



Faith



Food



Fitness



Focus



Friends

my mind on you, your kingdom and my crown in heaven (on things above). As I keep my mind on you let me have peace that surpasses all understanding in Jesus mighty name. Amen.

Day 21 - Monday

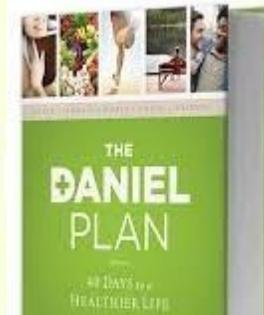
Scripture: Philippians 4:8

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Prayer: Dear Lord, I ask for forgiveness using my mind wrongly. From this day I ask that by your power and by your strength make me set my mind on, and to think of whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; things that are of virtue, and things that bring praise to your. I pray that let the blood of Jesus insulate my mind from anything apart from these in Jesus mighty name I pray. Amen!!!!



GET A COPY OF THE DANIEL PLAN BOOK



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 three – FOCUS

Day 15 - Tuesday

Scripture: Hebrews 9:14 *“How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience ...”*

Prayer: Dear Lord, I thank you for this day. I thank you for your Spirit enabling me to participate in this Daniel fast. I praise your Holy name.

Lord I pray this day pleading the blood of Jesus Christ of Nazareth on my life. Let my conscience and mind be purged by the blood. Cleanse my mind from all thought patterns that does not please you and limits me from aligning myself for the work of your spirit in me. Deliver me from all sort of distractions in my life and by your Spirit enable me to keep focus on the purpose for which you called me. This I pray in Jesus mighty name. Amen.

Day 16 - Wednesday

Scripture: Hebrews 10:19, 22 *“Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus ... Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience ...”*



Faith



Food



Fitness



Focus



Friends

Prayer: Thank you dear Lord for another day. Thank you Holy Spirit for your presence and power abiding in me. Thank you Lord for the boldness you have given me through the blood of Jesus to enter into the Holiest. I come boldly before the throne of grace to ask for a purging of my heart by the blood of Jesus.

Father I sprinkle the blood of Jesus upon my life. Purge my heart and deliver me from evil conscience. Help me keep focused in this new life you have given me in Jesus mighty name.

Day 17 - Thursday

Scripture: Colossians 3:1-2 *“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things.”*

Prayer: Dear Lord, I ask for forgiveness for setting my heart and mind on the wrong things sometimes due to the distractions I have allowed to come my way.

Holy Spirit I ask that you take absolute control of my mind and heart all the days of my life. Enable me by your power to set my heart and mind on things above not on things beneath. Enable me to live as one raised with Christ for I have no power of my own in Jesus’ mighty name. Amen!!!

Day 18 - Friday

Scripture: Matthew 6:33 *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Matthew 16:24-26 *“Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. “For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it. “For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?...”*

Prayer: Dear Lord, I ask for forgiveness for not trusting your word enough to seek your Kingdom but rather I have been seeking for other things that I think are best for me. Enable me this day by your Spirit to focus on seeking first of all your Kingdom.

Lord Jesus, have your way and take control over every aspect of my life in the name of Jesus Christ I have pray. Amen!!!

Day 19 - Saturday

Scripture: Hebrews 12:2 *“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him*

endured the cross, despising the shame, and is set down at the right hand of the throne of God.”

Prayer: Father in heaven I thank you for your grace and mercy that have kept me till now. Though many times I have lost my focus on you and as a result have failed to despise shame and to endure my cross, you have not destroyed me but rather have reminded me of your word by giving me another chance. Father in heaven I ask for forgiveness for all those moments. Holy Spirit I ask ones again for your enablement and strength to keep my focus on Jesus Christ (the living word) who is the author and finisher of my faith. Enable me to keep in mind like my savior Jesus on the joy that is set before me and to endure my cross and despise shame for your sake in Jesus name I ask. Amen!!!

Day 20 - Sunday

Scripture: Isaiah 26:3 *“You will keep him in perfect peace, whose mind is stayed on you: because he trusts in you.”*

Prayer: Dear Lord I thank you for your word. You are indeed faithful to your word. Father in heaven, keep me in perfect peace as I focus