



IMPROVING YOUR WHOLE HEALTH THROUGH FASTING AND PRAYER



Faith



Food



Fitness



Focus



Friends

**40 day fasting and prayer**

**Scripture reading and prayer points**

**Week five – LIVING THE LIFESTYLE**

**Day 36 - Tuesday**

**Scripture: 3 John 1:2**

*Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

**Prayer:**

Father in heaven, thank you for your word for me today. I commit my soul unto you. I pray that you prosper my soul. I thank you for my health and I pray oh Lord that you help me to prosper in good health even as my soul prospers in the mighty name of Jesus Christ. Father in heaven I pray same for my family and friends also in the mighty name of Jesus!!! Amen!!!!.

**Day 37 - Wednesday**

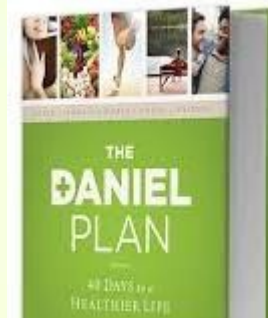
**Scripture: Matthew 18:20**

*For where two or three are gathered in my name, there am I among them*

**Prayer:** Thank you Lord for this day and for your word. Dear Father I pray this day that as my friends and I and my family have decided to make this Daniel plan our lifestyle, may your presence be among us to strengthen us and keep us focused for the rest of our days in the name of Jesus!!! 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.**

God bless you for participating in the Daniel plan for 40 good days. I pray that by the power of the lord our god almighty, you will be able to make this your healthy lifestyle. I pray for you for an increased measure of your faith, to make the right choices in your food, to maintain holistic fitness, for a sharp focus and endurance, and to surround yourself with the right friends, family or community who will help you to overcome every temptation that will be set before you to discourage this lifestyle in Jesus mighty name!!!!.

May the grace of our lord Jesus Christ, the love of god and the fellowship of the holy spirit be with you, your friends, families and us all now and forever more amen!!!!

MAY YOUR LIFE NEVER BE THE SAME AGAIN!!!! AMEN!!!



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### Day 38 - Thursday

**Scripture:** Proverbs 4:23

*Be careful what you think, because your thoughts run your life.*

**Prayer:** Dear Lord, I ask that you take control over my thoughts and take control over my life too. I surrender my mind and my entire life to you in Jesus name!!! Holy Spirit I pray that you enable me to keep my mind focused so as to keep well my body which is your temple for your use as I determine by your strength within me to make the Daniel plan a lifestyle in the mighty name of Jesus Christ!! Amen!!!!!!

### Day 39 - Friday

**Scripture:** Hebrews 12:1

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.*

**Prayer:** Father in heaven I thank you for everything I have learnt throughout this period of the Daniel plan. I lay aside every weight and every sin which clings so closely and I pray for the spirit of endurance to not give up on the Daniel plan as my lifestyle even as I surrender to you. I pray in Jesus mighty name!!! Amen!!

### Day 40 - Sunday

**Scripture:** Colossians 3:17

*And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.*

**Prayer:** Father in heaven I just want to thank you for the 40 days of the Daniel plan. I thank you for all I learnt. I thank you for the improvement in my health. Enable me to be a doer of your word and not a hearer only. I pray oh Lord with thanksgiving that I do not also become just a talker about the Daniel plan but please let me continue to put in practice not by my might but your spirit everything we have learnt and know within this 40 days. So I will have a healthy lifestyle and keep my body and soul for your good works and glory to be manifested in me. In the mighty name of Jesus Christ I pray with thanks giving!!!! I praise you Lord for the rest of the days of my life and what you are going to do through me as I avail myself for you in Jesus mighty name!!!! Amen!!!!!!

