

# **21-Day Daniel Prayer & Fasting Declarations**



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## **21-Day Daniel Prayer & Fasting Declarations**

“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” Daniel 10:2-3.

The Word of the LORD is very important in a Daniel Prayer and Fasting. Daniel’s Prayer and Fasting was triggered because of what he knew that God had declared in His Word as a promise to the children of Israel and his realization that the word was not accomplished. Daniel set himself to pray, fast and wrestle with spiritual opposition to the word and will of God. “However, this kind does not go out except by prayer and fasting.” Matthew 17:21. “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?” Isaiah 58:6. Daniel enforced the Kingdom and will of God through prayer and fasting. Daniel was a Kingdom Enforcer.

In the 21-day of Prayer and Fasting you will: Know the Word; Pray the Word; Work the Word and Enforce the Word to Experience the Word. The promises of God are not automatic they have to be worked, created and enforced against all opposition.

## Day 1

Isaiah 58:6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Daniel 9:2-4 In the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. 3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. 4 I prayed to the LORD my God and confessed.

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Enforcing the Kingdom of God:

Matthew 6:10 "Your kingdom come, your will be done on earth as it is in heaven," today.

## Day 2

Daniel 10:12-14 "Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. 13 But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. 14 Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come."

John 8:31-32 "Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. 32 And you shall know the truth, and the truth shall make you free."

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## Day 3

Ephesians 6:10-13 "Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full

armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

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## **Day 4**

Matthew 16:16-20 “Simon Peter answered, "You are the Christ, the Son of the living God." 17 Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven. 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. 19 I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

John 14:13-14 “And I will do whatever you ask in my name, so that the Son may bring glory to the Father. 14 You may ask me for anything in my name, and I will do it.”

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## **Day 5**

Hebrew 4:16 “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Matthew 7:7-8 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

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## **Day 6**

Mark 11:22-24 "Have faith in God," Jesus answered. 23 "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for

him. 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

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## **Day 7**

Matthew 18:18-20 "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 19 "Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. 20 For where two or three come together in my name, there am I with them."

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## **Day 8**

Luke 4:1-2 “Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.”

Luke 4:14-15 “Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. 15 He taught in their synagogues, and everyone praised him.”

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## **Day 9**

Joshua 3:5 “Joshua told the people, "Consecrate yourselves, for tomorrow the LORD will do amazing things among you."

Joshua 5:9 “Then the LORD said to Joshua, "Today I have rolled away the reproach of Egypt from you." So the place has been called Gilgal to this day.

Joshua 6:20 “When the trumpets sounded, the people shouted, and at the sound of the trumpet, when the people gave a loud shout, the wall collapsed; so every man charged straight in, and they took the city.”

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## Day 10

2 Chronicles 20:2-4 "Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). 3 Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek him.

2 Chronicles 20:14-15 "Then the Spirit of the LORD came upon Jahaziel son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite and descendant of Asaph, as he stood in the assembly. 15 He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'"

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## Day 11

2 Chronicles 20:20 "So they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, "Hear me, O Judah and you inhabitants of Jerusalem: Believe in the LORD your God, and you shall be established; believe His prophets, and you shall prosper."

2 Chronicles 20:21-22 "After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the LORD, for his love endures forever."

22 As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

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## Day 12

Genesis 1:28 "Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

Deuteronomy 1:11 "May the LORD, the God of your fathers, increase you a thousand times and bless you as he has promised!"

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## Day 13

Luke 17:5 "The apostles said to the Lord, "Increase our faith!"

Acts 1:8 "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

Deuteronomy 28:8 "The LORD will send a blessing on your barns and on everything you put your hand to. The LORD your God will bless you in the land he is giving you."

Enforcing the Kingdom of God: Matthew 6:10 "Your kingdom come, your will be done on earth as it is in heaven," today.

Zechariah 4:6-9 "So he answered and said to me: "This is the word of the LORD to Zerubbabel: not by might nor by power, but by My Spirit,' Says the LORD of hosts. 'Who are you, O great mountain? Before Zerubbabel you shall become a plain! And he shall bring forth the capstone With shouts of "Grace, grace to it!" Moreover the word of the LORD came to me, saying: "The hands of Zerubbabel Have laid the foundation of this temple; His hands shall also finish it. Then you will know That the LORD of hosts has sent Me to you".

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## Day 14

Isaiah 61:6-7 "And you will be called priests of the LORD, you will be named ministers of our God. You will feed on the wealth of nations, and in their riches you will boast. Instead of their shame my people will receive a double portion,

and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs.”

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## **Day 15**

Matthew 17:21 “However, this kind does not go out except by prayer and fasting.”

Habakkuk 2:2-3 “The Just Live by Faith Then the LORD answered me and said: “Write the vision And make it plain on tablets, That he may run who reads it. For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry.”

Matthew 21:22 If you believe, you will receive whatever you ask for in prayer.”

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## **Day 16**

Jeremiah 1:12 “Then the LORD said to me, “You have seen well, for I am ready to perform My word.”

Isaiah 62:4 “No longer will they call you Deserted, or name your land desolate. But you will be called Hephzibah, and your land Beulah; for the LORD will take delight in you, and your land will be married.”

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## **Day 17**

Psalms 125:3 “The scepter of the wicked will not remain over the land allotted to the righteous,

Ezekiel 34:28-29 “They will no longer be plundered by the nations, nor will wild animals devour them. They will live in safety, and no one will make them afraid.



I will provide for them a land renowned for its crops, and they will no longer be victims of famine in the land or bear the scorn of the nations.”

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## **Day 18**

Micah 2:13 “The one who breaks open will come up before them; They will break out, Pass through the gate, And go out by it; Their king will pass before them, With the LORD at their head.”

1 Samuel 30:7-8; 18-20 “David inquired of the LORD, “Shall I pursue this raiding party? Will I overtake them?” “Pursue them,” he answered. “You will certainly overtake them and succeed in the rescue.” David recovered everything the Amalekites had taken, including his two wives. Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back. He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, “This is David's plunder.”

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## **Day 19**

Zechariah 9:12 “Return to your fortress, O prisoners of hope; even now I announce that I will restore twice as much to you”.

Joel 2:25-26 “I will repay you for the years the locusts have eaten - the great locust and the young locust, the other locusts and the locust swarm - my great army that I sent among you. 26 You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be shamed.”

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## Day 20

Psalm 37:9-11 “For evil men will be cut off, but those who hope in the LORD will inherit the land. A little while, and the wicked will be no more; though you look for them, they will not be found. But the meek will inherit the land and enjoy great peace.

Psalm 85:1 “You showed favor to your land, O LORD; you restored the fortunes of Jacob.”

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## Day 21

Psalm 3:8 “From the LORD comes deliverance. May your blessing be on your people.”

Ezekiel 34:26-27 “I will bless them and the places surrounding my hill. I will send down showers in season; there will be showers of blessing. 27 The trees of the field will yield their fruit and the ground will yield its crops; the people will be secure in their land. They will know that I am the LORD, when I break the bars of their yoke and rescue them from the hands of those who enslaved them.”

Zechariah 9:16-17 “The LORD their God will save them on that day as the flock of his people. They will sparkle in his land like jewels in a crown. How attractive and beautiful they will be! Grain will make the young men thrive, and new wine the young women.”

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# Daniel Prayer & Fasting Food Guide

Daniel 10:2,3 “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.”

The Daniel Fast is a partial fast with limited food and more Prayer, Intercession, Bible Reading, Meditation for 21 days. It is a fasting with prayer versus dieting to lose weight.

## **Foods to Eat:**

- Vegetables
- Whole Grains
- Legumes
- Seeds, Nuts
- Fruits
- Water
- Liquids: Unsweetened Juices,
- decaffeinated hot or cold beverages

## **Foods to Avoid:**

- Meat
- Sugar
- Desserts
- Wine
- Alcohol
- Artificial or Processed foods
- Foods high in cholesterol
- Junk foods

\*\*\*People with special needs such as pregnant and nursing mothers, people with health issues should check with Doctor for guidance. (In some cases added protein or starch may be needed)

# Expected Results of Daniel Prayer and Fasting

The Daniel Prayer and Fasting is a great opportunity to intentionally seeking God for specific breakthroughs; for time of greater intimacy with God; for seeking revelation, wisdom and direction; for engaging in a higher level of spiritual warfare; for the cleansing of spirit, soul and body; and for increase in health.

## Pray, Fast, Believe, Receive:

### 1. Improved Health

Daniel 1:15 “At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.”

### 2. Clear mind for greater wisdom and understanding

Daniel 1:20 “In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.”

### 3. Increased favour and new possibilities

Daniel 6:3 “Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom.”

### 4. New levels of prosperity

Daniel 6:28 “So Daniel prospered during the reign of Darius and the reign of Cyrus the Persian.”

Promotion + Productivity = Continued Prosperity.

### 5. Blessed to be a blessing to others

Daniel 2:49 “Moreover, at Daniel’s request the king appointed Shadrach, Meshach and Abednego administrators over the province of Babylon.”

## **6. Successful Spiritual Warfare to overcome demonic powers at all levels**

Daniel 10:12-14 “Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future for the vision concerns a time yet to come.”

## **7. Distinguished by the Grace of Chayil**

Daniel 5:29 “Then at Belshazzar’s command, Daniel was clothed in purple, a gold chain was placed around his neck and he was proclaimed the third highest ruler in the kingdom.”

## **8. Exaltation and Promotion in spite of opposition**

Daniel 2:48 “Then the king placed Daniel in a high position and lavished many gifts on him. He made him ruler over the entire province of Babylon and placed him in charge of all its wise men.”

The Grace of Chayil rises upon you as you pray:

“Yours, O LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, O LORD, is the Kingdom; you are exalted and head over all. Wealth and honour come from You, You are the Ruler of all things. In Your hands are strength and power to exalt and give strength to all. Now, our God, we give You thanks and praise Your glorious Name (Jehovah Chayil).” 1 Chronicles 29:11,12 .