



IMPROVING YOUR WHOLE HEALTH THROUGH FASTING AND PRAYER



Faith



Food



Fitness



Focus

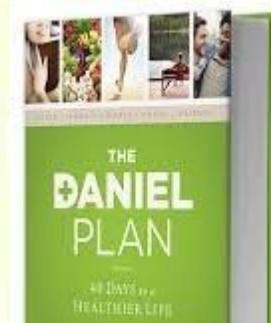


Friends

justice, and gained what was promised; who shut the mouths of lions, quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies and many more, Increase my faith to do the impossible and to experience what man thinks is impossible. Oh Lord let me be worthy of being commended by you for my faith as I live in the name of Jesus. Amen!!!



GET A COPY OF THE DANIEL PLAN BOOK FOR \$15



CONTACT CYNTHIA



Faith



Food



Fitness



Focus



Friends



You can get some smoothie ideas. Eat only fruits and vegetables, make time to exercise, spend quality time meditating upon his word and in prayer.

God cares about your whole health (physical, mental, emotional, spiritual, financial and psychological).

Remember forgiveness is a big part of health and healing.

40 day fasting and prayer
Scripture reading and prayer points
Week one – FAITH

Day 1

Scripture: Hebrews 11:1-6

Prayer: Forgive me dear Lord for areas in my life that I have failed to sacrifice for you and areas where I have not pleased you. This day I asked for forgiveness and cleansing by the blood of Jesus.

Increase my faith oh Lord, so I can give myself completely to you as a living offering and to be able to please you all the days of my life like Enoch did in Jesus' mighty name!! Amen!!

Day 2

Scripture: Hebrews 11: 7-13

Prayer: Oh Lord my God, forgive me for not being totally obedient to you in every aspect of my life due to my lack of faith. Father in heaven, give me a holy fear for you as Noah did and condemned the world and became heir of righteousness. Father increase my faith to obey you and to trust you even when I don't understand or see the bigger picture like Abraham because you are God and you know all and see



Faith



Food



Fitness



Focus



Friends

all and have my best interest at heart. Help me to live my life to please you Lord because I am yours in the name of Jesus I pray. Amen!!

Day 3

Scripture: Hebrews 11:15-16

Prayer: Dear Lord, help me not to look back in my walk with you. Let me not go back to my old ways or desire to go back for them. Even if there is any inherent desire to go back to any of my old ways and still thinking of the world I had left behind please forgive and deliver me from this temptation by the power of your love in the name of Jesus.

Instead Lord, empower me, revive me to look to and long for heaven. That you will not be ashamed to be called my God, for I know you have prepared a place for me in heaven in the name of Jesus.

Day 4

Scripture: Hebrews 11: 17-20

Prayer: Oh Lord I have failed you many times when you tested me to sacrifice or give, be it my money, my time, my life, any aspect of my

life (marriage, children, business, etc.). This day I ask for forgiveness. Dear Lord I repent of this sin and ask that you increase my faith Like our father Abraham who when you tested, offered Isaac as a sacrifice knowing that it is you who gave and can restore when you take back. Father, increase my faith so I can come to the place of knowing you as Jehovah Jireh in the name of Jesus.

Day 5

Scripture: Hebrews 11: 21-28

Prayer: Oh Lord open my eyes to see beyond that which my natural eyes can see. Let me see father with the eyes of faith like Jacob, Joseph, Moses' parents and Moses himself. Increase my faith and the eyes of my faith to see the future of my marriage, business, children, church and ministry the way you see them so I can live and walk as I see, seeing differently from how the world see in the name of Jesus.

Father, like Moses in Pharaoh's house I refuse to be affected by the ideologies of the world and I declare that though I am in this world I am not of this world.

Lord, empower me not to yield to the fleeting pleasures of sin in the name of Jesus. I choose to regard disgrace for the sake of Christ as greater value than the treasures of this world in the name of Jesus. Father in heaven cover me with the blood of Jesus. I declare I am invisible to the destroyer by virtue of the blood of Jesus.

Day 6

Scripture: Hebrews 11: 29-31

Prayer: Oh Lord increase my faith to be able to pass through every Red Sea in my entire life as on dry land. Increase my faith oh Lord to pull down every wall of Jericho in my entire life through obedience in the name of Jesus.

Day 7

Scripture: Hebrew 11: 32-40

Prayer: Oh Father, thank you for your word, Father, like Gideon, Samson and Jephthah, about David and Samuel and the prophets, who through faith conquered kingdoms, administered