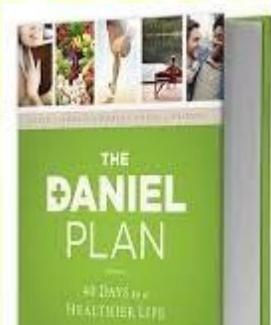




IMPROVING YOUR WHOLE HEALTH THROUGH FASTING AND PRAYER



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



CONTACT CYNTHIA



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 two – FOOD

Day 8

Scripture: 1 Corinthians 10:31

Prayer: Forgive me dear Lord for times I have not glorified you in my eating and drinking.

Father in heaven I pray your Holy Spirit will guide me in making the right choices in my eating. Help me make the choices in all areas of my life that will please you and bring glory to your Holy name in Jesus' mighty name!! Amen!!

Day 9

Scripture: Proverbs 23:20-21

Prayer: Oh Lord my God, thank you for your provision in my life. I thank you that you provide for meals each day of my life. I pray that even as you provide food for me and my family each day that you will deliver me this day by your mighty power from any spirit of gluttony. Deliver me from the lust of food and grant me grace to discipline myself to eat at the right times, the right amounts.

Father in heaven let your presence lead me even in my times of eating (when to eat and



Faith



Food



Fitness



Focus



Friends

when to fast and pray). Lord I receive grace today to obey your presence as he leads me in my eating, prayer and fasting schedules in the name of Jesus I pray. Amen!!

### Day 10

**Scripture:** 1 Corinthians 6:12-20

**Prayer:** Dear Lord, I repent and ask for forgiveness for not being a good steward of the body you have given me. I have done what I wanted with the body forgetting that it is your temple and hence I need your guidance to keep the temple. Lord I repent and ask for forgiveness for treating your temple anyhow and living without a consciousness that you are in there. Dear Lord, stay in my body and help me know you more and love you more and desire you more. I pray for a desire for more of your presence, power and more of your word in me. I am your Lord Jesus! Amen!!! Glory to God.

Empower me to apply wisdom in my choice of the food I eat oh Lord by the power of the Holy Ghost. Amen!!!

### Day 11

**Scripture:** Daniel 1:8

**Prayer:** Father in heaven, grant me a heart to love you and to purpose in my heart to always please you. Deliver me this day from the spirit

of carnality. I have allowed so many toxins such as anger, bitterness, envy, evil and adulterous thoughts, worry, lust, alcohol, worldly pleasures, sinful desires, worldly and immoral songs, worldly and immoral movies, drunkenness, witchcraft, junk food and so on into my body that defiles my body. Father I repent and ask for forgiveness and grace to yield to pleasing you all the time even in my eating and drinking. My body is yours oh Lord Jesus!!! Thank you Lord. Amen!!!

### Day 12

**Scripture:** Genesis 1:29-30, Gen. 9:3

**Prayer:** Thank you God for providing every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it to us for food.

Thank you God for providing also every moving thing that lives for meat for us. Help me in applying wisdom in eating these so I do not abuse the blessing with which you have given us but rather glorify you in my eating to exhibit the divine health you have given me and to serve you in good health even us you desire for me all the days of my life. This I pray this day in Jesus mighty name. Amen!!

### Day 13

**Scripture:** Luke 12:22-26

**Prayer:** Thank you Father in heaven for your care and concern for me. Thank you for providing food each day for myself and family. I thank you for the value you have placed on me among all your creations. Glory be to your Holy name. Amen!!!

### Day 14

**Scripture:** Matthew 4:4

**Prayer:** Father in heaven, I thank you for your word. By the power of the Holy Spirit, help me to be able to balance my spiritual health with my physical health. Let me not just keep feeding my physical body while my spirit starves and dies. But help me to recognize and have a hunger for your word that feeds my soul and my spirit.

I praise you Lord and thank you for answered prayer for I know I cannot do this without you. I live for you and commit my body to you this day and forever in Jesus mighty name. Amen!!!