole Grains:

Whole wheat Barley Quinoa Brown rice Grits (no butter) Millet Oats Rolled Oats
Plain Rice cakes Plain Oatmeal- not instant
Whole wheat tortillas
Whole wheat pasta
Popcorn (homemade)

Liquids:

Water (spring, distilled, filtered) Unsweetened Soy Milk
Herbal (caffeine free) Tea 100% Fruit/Vegetable Juice (no added sugar)

Other:

Tofu Soy products Herbs
Small amounts of Honey
Small amounts of Sea Salt
Small amounts of Ezekiel Bread
Small amounts of Olive Oil
Spices (read the label to be sure there are no preservatives)

Foods to avoid on the Daniel Fast...

White rice White bread All deep fried foods Caffeine Refined foods Processed foods Food additives Refined sugar Sugar substitutes Raw sugar Syrups Molasses Cane juice White flour Margarine Shortening High fat products Butter All leavened breads Baked goods All dairy Milk Cheese Yogurt Cream Eggs Alcohol Mayonnaise Energy drinks Carbonated beverages Coffee (including decaf b/c contains small amount of caffeine)

All animal products including all meat, poultry, fish...

Foods containing preservatives, additives.