



God, Order My Steps In Your Word

A 21-Day Daniel Fast Workbook

PRESENTED BY

FIRST AFRICAN MISSIONARY BAPTIST CHURCH

REV. DR. NEIL DAWSON, PASTOR

WRITTEN & COMPILED BY

SHANTA NOEL

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Pastor's Note

“But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.”

— Matthew 6:33 (KJV)

Dear Church Family,

As we enter this 21-Day Daniel Fast, we are joining together in unity of spirit, seeking the voice and direction of God. Fasting is more than abstaining from certain foods — it is a sacred invitation to draw closer to the Father, to quiet the noise of life, and to position our hearts to hear Him clearly.

Our prayer during this season is simple yet profound: “God, order my steps in Your Word.” When God orders our steps, confusion is replaced by clarity, weariness turns into renewed strength, and our hearts align with His divine will.

This workbook is designed to guide you daily — through Scripture, reflection, and prayer — as you grow more sensitive to the leading of the Holy Spirit. Let each day become a sacred appointment with God.

As we seek first His Kingdom, may we find that “all these things” — wisdom, peace, purpose, and provision — are added unto us according to His perfect plan.

We are scheduled to begin our fast on Sunday, January 4th at sunset (5:36 PM) and end on Sunday, January 25th at sunset (5:54 PM)

May this time of fasting and prayer ignite revival within our hearts and within First African Missionary Baptist Church. Let us move forward together in faith, unity, and obedience to the One who orders our steps.

With love and blessings,

Rev. Dr. Neil Dawson
First African Missionary Baptist Church



Disclaimer

As you begin to eliminate foods and drinks that contain caffeine, preservatives, and artificial chemicals, you may experience a physical detox during the first few days. Headaches, fatigue, leg cramps, and other typical symptoms are normal. You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least ½ gallon of water each day before, during, and after the fasting period.

The information provided in this book is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Anytime you have concerns about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body.

Consult with your doctor before starting any new diet, exercise, or nutrition program. Participants are solely responsible for their health decisions and assume all risks associated with this diet.

About The Daniel Fast

The Daniel Fast is a 21-day plant-based eating plan inspired by the prophet Daniel's biblical fast, which restricts meat, dairy, sugar, caffeine, and processed foods to foster spiritual growth and intimacy with God. The fast encourages consumption of fruits, vegetables, whole grains, nuts, seeds, and water, with the primary goal being spiritual transformation rather than weight loss.

The Daniel Fast is more than a change in diet — it's a change in direction. As Daniel chose to abstain from the king's rich food, he was also choosing to set himself apart to hear clearly from God. Fasting sharpens your spiritual senses and quiets the noise of the world so that you can recognize the whisper of the Holy Spirit.

Before Daniel received divine revelation, he purposed in his heart not to defile himself (Daniel 1:8). Likewise, this fast begins with a decision — a heart posture of surrender. You are inviting God to lead, not just in this season, but in every step that follows.

You may not hear a loud voice from heaven, but you can expect the gentle nudges of the Spirit — peace in your decisions, conviction where change is needed, and direction where there has been confusion. Hearing God begins with being still enough to listen.

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Daniel 10:2,3

How To Use This Workbook

Before you begin the 21 Day Daniel Fast, start with a plan. The Bible tells us that “The plans of the diligent bring plenty, as surely as haste leads to poverty” Proverbs 21:5. Having a plan before you begin helps you to be successful on the fast. It helps you break your bigger goals down into smaller, manageable steps. It also helps you to stay organized and focused during the fast. This workbook has a section that allows you to create a meal plan and write out your grocery list each week. Be sure to use this resource to help you with your planning.

Set aside time to pray before you start the fast and ask God to help you establish what you are fasting for. As a corporate body we are fasting for spiritual unity, intensified prayer, and to seek God's specific guidance for our church and community. The fast helps us to build mutual support, accountability, and focus on a shared spiritual goal. As an individual, you should also establish your own personal reasons for fasting. Whether you are fasting to deepen your relationship with God, seek guidance and direction on something personal, express devotion, or gain spiritual breakthrough, your reasons should be personal and reflective of your own relationship with God. Versus like Habakkuk 2:2 reminds us to "write the vision, and make it plain". So be sure to write down whatever it is you are expecting and believing God for during this fast.

Each day also includes a short prayer to guide you as you talk with the Lord. Allow these moments to become sacred times of renewal, clarity, and alignment with God's purpose. Begin with prayer, asking the Holy Spirit to open your spiritual ears so that you can clearly hear His voice. Read the day's Scripture slowly, meditate on the devotional thought, and then write your personal reflections in the space provided. Scripture encourages both writing and planning by framing them as acts of obedience and tools for clarity and memory. Scripture tells us to “Commit your work to the LORD, and your plans will be established” Proverbs 16:3.

As you fast, remember that this journey is not just about abstaining from food — it's about drawing nearer to the One who orders your steps.

***“Order my steps in thy word: and let not any iniquity have dominion over me.”
— Psalm 119:133***

Morning Prayer Line

We have incorporated a prayer line during the fast, every Monday through Friday from 6:00 AM - 6:20 AM. The goal is to pray out the devotion that corresponds with the week and to stay encouraged during the fast. We invite you to join Pastor Dawson for prayer and encouragement.

Dial In Number: (605) 313-9670
Access Code: 1377209

Foods to Include During the Daniel Fast

When shopping for groceries, be sure to read food labels and ingredients list to ensure there are no unnecessary additives, chemicals, sugars, butter, cheeses, or any other ingredients that are discouraged on the Daniel Fast.

✓ Fruits

All fresh, frozen, dried (unsweetened), juiced, or canned fruits (in water or natural juice)

Examples include, but are not limited to apples, avocados, bananas, berries(all), cantaloupe, cherries, mangoes, melons, oranges, grapes, grapefruit, pineapples, pears, peaches, plums, prunes, raisins, tangerines, etc.

✓ Vegetables

All fresh, frozen, or canned vegetables (no sugar or additives)

Examples include, but are not limited to, spinach, kale, greens, lettuce, broccoli, carrots, cauliflower, peppers, celery, cabbage, brussel sprouts, eggplant, asparagus, mushrooms, okra, onions, tomatoes, potatoes, sweet potatoes, squash, zucchini, etc.

✓ Whole Grains

Included but not limited to all whole wheat, amaranth, spelt flour, brown rice, wild rice, quinoa, farro, oats, barley, millet, grits, buckwheat, teff, rye, whole wheat or corn tortilla, whole wheat pasta, rice cakes, popcorn, and unleavened bread (bread with no yeast, baking soda, or baking powder)

✓ Legumes

All beans, lentils, peas — fresh, dried, or canned (no additives)

Examples include but not limited to, black beans, chickpeas, lentils, kidney beans, pinto beans, split peas, cannellini beans, and white beans

✓ Nuts & Seeds

Raw, unsalted nuts and seeds (and nut butters with no added sugar or preservatives)

Examples include but not limited to almonds, walnuts, sunflower seeds, chia seeds, flaxseed, natural peanut butter, tahini, or almond butter

✓ Healthy Oils

Use oils in moderation

Included but not limited to olive, avocado, coconut, canola, grape seed, peanut, and sesame oils

✓ Beverages

Water only is the main drink (filtered, spring, distilled, and all other pure waters). Try adding lemon/lime or apple cider vinegar to your water for added flavor and digestive benefits.

You may also have fresh-squeezed fruit/vegetable juices in moderation

✓ Condiments, Seasonings, and Other Ingredients

All fresh or dried herbs and spices such as basil, oregano, garlic, cumin, thyme, onion powder, cilantro, cinnamon, ginger, cayenne pepper, turmeric, parsley, salt, lemon/lime juice, vinegar, vegetable broth, soy products, and agave (a natural sweetener)

Foods to Avoid During the Daniel Fast

✗ Animal Products

Including but not limited to meat (beef, pork, lamb), poultry (chicken, turkey), fish & seafood (salmon, shrimp, tuna), dairy (milk, cheese, yogurt, butter), eggs

✗ Sweeteners

Including but not limited to white/brown sugar, honey, molasses, maple syrup, artificial sweeteners (Splenda, Equal, Aspartame), any added sugar in packaged foods

✗ Processed & Refined Foods

Including but not limited to white flour products, pastries, cookies, cakes, white rice, enriched pasta, chips, crackers, boxed meals, frozen meals, foods with preservatives or artificial colors/flavors

✗ Leavened Bread & Leavening Agents

Including but not limited to yeast bread, rolls, buns, leavened tortillas, pancakes, waffles, muffins, biscuits; ingredients like yeast, baking soda, baking powder

✗ Deep-Fried Foods

Including but not limited to french fries, fried chicken, fried fish, onion rings, donuts, and any other items cooked in deep oil

✗ Solid & Liquid Fats

Including but not limited to butter, margarine, shortening, lard, trans fats; no heavy use of oils

✗ Beverages to Avoid

Coffee, tea (black/green/herbal with additives), soda, alcohol, energy drinks, sweetened drinks, juice with added sugar, milk/creamers

✗ Other Items to Avoid

Candy, chocolate, desserts, gum with sweeteners, processed condiments (ketchup, mayonnaise, ranch dressing, BBQ sauce), tobacco/alcohol products



WEEK ONE

Preparing the Heart to Hear

“Order my steps in Your word: and let not any iniquity have dominion over me.”

— Psalm 119:133 (KJV)





Week 1 Meal Plan

Day 1
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 2
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 3
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 4
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 5
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 6
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 7
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Shopping List	
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Day 1: Setting the Tone: Lord Speak to My Heart

Scripture: John 10:27

“My sheep hear my voice, and I know them, and they follow me.”

Study & Reflection:

The Daniel Fast begins with a heart decision. Like Daniel, you're choosing to separate yourself from worldly noise to tune in to God's voice. This isn't a diet—it's a spiritual realignment. Hearing God starts with quieting distractions and creating sacred space for Him. As you surrender your desires, God will begin to speak through His Word, His peace, and His promptings.

Practical Application:

1. Write down what you are fasting for—clarity, peace, direction, healing, or a deeper connection with God.
2. Set aside a quiet time each day to listen to God. Turn off all distractions for at least 15-30 minutes per day.
3. Begin a daily journal to capture what He reveals. Record any scriptures, impressions, or insights you receive.

Prayer:

Lord, I dedicate these 21 days to You. Quiet my heart so I may hear You clearly. Order my steps and align my desires with Your will. In Jesus' name, amen.

Reflection Questions:

1. What keeps me from hearing God consistently?
2. How can I create daily space to listen to Him?
3. What am I believing Him to reveal in this fast?

Journal: Space:This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Daniel Fast Tip:

Keep your meals simple—focus on vegetables, fruits, and whole grains. Simplicity in food helps deepen your spiritual sensitivity.

Day 2: Aligning Your Steps with God's Will

Scripture: Psalm 37:23

*"The steps of a good man are ordered by the Lord,
and He delights in his way."*

Study & Reflection:

Divine direction is often revealed one step at a time. Like Daniel, obedience positions us for revelation. You don't have to understand the entire path—just follow His last instruction. God delights in guiding those who trust Him.

Practical Application:

1. Reflect on the last thing God told you—are you walking in it?
2. Ask the Holy Spirit to realign your priorities with His.
3. Take one small act of obedience today.

Prayer:

Father, align my choices with Your will. Help me not to run ahead or fall behind, but to walk step by step in Your direction. In Jesus' name, amen.

Reflection Questions:

1. Where do I need God's direction most?
2. Have I obeyed His last instruction?
3. What step of faith can I take today?

Journal: Space:

Daniel Fast Tip:

Drink plenty of water and remember—fasting is not just abstaining, it's abiding in God.

Day 3: Guarding Your Mind

Scripture: Romans 12:2

“Do not be conformed to this world, but be transformed by the renewing of your mind...”

Study & Reflection:

A renewed mind is essential for hearing God. Fasting helps break old thought patterns that cloud spiritual perception. God wants to reprogram how you think so you can perceive His will clearly. As your body is cleansed, allow your thoughts to be purified too.

Practical Application:

1. Replace negative self-talk with scripture.
2. Meditate on a verse today and repeat it throughout the day.
3. Limit exposure to worldly noise—social media, gossip, and fear.

Prayer:

Lord, transform my thinking. Replace every anxious or doubtful thought with Your truth. Renew my mind so I can discern Your perfect will. Amen.

Reflection Questions:

1. What thought patterns block me from trusting God?
2. How can I fill my mind with His truth today?

Journal Space:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Daniel Fast Tip:

Cravings are reminders to pray. When tempted to eat something off the fast, whisper: “Lord, You are my portion.”

Day 4: Standing Firm in Faith

Scripture: Hebrews 11:6

“But without faith it is impossible to please Him...”

Study & Reflection:

Faith is the foundation of divine direction. Sometimes God’s leading won’t make sense in the natural. Like Daniel in Babylon, your faith must stand firm even when circumstances seem contrary. Trust that obedience always produces fruit in due season.

Practical Application:

1. Identify an area where fear has limited your faith.
2. Declare God’s promises over that area.
3. Walk by faith, not sight, in one decision today.

Prayer:

Father, strengthen my faith to believe even when I don’t see the outcome. I trust that You are guiding me to good places. Amen.

Reflection Questions:

1. What promise do I need to believe again?
2. Where do I need to replace fear with faith?

Journal: Space:

Daniel Fast Tip:

If you feel weary, rest in God’s presence instead of food. Spiritual strength is replenished in stillness.

Day 5: The Power of Prayer and Fasting

Scripture: Matthew 17:21

“This kind does not go out except by prayer and fasting.”

Study & Reflection:

Prayer and fasting activate breakthrough. Daniel fasted and prayed for understanding—and God responded with revelation and angelic help. Your fast is not in vain. It's opening spiritual doors and clearing unseen obstacles.

Practical Application:

1. Dedicate specific prayer times—morning, noon, and evening.
2. Pray for spiritual clarity and supernatural strength.
3. Expect God to move in quiet but powerful ways.

Prayer:

Lord, as I fast and pray, release breakthrough in my life, my family, and our church. Strengthen us to hear You clearly and move in obedience. Amen.

Reflection Questions:

1. What breakthrough am I believing for?
2. How can I strengthen my prayer discipline?

Journal: Space:

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Daniel Fast Tip:

Combine prayer with worship. Singing or playing worship music helps shift your focus from hunger to holiness.

Day 6: Humility Before God

Scripture: 2 Chronicles 7:14

“If My people, who are called by My name, will humble themselves and pray...”

Study & Reflection:

Fasting is a humbling act—it reminds us of our dependence on God. Pride resists direction; humility welcomes it. Daniel approached God with humility and was lifted by divine wisdom. As you humble yourself, expect God to lift you into greater clarity and favor.

Practical Application:

1. Confess areas where pride or self-reliance have crept in.
2. Ask God to give you a teachable spirit.
3. Serve someone quietly today—without recognition.

Prayer:

Lord, I humble myself before You. Teach me Your ways and lead me in truth. Help me to stay low so You can lift me high in Your timing. Amen.

Reflection Questions:

1. What area of my life needs more humility?
2. How can I reflect Jesus’ servant heart today?

Journal: Space:

Daniel Fast Tip:

When feeling weak, remember that humility attracts grace. “God resists the proud but gives grace to the humble.”

Day 7: Strength in Stillness

Scripture: Isaiah 30:15

“In returning and rest you shall be saved; in quietness and confidence shall be your strength.”

Study & Reflection:

Stillness is not inactivity—it's intentional surrender. God's voice is often heard most clearly in the quiet moments. Don't rush the process. Use today to pause, reflect, and let the Spirit renew you from within.

Practical Application:

1. Spend 10–15 minutes in complete silence before God.
2. Write down what you sense or feel during that time.
3. Rest in His peace—He is working even when you can't see it.

Prayer:

Father, thank You for meeting me in the quiet. Restore my strength and renew my confidence in You. Help me to hear and follow Your still, small voice. Amen.

Reflection Questions:

1. What have I learned about God this week?
2. How has my spiritual sensitivity grown through fasting?

Journal: Space:

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Daniel Fast Tip:

End the first week with gratitude. Thank God for bringing you this far and expect greater revelations in the weeks ahead



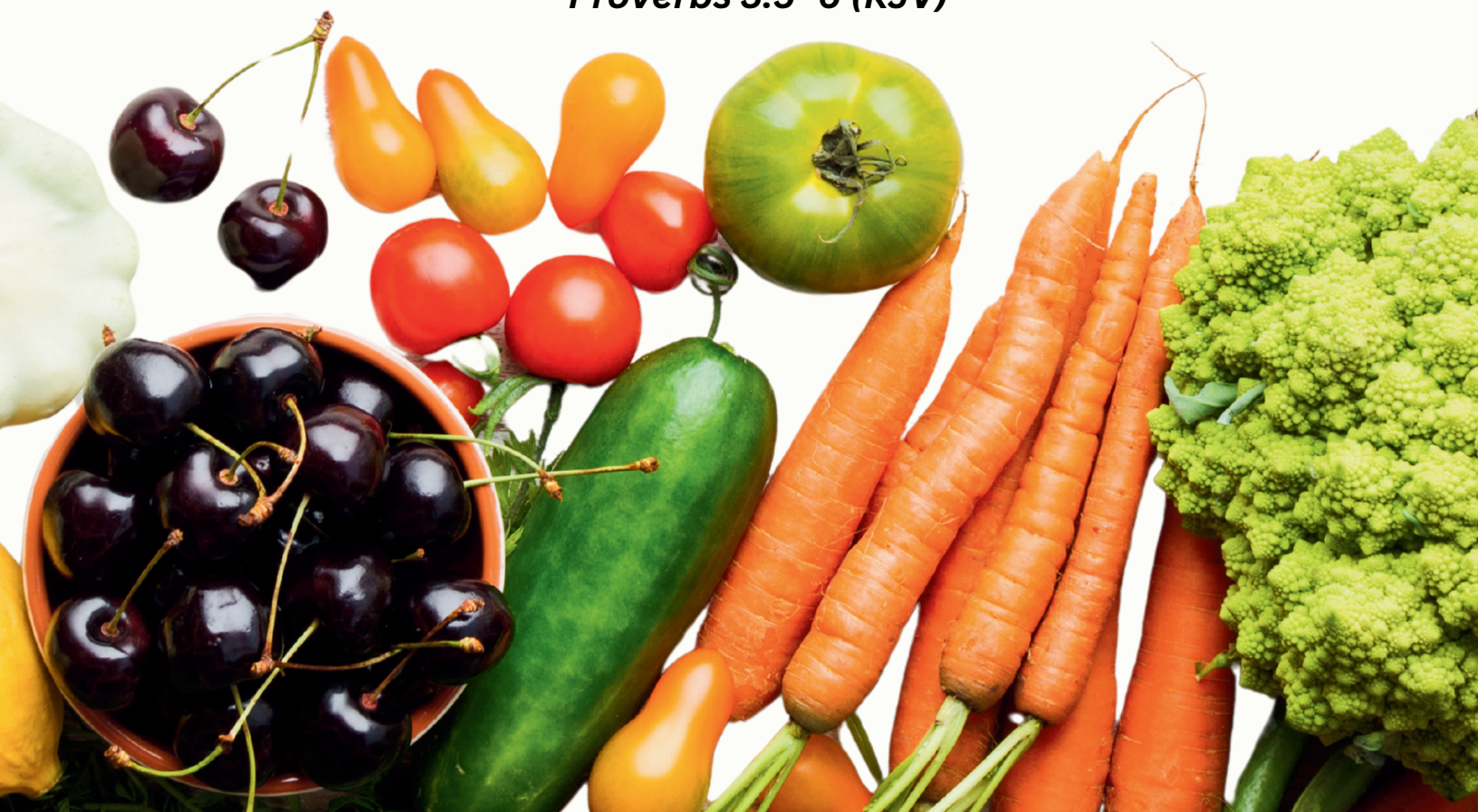
WEEK TWO

Walking in Obedience and Purpose

“Trust in the Lord with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge Him, and He shall direct thy paths.”

— Proverbs 3:5–6 (KJV)





Week 2 Meal Plan

Day 1
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 2
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 3
BREAKFAST:
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Day 4
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Day 6
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Day 7
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Shopping List	
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Day 8: The Power of Surrender

Scripture: Luke 22:42

“Father, if You are willing, take this cup from Me; yet not My will, but Yours be done.”

Study & Reflection:

Spiritual progress begins where surrender begins. Jesus' greatest victory came through submission, not striving. True fasting is laying down your will so God's will can rise. You can't hear divine direction while clinging to your own plans. Surrender opens the door to supernatural peace and clear guidance.

Practical Application:

1. Identify areas where you've resisted God's leading.
2. Pray honestly about your fears in surrendering.
3. Choose to trust God's wisdom over your understanding.

Prayer:

Lord, I lay down my plans at Your feet. Lead me, and I will follow. Help me to trust that Your will is better than mine. Amen.

Reflection Questions:

1. What's hardest for me to surrender?
2. How has God shown His faithfulness in past seasons of surrender?

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Daniel Fast Tip:

When you crave control, remember — surrender is strength. Fasting helps you practice letting go and letting God.

Day 9: When God Says “Wait”

Scripture: Psalm 27:14

***“Wait on the Lord: be of good courage, and He shall strengthen
thine heart.”***

Study & Reflection:

Stillness is not inactivity—it's intentional surrender. God's voice is often heard most clearly in the quiet moments. Don't rush the process. Use today to pause, reflect, and let the Spirit renew you from within.

Practical Application:

1. Spend 10–15 minutes in complete silence before God.
2. Write down what you sense or feel during that time.
3. Rest in His peace—He is working even when you can't see it.

Prayer:

Father, thank You for meeting me in the quiet. Restore my strength and renew my confidence in You. Help me to hear and follow Your still, small voice. Amen.

Reflection Questions:

1. What have I learned about God this week?
2. How has my spiritual sensitivity grown through fasting?

Journal: Space:

[illegible]

Daniel Fast Tip:

When progress seems slow, remember: your fast is building endurance. Keep praying — the answer may already be in motion.

Day 10: The Light of His Word

Scripture: Psalm 119:105

“Thy word is a lamp unto my feet, and a light unto my path.”

Study & Reflection:

God's Word doesn't always illuminate the whole road, but it will light your next step. Fasting increases your sensitivity to Scripture — you begin to see it not just as text, but as revelation. Every time you open your Bible, ask the Holy Spirit to make it come alive and direct your journey.

Practical Application:

1. Choose one verse to meditate on throughout the day.
2. Ask God to apply it practically to your situation.
3. End your day journaling how that Word spoke to you.

Prayer:

Father, let Your Word light my way today. Reveal truth where I've been unsure and order my steps through Scripture. Amen.

Reflection Questions:

1. What scripture has guided me most in this season?
2. How does God's Word bring clarity when life feels dark?

Journal: Space:

[illegible]

Daniel Fast Tip:

Keep a small notebook or digital journal of verses that stand out during this fast. God often speaks through repetition.

Day 11: Breaking Strongholds

Scripture: 2 Corinthians 10:4–5

“For the weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds.”

Study & Reflection:

A stronghold is any mindset that opposes God's truth. Fasting weakens the flesh and breaks spiritual resistance. Whether it's fear, doubt, or addiction — God's power can demolish it. Replace lies with His promises and walk in freedom.

Practical Application:

1. Identify recurring thoughts or habits that keep you bound.
2. Find a scripture that counters each one.
3. Speak God's truth aloud when temptation arises.

Prayer:

Lord, break every chain that hinders my obedience. Replace my fears with faith and my struggles with strength. In Jesus' name, amen.

Reflection Questions:

1. What patterns need to be broken in my life?
2. How can I use scripture as my weapon of victory?

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Daniel Fast Tip:

Spiritual warfare often intensifies during fasting — stay alert, but also stay encouraged. Breakthrough is near.

Day 12: God's Guidance Through Peace

Scripture: Colossians 3:15

“And let the peace of God rule in your hearts...”

Study & Reflection:

Peace is one of the clearest signs of God's guidance. When your spirit feels unsettled, pause — He may be redirecting you. Daniel experienced supernatural peace even in the lion's den because he was walking in divine alignment. Let peace, not pressure, lead your decisions.

Practical Application:

1. Pay attention to what brings you peace or unrest.
2. Before making a decision, ask: Does this bring peace or confusion?
3. Follow where His peace remains.

Prayer:

Lord, let Your peace be my compass. Silence the noise of fear and lead me in paths of righteousness.
Amen.

Reflection Questions:

1. How does God's peace differ from worldly comfort?
2. What current situation needs His peace to rule?

Journal: Space:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Daniel Fast Tip:

Notice how your spirit feels lighter when your diet is clean and your heart is at peace. Body and soul both respond to spiritual alignment.

Day 13: Spiritual Discernment

Scripture: Proverbs 2:6

“For the Lord gives wisdom; from His mouth come knowledge and understanding.”

Study & Reflection:

Discernment is the ability to see beyond the surface — to sense what's of God and what's not. Daniel discerned dreams and mysteries because he stayed close to God. Fasting sharpens discernment; as fleshly desires fade, spiritual sensitivity increases.

Practical Application:

1. Ask the Holy Spirit to increase your discernment today.
2. Test what you hear or feel against God's Word.
3. Avoid rushing into decisions; pause and pray first.

Prayer:

Lord, sharpen my spiritual ears and eyes. Help me distinguish between Your leading and my own impulses. Amen.

Reflection Questions:

1. How do I recognize God's voice versus my own thoughts?
2. What situations require discernment this week?

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Daniel Fast Tip:

Discernment grows in stillness. Listen more than you speak — and the Spirit will teach you truth.

Day 14: Lord, Send Laborers

Scripture: Matthew 9:37–38

“Then He said to His disciples, ‘The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.’”

Study & Reflection:

God's work requires willing hearts. As we seek divine order, we must also ask God to raise up hands to serve. Daniel's obedience impacted nations — but he didn't stand alone. Likewise, the vision God has given our church will require many to answer the call.

There's a spiritual harvest waiting in our community. God is calling teachers, intercessors, servants, and givers to help build His Kingdom. Let's pray that more laborers join the work — not out of obligation, but out of obedience.

Practical Application:

1. Pray for new workers and volunteers to join your church's ministries.
2. Ask God to show you where He wants you to serve.
3. Encourage someone else who has been faithfully laboring — speak life into them.

Prayer:

Lord of the harvest, send forth laborers! Raise up men and women willing to serve You with passion and humility. Ignite in us a heart to work together to fulfill Your vision for this house. Make me a willing vessel in Your Kingdom. Amen.

Reflection Questions:

1. How can I personally help advance God's work in my church?
2. What spiritual gifts or skills can I offer as a laborer?

Journal: Space:[illegible]

Daniel Fast Tip:

The fast is not only about personal renewal — it's also preparation for service. As God fills you, pour out to others.



WEEK THREE

Walking in Revelation and Renewal

“The steps of a good man are ordered by the Lord: and he delighteth in his way.”

— Psalm 37:23 (KJV)





Week 3 Meal Plan

Day 1
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 2
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 3
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 4
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 5
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 6
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Day 7
BREAKFAST:
LUNCH:
DINNER:
SNACKS:

Shopping List	
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Day 15: When God Speaks in Stillness

Scripture: 1 Kings 19:11–12

“And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.”

Study & Reflection:

Sometimes we expect God's voice to thunder — yet He often whispers. Elijah had to quiet his fears to hear the still, small voice of God. Fasting helps you silence distractions and attune your ear to the Spirit's gentle leading.

Practical Application:

1. Spend 10–15 minutes today in complete silence before God.
2. Ask Him to speak clearly about one area of your life.
3. Record what He reveals — even if it's just one word or phrase.

Prayer:

Father, quiet my mind so I can hear You. Remove the noise that keeps me from Your voice. Teach me to recognize the whisper of Your Spirit. Amen.

Reflection Questions:

1. What keeps me from hearing God's still, small voice?
2. What did I sense or feel during my silent prayer time?

Journal: Space:[illegible]

Daniel Fast Tip:

Silence is spiritual discipline. God often gives revelation in stillness, not in striving.

Day 16: Strength for the Journey

Scripture: Isaiah 40:31

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles...”

Study & Reflection:

Daniel's fast was not easy — but each day, his spiritual stamina increased. When you feel weary or tempted to quit, remember that God renews strength to those who wait on Him. The fast is about endurance, not perfection.

Practical Application:

1. Write down what has been hardest about this fast.
2. Thank God for the progress you've made.
3. Commit to finishing strong.

Prayer:

Lord, renew my strength today. Lift me above fatigue and doubt. Help me finish this fast with joy and endurance. Amen.

Reflection Questions:

1. How have I grown stronger spiritually since starting this fast?
2. What promises keep me motivated when I'm weak?

Journal: Space:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Daniel Fast Tip:

Drink plenty of water and get rest — your physical body is part of your worship.

Day 17: Divine Direction

Scripture: Isaiah 30:21

“And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it...”

Study & Reflection:

God is not silent about your future — He is specific. Fasting clears your spiritual hearing so you can recognize divine direction. Sometimes His “no” is protection; sometimes His “wait” is preparation. Either way, He’s leading you in love.

Practical Application:

1. Write down one decision you need clarity on.
2. Pray specifically for God to confirm His direction.
3. Wait for His peace to follow the right path.

Prayer:

Lord, speak clearly concerning my path. Close doors that lead to confusion and open the ones that align with Your plan. Amen.

Reflection Questions:

1. Where have I felt God's prompting lately?
2. How can I practice obedience when His answer surprises me?

Journal: Space:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Daniel Fast Tip:

Keep a listening heart — direction often comes through Scripture, dreams, or godly counsel.

Day 18: Faith Over Feelings

Scripture: 2 Corinthians 5:7
“For we walk by faith, not by sight.”

Study & Reflection:

Your feelings may fluctuate, but faith remains steady. During fasting, emotions can run high — but that’s when your faith muscle grows. Trust God even when you don’t “feel” His presence. Faith isn’t about how you feel; it’s about who you believe.

Practical Application:

1. Reflect on times you obeyed God even when uncertain.
2. Declare one faith statement aloud each morning.
3. Choose faith over fear daily.

Prayer:

Lord, strengthen my faith when my emotions try to rule. I choose to walk by faith, trusting that You are leading me forward. Amen.

Reflection Questions:

- 1.What situation requires faith right now?
- 2.How can I remind myself of God's faithfulness daily?

Journal: Space:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Daniel Fast Tip:

Feed your faith by staying in the Word and surrounding yourself with encouragement.

Day 19: Rest in God's Presence

Scripture: Exodus 33:14

"My presence shall go with thee, and I will give thee rest."

Study & Reflection:

Daniel faced intense pressure but never lost his posture of peace because he lived in God's presence. The fast reminds us that rest isn't just physical — it's spiritual. True rest comes from knowing God is with you, even in battle.

Practical Application:

1. Take a quiet walk or moment of reflection today.
2. Thank God for being near even when you're overwhelmed.
3. Write down one area where you need to rest in His promises.

Prayer:

Lord, let Your presence refresh my soul. I rest in the truth that You are guiding and sustaining me. Amen.

Reflection Questions:

1. What does resting in God's presence look like for me?
2. How can I practice stillness as a form of worship?

Journal: Space:

Daniel Fast Tip:

Fasting slows you down so you can notice God's nearness — that's where true rest begins.

Day 20: Restored and Ready

Scripture: Joel 2:25

“And I will restore to you the years that the locust hath eaten...”

Study & Reflection:

When we obey God and realign our steps, restoration follows. The Daniel Fast is not just about cleansing — it's about reclaiming what was lost. God is a restorer. Expect Him to renew relationships, vision, and strength in this season.

Practical Application:

1. List three areas where you desire restoration.
2. Thank God in advance for what He's rebuilding.
3. Look for signs of new life — spiritually or physically.

Prayer:

Father, thank You for being my Restorer. Revive what's been broken and make all things new. Amen.

Reflection Questions:

1. What do I sense God restoring in my life?
2. How can I partner with His restoration work?

Journal: Space:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Daniel Fast Tip:

Restoration begins internally — let God heal your heart first, then your circumstances.

Day 21: A New Beginning

Scripture: Philippians 1:6

“He which hath begun a good work in you will perform it until the day of Jesus Christ.”

Study & Reflection:

Congratulations — you’ve completed the fast! But remember, this is not an end — it’s a beginning. God has sharpened your spirit, strengthened your discipline, and deepened your hearing. Now walk boldly in the steps He’s ordered for you.

The same God who led Daniel through the lion’s den is guiding you into your next assignment. Step forward in faith and obedience — revival begins with you.

Practical Application:

1. Celebrate your spiritual progress.
2. Recommit your life and plans to God.
3. Share your testimony with someone who needs encouragement.

Prayer:

Lord, thank You for sustaining me through this fast. Order my steps beyond these 21 days. Let my life reflect Your will and bring glory to Your name. Amen.

Reflection Questions:

1. What has God revealed to me during this fast?
2. How will I keep hearing His voice daily after this fast ends?

Journal: Space:

Daniel Fast Tip:

Ease back into regular eating prayerfully, but continue your spiritual discipline — this is a lifestyle of hearing and obedience.

THANKSGIVING PRAYER & CLOSING SECTION

Thanksgiving Prayer

Heavenly Father,
We thank You for the strength, revelation, and renewal You've poured into our lives during this 21-day fast. Thank You for aligning our hearts with Your will and ordering our steps in Your Word.
We give You all glory and honor for the victories we've seen — and the ones yet unseen.

As we move forward, help us continue walking in faith, obedience, and love. Bless our church family, our leaders, and every hand committed to the work of the Kingdom.

We thank You for what You are doing in and through us — and we say, “Lord, let Your will be done.”
In Jesus' name, Amen.

PROPHETIC WORD: Healing of the Water

2 Kings 2:19–22 (NIV)

19 The people of the city said to Elisha, “Look, our lord, this town is well situated, as you can see, but the water is bad and the land is unproductive.”

20 “Bring me a new bowl,” he said, “and put salt in it.” So they brought it to him.

21 Then he went out to the spring and threw the salt into it, saying, “This is what the Lord says: ‘I have healed this water. Never again will it cause death or make the land unproductive.’”

22 And the water has remained pure to this day, according to the word Elisha had spoken.

Reflection & Declaration:

Just as God healed the water through Elisha, we declare that He is healing our land and restoring the broken places in our community. What was once unproductive will now overflow with life. The Lord is purifying the waters of our city — bringing spiritual renewal and provision to those who thirst.

CALL TO ACTION: Restoring the Crossroads Community Resource Center

God has given our church a vision to restore the Crossroads School Building — transforming it into a Community Resource Center.

This will be a place of hope, healing, and empowerment — a modern-day reflection of the Healing of the Water prophecy.

We invite you to:

✿ Pray — for God's wisdom, resources, and laborers.

✿ Serve — use your gifts and hands to help rebuild.

✿ Give — sow a financial seed toward the renovation and restoration work.

Together, we will see God's promise fulfilled:

“Never again will it cause death or make the land unproductive.” — 2 Kings 2:21

Let us rise as one body, one vision, one mission — to see lives changed and souls saved for the glory of God.

BONUS COOKBOOK



Daniel Fast Recipes

Detailed with
full instructions,
snack ideas,
bonus tips
+MORE

40+ SIMPLE
DELICIOUS &
HEALTHY

Daniel Fast Recipes
and Snack Ideas

Breakfast

Savory Grits Bowl With Spinach Mushrooms, & Tomatoes

Ingredients (1–2 servings)

- ½ cup stone-ground grits
- 2 cups water
- 1 cup fresh spinach
- ½ cup cherry tomatoes, halved
- ½ cup sliced portabello mushrooms
- 1 tsp garlic powder
- 1tbsp onion powdee
- 1 tbsp olive oil
- Salt-free seasoning (like Mrs. Dash) or Sea Salt to taste

Instructions

1. Bring water to a boil. Add grits and reduce heat to low. Cook 15–20 minutes, stirring often.
2. When grits thicken, stir in garlic powder , olive oil, and sea salt
3. In a separate skillet, sauté mushrooms and tomatoes with 1 tbsp water until soft. Add spinach and cook until wilted.
4. Pour grits into a bowl and top with spinach, mushroom, and tomatoes

Warm Cinnamon Apple Oatmeal

Ingredients (1–2 servings)

- 1 cup rolled oats (plain, no additives)
- 2 cups water or unsweetened almond milk
- 1 apple, chopped
- 1 tsp cinnamon
- 1–2 tbsp chopped nuts (walnuts/pecans)
- Optional: raisins, dates, or agave for natural sweetness

Instructions

1. Bring water/almond milk to a boil.
2. Add oats, chopped apple, and cinnamon.
3. Reduce heat and simmer 7–10 minutes, stirring occasionally.
4. Remove from heat and stir in nuts and optional raisins/dates.
5. Let it sit 1–2 minutes to thicken.

Avocado Breakfast Bowl

Ingredients (1 serving)

- 1 avocado, cubed
- ½ cup cooked chickpeas (rinsed if canned, no additives)
- ½ cucumber, chopped
- 5–6 cherry tomatoes, halved
- Juice of ½ lemon
- Pinch of salt-free seasoning (like Mrs. Dash)
- Optional: fresh herbs (cilantro or parsley)

Instructions

1. Combine avocado, chickpeas, cucumber, and tomatoes in a bowl.
2. Drizzle with lemon juice.
3. Toss gently and season with herbs and salt-free seasoning.

Breakfast

Mashed Sweet Potato Breakfast Bowl

Ingredients (1-2 servings)

- 1 large sweet potato, peeled and cut into chunks
- 2–3 Tbsp unsweetened almond milk (or other compliant plant milk)
- 1–2 Tbsp unsweetened applesauce (optional for extra creaminess)
- ½–1 tsp cinnamon and ¼ tsp nutmeg (optional)
- Fresh fruit toppings (banana, berries, apple slices)
- Nuts or seeds (walnuts, pecans, pumpkin seeds)
- Tiny pinch of salt (optional)

Instructions

1. Cook sweet potato until soft (boil or steam 10–12 min).
2. Mash with almond milk (and applesauce if using).
3. Add spices: Stir in cinnamon and nutmeg.
4. Top & serve: Add fruit, nuts/seeds, and extra cinnamon. *(You may also add dates for added natural sweetness)*

Potato & Veggie Breakfast Hash

Ingredients (2 servings)

- 2 medium potatoes, diced small *(Optional: Swap regular potatoes for sweet potatoes for a different taste)*
- ½ onion, diced, ½ bell pepper, diced, and ½ cup diced mushrooms
- 1 cup spinach or kale
- 1 tbsp water (for sautéing)
- Garlic powder, paprika, black pepper
- Optional: fresh herbs (parsley, cilantro)

Instructions

1. Add potatoes to a skillet with 1–2 tbsp water. Cover and cook 8–10 minutes.
2. Add mushrooms, onions and bell peppers; cook another 5–7 minutes.
3. Add spinach or kale and seasonings.
4. Cook until potatoes are tender and veggies are softened. Serve warm.

Banana Spelt Pancakes

Ingredients (Serves 2–3)

- 1 cup spelt flour
- 1 ripe banana, mashed
- 1 cup unsweetened almond milk (or other compliant plant milk)
- 2–3 Tbsp unsweetened applesauce
- 1 tsp cinnamon
- Pinch of salt (optional)

Instructions

1. Mash banana in a medium bowl until smooth. :
2. Add wet ingredients; Stir in almond milk and applesauce.
3. Add dry ingredients: Sprinkle in spelt flour, cinnamon, and salt.
4. Mix until just combined — add 1–2 Tbsp extra milk if the batter is too thick.
5. Cook: Heat a nonstick skillet on medium. Lightly brush with olive oil only if needed. Scoop ¼-cup portions and cook ~3–4 minutes per side. These cook slower than regular pancakes because they're dense — be patient for best texture. *(For fluffier pancakes, add 2–3 Tbsp sparkling water to the batter). Top with warm mashed berries, or sliced bananas and walnuts.*

Lunch/Dinner

Vegetable Curry

Ingredients (2-3 servings)

- 1 Onion, 1 bell pepper, & 2-3 garlic cloves (minced)
- Curry powder + turmeric to taste
- Mixed vegetables (Your choice of potatoes, carrots, peas, zucchini, spinach, sliced portobello mushrooms, Roma tomatoes)
- Canned chickpeas (Rinsed and drained)
- Unsweetened coconut milk
- Vegetable broth or water
- Salt & pepper

Instructions

1. Sauté onion, bell pepper, and garlic.
2. Stir in curry powder and turmeric.
3. Add mixed vegetables and chickpeas
4. Pour in coconut milk + broth.
5. Simmer 10–12 minutes until tender.
6. Add spinach, season, and serve. You can eat it as a soup or serve it over brown rice or farro.

Stuffed Bell Peppers (Rice or Quinoa)

Ingredients

- Bell peppers (halved or whole, tops removed)
- Cooked rice or quinoa
- Black beans or chickpeas
- Diced tomatoes
- Onion + garlic
- Spinach or zucchini (optional)
- Olive oil (optional)
- Salt, pepper, Italian herbs, or cumin

Instructions

1. Prep peppers: Cut in half or remove tops. Bake 10 minutes at 375°F to soften.
2. Make filling: Sauté onion + garlic; add tomatoes, beans, veggies, and cooked rice/quinoa. Season.
3. Fill peppers: Spoon mixture into peppers.
4. Bake: Cook 15 - 20 minutes at 375°F until peppers are tender.

Sautéed Cabbage (Paired with Rice and Beans)

Ingredients

- 1 small/medium cabbage, shredded
- 1 onion, chopped
- 2–3 cloves garlic, minced
- 1–2 tsp olive oil (optional)
- 1–2 tsp apple cider vinegar (optional, adds tang)
- Salt, pepper, paprika, or cumin

Instructions

1. Sauté onion and garlic in olive oil (or water for oil-free) until soft.
2. Add shredded cabbage, season, and stir well.
3. Cover and cook 8–10 minutes until tender, stirring occasionally.
4. Finish with apple cider vinegar or additional seasoning.
5. Serve sautéed cabbage alone or pair it with rice and your favorite beans (Options: Pinto beans, black beans, kidney beans, etc)

Lunch/Dinner

Spaghetti Squash Pasta Bowl

Ingredients (2-3 servings)

- 1 medium spaghetti squash
- 1–2 cups marinara sauce or canned tomatoe sauce (no sugar added)
- 1 cup spinach or kale
- 1 cup mushrooms, sliced
- 1 small onion, chopped and 1 bell pepper diced
- 1 zucchini diced
- 2–3 cloves garlic, minced
- Olive oil (optional, 1 tsp for sautéing). Salt, pepper, Italian herbs to taste.

Instructions

1. Cook squash: Halve and remove seeds; roast cut-side down at 400°F for 35–40 min. Scrape into “spaghetti” strands.
2. Sauté veggies: Cook onion, garlic, bell pepper, zucchini, and mushrooms in olive oil or water until tender.
3. Add greens: Stir in spinach or kale until wilted.
4. Combine: Mix veggies with marinara sauce and spaghetti squash strands.
5. Serve: Season with herbs, salt, and pepper.

Rice, Chickpea & Veggie Stir-Fry

Ingredients (2-3 servings)

- 1-2 cups of cooked rice or farro
- 1 can chickpeas, drained
- Mixed vegetables (peas, carrots, string beans, onions, etc.)
- 2–3 cloves garlic, minced
- 1–2 tsp olive oil (optional)
- Coconut aminos or soy-sauce. Add salt, pepper, and ginger (optional)

Instructions

1. Cook rice or farro according to package instructions. Set aside .
2. In a seperate pan, heat oil (or water) in a pan, sauté garlic 1 min.
3. Add vegetables, stir-fry 5–7 min until tender-crisp.
4. Add cooked rice, chickpeas and coconut aminos (or substitute soy-sauce); cook 2–3 min.
5. Season with salt, pepper, and optional ginger. Serve warm.

Cauliflower Rice Taco Bowl

Ingredients (2-3 servings)

- 2 cups cauliflower rice (*You may substitute cauliflower rice for brown rice or diced, roasted sweet potatoes*)
- 1 cup black beans
- 1 cup bell peppers, dice and 1 small onion, chopped
- 2–3 cloves garlic, minced
- 1 tsp olive oil (optional)
- Chili powder, cumin, salt, pepper
- Optional toppings: avocado, lime, cilanteo, and Roma tomatoes or salsa

Instructions

1. Sauté onion and garlic in oil or water until soft.
2. Add bell peppers and cook 3–4 min.
3. Stir in cauliflower rice, black beans, and spices; cook 5–7 min until tender.
4. Serve with optional avocado, lime, cilantro, and Roma tomatoes or salsa

Lunch/Dinner

Collard Greens (Daniel Fast Friendly)

Ingredients (3-4 servings)

- 1–2 lbs collard greens, washed, stemmed, and chopped
- 1 onion, chopped
- 2–3 cloves garlic, minced
- 1–2 tsp olive oil (optional)
- 2 cups vegetable broth or water
- 1 tsp apple cider vinegar (optional, adds tang)
- Salt, pepper, crushed red pepper flakes (optional)
- Optional: smoked paprika or liquid smoke for smoky flavor

Instructions

1. Sauté onion and garlic in olive oil or water until soft.
2. Add collard greens and stir until wilted.
3. Pour in vegetable broth, season, cover, and simmer 20–25 min until tender.
4. Finish with apple cider vinegar and adjust seasoning. Serve warm.
5. Serve as a side or over brown rice, quinoa, or sweet potatoes for a full meal.

Lentil & Vegetable Stew

Ingredients (3-4 servings)

- 1 cup lentils
- 1 onion, chopped
- 2–3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1–2 cups spinach or kale
- 4 cups vegetable broth
- 1 can diced tomatoes
- Herbs: thyme, oregano, bay leaf
- Salt & pepper

Instructions

1. Sauté onion and garlic until soft.
2. Add carrots, celery, lentils, tomatoes, and broth.
3. Simmer 25–30 min until lentils are tender.
4. Stir in greens and season to taste.

Baked Potato Dinner Plate

Ingredients (1-2 serving)

- 1–2 large baked potatoes
- Steamed or roasted vegetables (broccoli, mushrooms, spinach)
- Olive oil or tahini (optional)
- Salt & pepper

Instructions

1. Bake potatoes at 400°F for 45–60 min until tender.
2. Steam or roast vegetables.
3. *Serve potato topped with veggies and optional olive oil/tahini.*

Lunch/Dinner

Tomato Basil Quinoa

Ingredients (1-2 serving)

- 1 cup quinoa, rinsed
- 1–2 cups diced tomatoes (fresh or canned, no sugar)
- 1 cup spinach
- 1 small onion, chopped
- 2–3 cloves garlic, minced
- Fresh basil
- Salt & pepper

Instructions

1. Cook quinoa according to package directions.
2. Sauté onion and garlic until soft, add tomatoes and cook 3–5 min.
3. Stir in cooked quinoa, spinach, and basil.
4. Season with salt and pepper, and serve.

Vegetable & Bean Chili

Ingredients (3-4 servings)

- 1 can black beans, drained
- 1 can kidney beans, drained
- 1 can diced tomatoes (no sugar added)
- 1 cup corn (optional)
- 1 bell pepper, chopped
- 1 onion, chopped
- 2–3 cloves garlic, minced
- 1–2 tsp olive oil (optional)
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika (optional)
- Salt & pepper. Optional crushed red peppers or cayenne pepper for heat)
- 1–2 cups vegetable broth

Instructions

1. Sauté onion and garlic in oil or water until soft.
2. Add bell pepper, beans, corn, tomatoes, spices, and broth.
3. Simmer 20–25 min until vegetables are tender and flavors meld.
4. Adjust seasoning and serve warm.

Roasted Veggie Tray Dinner

Ingredients (1-2 servings)

- Mixed vegetables (carrots, broccoli, Brussels sprouts, onions, bell peppers, potatoes)
- Olive oil (optional)
- Salt, pepper, herbs (rosemary, thyme, oregano). (Optional: Fresh squeezed lemon or lime juice to enhance flavor)

Instructions

1. Preheat oven to 400°F.
2. Toss vegetables with olive oil and seasonings.
3. Spread on a sheet pan and roast 25–35 min, stirring halfway through.
4. Serve warm.

Sandwiches

No-Yeast Daniel Fast Spelt Skillet Bread

Ingredients

- 2 cups whole spelt flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon olive oil
- ¾–1 cup water (as needed)

Instructions

1. Mix dry ingredients
 - In a bowl, combine spelt flour, baking powder, and salt.
2. Form dough
 - Add olive oil and water a little at a time.
 - Mix until a soft, slightly sticky dough forms.
3. Rest dough
 - Cover and let rest 10 minutes (helps soften spelt).
4. Divide & roll
 - Divide dough into 6–8 small balls.
 - Roll each into a thin round.
5. Cook on skillet
 - Heat a dry skillet over medium heat.
 - Cook each flatbread 1–2 minutes per side, until bubbles form and brown spots appear.
6. Serve warm
 - Stack and cover with a clean towel to keep soft.

Simple Daniel Fast Veggie Sandwich

Ingredients (for 1 sandwich)

- 2 slices of spelt bread (or any Daniel Fast–approved bread, like whole grain tortillas)
- 2–3 tablespoons hummus (or mashed chickpeas with olive oil and lemon)
- Lettuce or spinach leaves
- Sliced cucumber
- Sliced tomato
- Shredded carrot
- Sliced avocado (optional)
- Salt and pepper to taste

Instructions

- Spread base
 - Spread hummus (or mashed chickpeas) on both slices of bread.
- Layer vegetables
 - Add lettuce or spinach first.
 - Top with cucumber, tomato, carrot, and avocado slices.
 - Sprinkle lightly with salt and pepper.
- Assemble sandwich
 - Place the second slice of bread on top.
 - Press gently, cut in half, and serve.

Sandwiches

Daniel Fast Portobello Mushroom Burger

Ingredients (for 2 burgers)

- 2 large Portobello mushroom caps, stems removed
- 1 teaspoon olive oil
- ½ teaspoon smoked paprika (optional)
- ¼ teaspoon black pepper
- 2 spelt flatbreads or slices of spelt bread
- Lettuce, tomato, cucumber slices, or other Daniel Fast–approved toppings

Optional Marinade (for more flavor):

- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1 clove garlic, minced
- Pinch of salt and pepper

Instruction

1. Prepare mushrooms
 - Clean Portobello caps and remove stems.
 - If using marinade, mix olive oil, balsamic vinegar, garlic, salt, and pepper. Brush on mushroom caps and let sit 10–15 minutes.
2. Cook mushrooms
 - Heat a skillet over medium heat.
 - Cook Portobello caps 4–5 minutes per side until tender and slightly browned.
 - Sprinkle with smoked paprika and black pepper while cooking.
3. Assemble burgers
 - Place cooked Portobello caps on spelt bread.
 - Add lettuce, tomato, onion, avocado, or any other Daniel Fast–approved toppings.
4. Serve warm
 - Enjoy immediately as a hearty, plant-based burger

Tip: For extra flavor, you can grill the mushrooms instead of pan-frying.

Daniel Fast Veggie & Hummus Sandwich

Ingredients (for 1 sandwich)

- 2 slices spelt bread (or other Daniel Fast–approved bread)
- 2 tablespoons hummus or mashed chickpeas
- Sliced cucumber
- Sliced tomato
- Lettuce or spinach leaves
- Salt and pepper to taste

Instructiona

1. Spread hummus or mashed chickpeas on both slices of bread.
2. Layer cucumber, tomato, and lettuce or spinach.
3. Sprinkle lightly with salt and pepper.
4. Close the sandwich, cut in half, and serve.

Sandwiches

Daniel Fast Mexican Veggie Wrap

Ingredients (for 2 wraps)

- 2 large spelt flatbreads or tortillas
- 1 tablespoon olive oil
- 1 small onion, thinly sliced
- 1 small bell pepper (any color), thinly sliced
- 1 cup mushrooms, sliced
- 1 cup cooked black beans, drained and rinsed
- 1 medium tomato, diced
- ½ avocado, sliced
- 1 clove garlic, minced
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon chili powder (optional, for mild heat)
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish
- Fresh lime juice for finishing

Instructions

1. Sauté veggies
 - Heat olive oil in a skillet over medium heat.
 - Add onion and bell pepper; sauté 3–4 minutes until soft.
 - Add mushrooms and garlic; sauté another 3–4 minutes.
 - Season with cumin, smoked paprika, chili powder, salt, and pepper
2. Warm black beans
 - In a small pan or in the same skillet, gently warm black beans with a pinch of salt.
3. Assemble wraps
 - Lay flatbreads on a clean surface.
 - Spread a thin layer of avocado or mashed avocado on each.
 - Add sautéed veggies and black beans.
 - Top with diced tomato, fresh cilantro, and a squeeze of lime juice.
4. Wrap it up
 - Fold in the sides and roll tightly.
 - Cut in half and serve immediately.

Optional Flavor Boosts (Daniel Fast–Approved)

- Salsa made from fresh tomatoes, lime, and cilantro
- Sliced jalapeño for extra spice
- Lettuce or spinach leaves for crunch

Salads

Simple Garden Salad

Ingredients

- Mixed greens (spinach, romaine, or spring mix)
- Cherry tomatoes
- Cucumber, sliced
- Red onion, thinly sliced

Dressing

- Olive oil, fresh lemon juice, pinch of salt and pepper

Instructions

1. Place all vegetables in a bowl.
2. Drizzle with olive oil and lemon juice.
3. Toss and serve.

Avocado Chickpea Salad

Ingredients

- 1 can chickpeas, rinsed and drained
- 1 avocado, diced
- Red onion, finely chopped
- Fresh cilantro or parsley

Dressing

- Olive oil, lemon or lime juice, sea salt

Instructions

1. Add chickpeas, avocado, and onion to a bowl.
2. Drizzle with olive oil and citrus juice.
3. Toss gently and top with herbs.

Crunchy Carrot Cabbage Salad

Ingredients

- Shredded green or purple cabbage
- Shredded carrots
- Green onions

Dressing

- Olive oil, Apple cider vinegar, pinch of salt and pepper

Instructions

1. Combine vegetables in a bowl.
2. Add olive oil and vinegar.
3. Toss well and let sit 5 minutes before serving.

Salads

Cucumber Tomato Herb Salad

Ingredients

- Cucumber, chopped
- Tomato, chopped
- Fresh parsley or basil

Dressing

- Olive oi, Lemon juice, and salt

Instructions

1. Combine vegetables and herbs in a bowl.
2. Drizzle with olive oil and lemon.
3. Toss lightly and serve.

Roasted Sweet Potato & Greens Salad

Ingredients

- Roasted sweet potato cubes
- Spinach or arugula
- Red onion, sliced

Dressing

- Olive oil, balsamic vinegar, pinch of salt

Instructions

1. Add greens to a bowl.
2. Top with warm roasted sweet potatoes and onion.
3. Drizzle with olive oil and balsamic vinegar.

Kale, Apple & Chickpea Daniel Fast Salad

Ingredients

- 3 cups fresh kale, chopped (stems removed)
- 1 apple, thinly sliced (leave peel on)
- 1 cup cooked or canned chickpeas, rinsed and drained
- 1 diced cucumber
- 1 diced Roma tomato
- ¼ cup diced red onion
- ¼ cup chopped walnuts or pecans (optional)

Dressing

- 1–2 tablespoons olive oil
- 1 tablespoon fresh lemon juice or apple cider vinegar
- Pinch of salt
- Dash of black pepper

Instructions

1. Place chopped kale in a large bowl and drizzle with olive oil.
2. Massage the kale with clean hands for 1–2 minutes until softened.
3. Add apple slices , chickpeas, cucumber, tomatoes, and onions
4. Drizzle with lemon juice or vinegar and add seasonings.
5. Toss well and let sit 5 minutes before serving.

Soups

Simple Vegetable Soup

Ingredients

- Carrots, celery, onion (chopped)
- Zucchini or green beans
- Diced tomatoes (fresh or canned, no additives)
- 6 cups water or veggie broth
- Garlic, salt, pepper, Italian seasoning

Instructions

1. Add everything to a pot.
2. Bring to a boil, then simmer 25–30 minutes.
3. Taste and adjust seasoning.

Daniel Fast Lentil Vegetable Soup

Ingredients

- 1 cup dry lentils, rinsed
- 1 carrot, chopped
- 1 celery stalk, chopped
- ½ onion, chopped
- 2 cloves garlic, minced
- 6 cups water or vegetable broth
- Salt, pepper, bay leaf

Instructions

1. Add all ingredients to a pot.
2. Bring to a boil, then simmer 30–35 minutes.
3. Remove bay leaf and serve.

Tomato Basil Soup

Ingredients

- 4 cups chopped fresh tomatoes or canned (no sugar)
- ½ onion, chopped
- 2 cloves garlic
- 3 cups water or veggie broth
- Fresh or dried basil

Instructions

- Simmer all ingredients 20 minutes.
- Blend until smooth.
- Add basil and serve warm.

Soups

Southern-Style Daniel Fast Okra, Tomato & Corn Soup

Ingredients

- 2 cups fresh or frozen okra, sliced
- 1 cup corn (fresh or frozen)
- 2–3 cups chopped tomatoes (fresh or canned, no sugar/additives)
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 5–6 cups water or vegetable broth
- 1–2 tablespoons olive oil
- Salt and black pepper to taste
- 1 teaspoon smoked paprika
- ½ teaspoon thyme
- ¼ teaspoon cayenne (optional)

Instructions

1. Heat olive oil in a pot over medium heat.
2. Add onion and bell pepper; sauté 3–4 minutes until softened.
3. Stir in garlic and cook 30 seconds.
4. Add okra, tomatoes, corn, water/broth, and seasonings.
5. Bring to a boil, then reduce heat and simmer 30–35 minutes.
6. Taste and adjust seasoning before serving.

Southern Tip: Ssrve with Daniel Fast approved rice or cornbread

Kale & White Bean Soup

Ingredients

- 1 can white beans, rinsed
- 2 cups chopped kale
- ½ onion, chopped
- 2 cloves garlic
- 5 cups water or veggie broth
- Salt, pepper, thyme

Instructions

1. Simmer all ingredients except kale for 15 minutes.
2. Add kale and cook 5 more minutes.
3. Serve hot.

Sweet Potato Chickpea Soup

Ingredients

- 1 large sweet potato, diced
- 1 cup chickpeas
- ½ onion, chopped
- 5 cups water or veggie broth
- Cumin, garlic powder, salt

Instructions

1. Add everything to a pot.
2. Simmer 25–30 minutes until tender.
3. Lightly mash or blend if desired.

Smoothies

Berry Green Smoothie

Ingredients

- 1 cup unsweetened almond milk or water
- 1 cup frozen mixed berries (strawberries, blueberries, raspberries, etc)
- ½ banana (fresh or frozen)
- 1 cup fresh spinach or kale
- 1 tablespoon agave (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Add water if needed to thin.

Tropical Mango Smoothie

Ingredients

- 1 cup frozen mango chunks
- ½ cup pineapple chunks
- 1 cup coconut water or water
- 1 tablespoon ground flaxseed (optional)

Instructions

1. Place everything in the blender.
2. Blend until smooth and refreshing.

Apple Cinnamon Green Smoothie

Ingredients

- 1 apple, chopped (leave peel on)
- 1 cup spinach or kale
- 1 cup water or almond milk
- ½ teaspoon cinnamon

Instructions

1. Blend all ingredients until smooth.
2. Add ice if desired.

Banana Almond Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 ripe banana
- 1 tablespoon almond butter
- Dash of cinnamon

Instructions

1. Blend all ingredients until creamy.
2. Serve immediately.

Desserts/Snacks

Berry Cobbler (Single-Serve, Quick Version)

Ingredients

- 1 cup mixed berries (fresh or frozen)
- 1 tablespoon agave (optional)
- 2 tablespoons oat flour or whole oats
- 1 tablespoon spelt flour
- 1 tablespoon almond flour (optional)
- 1 teaspoon olive oil or melted coconut oil
- ½ teaspoon cinnamon

Instructions

1. Preheat oven to 350°F (175°C).
2. Place berries and agave in a small oven-safe dish.
3. Mix flours, cinnamon, and oil to form a crumbly topping.
4. Sprinkle topping over berries.
5. Bake 15–20 minutes until topping is lightly golden.
6. Serve warm.

Oatmeal Raisin Cookies

Ingredients (makes 6–8 cookies)

- 1 cup rolled oats
- ½ cup mashed banana (ripe)
- ¼ cup raisins
- 1 teaspoon cinnamon
- 1 tablespoon almond butter (optional)

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until combined.
3. Scoop onto a baking sheet lined with parchment paper.
4. Flatten slightly and bake 10–12 minutes.
5. Let cool before enjoying.

Baked Apple Slices with Cinnamon

Ingredients

- 1 large apple, cored and sliced
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (optional)
- 1 teaspoon olive oil or coconut oil

Instructions

1. Preheat oven to 350°F (175°C).
2. Toss apple slices with oil and spices.
3. Arrange on a baking sheet lined with parchment paper.
4. Bake 15–20 minutes until tender.
5. Serve warm, optionally with a sprinkle of chopped nuts.

Desserts/Snacks

Quick Blueberry Mango Sorbet

Ingredients

- 1 cup frozen blueberries
- 1 cup frozen mango chunks
- 1–2 tablespoons water or coconut water (if needed for blending)
- Juice of ½ lemon (optional, for brightness)

Instructions

1. Place frozen blueberries and mango in a blender or food processor.
2. Add lemon juice and 1 tablespoon of water or coconut water if needed.
3. Blend until smooth and creamy. Add a little more liquid only if necessary.

Daniel Fast Snack Options

1. Rice Cake with Nut Butter
 - Top a plain rice cake with almond or peanut butter (no added sugar), and sliced bananas.
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2. Veggies & Hummus
 - Carrot sticks, cucumber slices, bell pepper strips, or celery with homemade or store-bought hummus.
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3. Veggies & Guacamole
 - Use sliced peppers, cucumber, carrots, or zucchini for dipping into mashed avocado with lime, cilantro, and a pinch of salt
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4. Dried Fruit
 - Unsweetened dried fruit like raisins, dates, apricots, or figs.
-
5. Air-Popped Popcorn
 - Lightly seasoned with salt, smoked paprika, or nutritional yeast (optional).
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6. Trail Mix
 - Combine raw nuts, seeds, and unsweetened dried fruit. Avoid added sugar or chocolate.
-
7. Frozen Fruit
 - Grapes, mango chunks, pineapple, or berries straight from the freezer for a refreshing snack.
-
8. Apple or Banana with Nut Butter
 - Slice and dip into almond or peanut butter.
-
9. Cucumber & Tomato Salad Cups
 - Mini diced cucumber and tomato with a drizzle of olive oil and pinch of salt.
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10. Roasted Chickpeas
 - Toss canned chickpeas with olive oil, paprika, and roast until crunchy.

Additional Tips and Advice

Being prepared is the key to being successful on the Daniel Fast. Here are some tips and planning strategies to help you succeed.

1. Cooking without meat can be a challenge at first, but you can give yourself time to adjust by weaning yourself from certain foods the week leading up to the Daniel Fast. For example, you can start to eliminate things like meat, white grains, and refined sugars, or you can start to cut back on things like dairy and coffee the week prior to the fast.
2. Eating out can be difficult while fasting. Try ordering a salad (with no meat) or skip to the sides section. Most times, restaurants will have lots of vegetables on their sides list. You can go to the restaurant's website to review the menu ahead of time.
3. Select 2-3 meals for breakfast, lunch, and dinner and repeat those meals for the week. Use the "Meal Plan" page each week to plan out your meals and grocery list for the week. Also, have some quick meal options in the pantry like brown rice & beans, or whole wheat pasta & tomato sauce for those days you forget to plan something in advance.
4. Be sure to have some quick grab and go snacks readily available, like a bag of nuts, fresh fruits, or veggies and hummus so you don't have to think hard about what you can snack on.
5. Recipes in this workbook are for inspirational purposes. Feel free to play around with different recipes or swap out ingredients to your own taste and preferences.
6. When shopping for groceries, be sure to read food labels and ingredients list to ensure there are no unnecessary additives, chemicals, sugars, butter, cheeses, or any other ingredients that are discouraged on the Daniel Fast.
7. When cooking vegetables, try not to cook them for too long until the point that vegetables become wilted. Try eating vegetables as close to their natural texture as possible - the way God made them. Try eating more raw vegetables than cooked vegetables, if you're looking to make a greater sacrifice during this fast.
8. If you are fasting with others, try meeting together in a small group setting. You can share what God is showing you in your devotional time and spend time in prayer together.
9. Most store bought salad dressings are discouraged on the Daniel Fast. Newman's Own makes a salad dressing called "Classic Oil and Vinegar" that can be used since it contains no artificial ingredients or preservatives.
10. Go to websites like www.ultimatedanielfast.com or www.daniel-fast.com for additional information, resources, and meal ideas.
11. Make it a priority to attend church during your 21 day fast. Being around other believers will encourage you to keep going when fasting gets hard.
12. When your fast is over, add foods back in very gradually. You don't want to break your fast with something greasy and unhealthy. Doing so may cause an upset stomach.
13. While fasting typically refers to refraining from specific foods, you may also find it beneficial to fast from regular activities or habits that cause a distraction, like TV and social media.
14. If you mess up on the fast, don't get discouraged. Just get right back on track and keep going. God's mercy endures. He will give you the grace and the strength to finish.

Credits

Written and Compiled by:
Shanta Noel

Produced for:
First African Missionary Baptist Church
Rev. Dr. Neil Dawson, Pastor

All scripture quotations are taken from the Holy Bible, King James Version (KJV).
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