



# THE DANIEL PLAN

IMPROVING YOUR WHOLE HEALTH THROUGH FASTING AND PRAYER



Faith



Food



Fitness



Focus



Friends

**40 day fasting and prayer**

**Scripture reading and prayer points**

**Week four – FRIENDS**

**Day 29 - Tuesday**

**Scripture: Luke 10:27**

*He answered, " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and, 'Love your neighbor as yourself.' "*

**Prayer:** Dear Lord, I thank you for another week for another day of the Daniel fast. I thank you for your enabling power to participate in the Daniel plan.

Father in heaven, thank you for your word for me today. I pray oh Lord that you increase my love for you. Lord I want to sincerely love you with all my heart, all my soul, all my strength, and my entire mind. I pray dear Lord that by your spirit you share your love abroad mightily in my heart to love you like never before so I can love my neighbor as myself in Jesus mighty name!!.

**Day 30 - Wednesday**

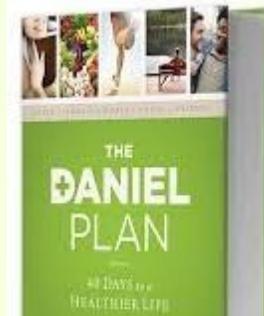
**Scripture: Galatians 6:2**

*"Share each other's troubles and problems, and in this way obey the law of Christ.*

**Prayer:** Father I pray for forgiveness for my weakness in this area of my Christian



**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.**

**Day 35 - Monday**

**Scripture:** Job 16:20-21

*My intercessor is my friend as my eyes pour out tears to God; on behalf of a man he pleads with God as a man pleads for his friend.*

Proverbs 12:26

*A righteous man is cautious in friendship, but the way of the wicked leads them astray.*

**Prayer:** Dear Lord, I pray for grace to always intercede for my friends always and grace to be cautious in my friendship. Deliver me from wickedness and from the ways of those who have pretended to be my friends and are not but have won my heart by their pretence.

I give you praise and honour for your goodness towards me. In Jesus' mighty name I pray with thanks giving!!! Amen!!!!!!



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life according to your word in Gal. 6:2. I pray that your strength will be made perfect in me and your grace enables me to bear the burdens of others in prayer and to help them rather than talk negatively or gossip about them. Help me oh Lord. This I pray in Jesus mighty name! Amen!!

### Day 31 - Thursday

**Scripture:** John 13:34-35

*So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.*

1 John 4: 12: *No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.*

**Prayer:** Dear Lord, I ask for forgiveness for not loving enough. Fill my heart this day with your agape love. Let me love my friends and care for them. Deliver me from a selfish nature and enable me to bear fruits of love that will let the world around me know that indeed I am your disciple. As you love me unconditionally and came to die for me, help to love others unconditionally too. Change my heart Lord and let me be like you. I want to love like you loved. Empower me oh Lord by your Spirit in Jesus mighty name!!!! Amen!!!

### Day 32 - Friday

**Scripture:** Colossians 3:12

*“Therefore, as God’s chosen people, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness and patience.”*

1 Thessalonians 5:11

*“Encourage one another and build each other up”*

**Prayer:** Father in heaven I surrender myself this day to you that you will help me to clothe myself with compassion, kindness, humility, gentleness and patience towards others. Let my life be an example and encouragement to my brethren in you and theirs to me. I pray that you will enable us to build each other in our faith and not break each other. Thank you Lord for all you are doing in my life.

### Day 33 - Saturday

**Scripture:** Proverbs 18:24

*A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.*

Proverbs 17:17

*A friend loves at all times, and a brother is born for adversity.*

**Prayer:** Help me Lord, to be a friend who sticks closer than a brother to my friends and friends who loves at all times. I want to be a friend to others like you are to me.

Thank you Father in Jesus mighty name I pray. Amen!!

### Day 34 - Sunday

**Scripture:** Ecclesiastes 4:9-10

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!*

Proverbs 13:20

*He who walks with the wise grows wise, but a companion of fools suffers harm.*

Proverbs 27:17

*As iron sharpens iron, so one man sharpens another.*

**Prayer:** Father in heaven help be faithful friend to people you bring my way in life. Bring friends in my life who will help me up in times when I am down. Grant me wisdom in my choice of friends that I may choose wise friends that we may sharpen each other positively in our faith. In Jesus name!! I pray. Amen!!!