

A Time of Corporate

PRAYER

... To God Our Father

FASTING

... From Meat, Sweets and Strong Drinks

FEASTING

... On the Word of God

for Physical Health,
Healing, and Wholeness

THE DANIEL FAST

*Fasting
for Physical Health,
Healing, and Wholeness*

Duration - 14 Days

Fast begins: Sunday, May 5, 2013

Fast ends: Pentecost Sunday, May 19, 2013

Corporate Prayer Time

Weekdays: 6 a.m.-7 a.m.

Saturdays: 7 a.m.-8 a.m.

Sundays: See you at Church!

Preparing to Fast

Background Scriptures

Daniel 10:1-13

- ◆ Confess all sins that the Holy Spirit calls to your remembrance and accept God's forgiveness. (1 John 1:9)
- ◆ Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25; Luke 11:4; Luke 17:3-4)
- ◆ Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14-15.
- ◆ Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature. (Romans 12:1-2)
- ◆ Meditate on the attributes of God, His Love, Sovereignty, Power, Wisdom, Faithfulness, Grace, Compassion and others. (Psalm 48:9-10; Psalm 103:1-8; Psalm 103:11-13)
- ◆ Begin your days with prayer and with an expectant heart. (Hebrews 11:6)

Each Day of the Fast

- ◆ Say **Isaiah 58:8** out loud.
- ◆ Pray the **Daily Prayer**.
- ◆ Focus in on the **Daily Meditation**.
- ◆ Say the **Ending Prayer** each day after the Meditation.
- ◆ Say the **Affirmation** as often as you wish.

Affirmation

(Say this as often as you choose during the 14-day period.)

I believe that God expects me to glorify Him physically, mentally and emotionally. Therefore, I renew my vow to honor Him in every area of my life. I believe in Jehovah Rapha, “The Lord That Heals.” I commit myself to healing and health, and will fast and pray for them. I believe in the power of the Blood of Jesus and in the strength of the name Jesus. Therefore, I am fasting for good health, the healing of my body, and wholeness in my mental, physical, emotional and spiritual states. I know that by God's strength and grace, I can and will complete this fast and be victorious!

Daily Prayer

Lord Jesus,

I know You are the same yesterday, today and forever and nothing is too difficult for You! I present to You my physical ailments today, asking for You to mightily intervene with Your healing power. Please, Lord Jesus, manifest your power and replace my sickness and disease with Your healing and wholeness.

Please send Your Word and heal me, Lord. Deliver me from every attack of the enemy, seen and unseen. I declare that You died for my sins as well as my sicknesses.

I give You praise even now, for touching my body and restoring me to good health. May You be glorified through my body as Your holy temple, and I bless You and thank You for causing me to do well this year, even in my health.

Now, Lord, as I look into Your Word, I pray that you would give me an open heart and a clear mind to read, understand and receive Your Word as the final authority over my life.

In Jesus' name, AMEN.

Ending Prayer

(This should be prayed every day at the end of your meditation.)

Dear Lord God,

I thank You for the wonderful opportunity to call on Your Holy Name. I am humbled that You would incline Your ears to my prayer. Thank You, Lord!

I acknowledge that I was made in Your likeness and created in Your image, consequently I am fearfully and wonderfully made. I belong to You, O Lord. In You I live, move and have my being.

Today, I come in agreement with Heaven and cancel the sickness that is trying to attach itself to me. Since it is not mine, I will not cooperate with it and I emphatically reject it. I will not allow these symptoms to operate against me to deter me from the purpose and plans You have for me.

I repent of any disobedience, un-forgiveness, bitterness and neglect that may have opened the door to this attack. I humbly and sincerely ask for Your forgiveness.

I fully accept that with Jesus' stripes, I am healed. I apply the Blood of Jesus to the root of this sickness and I release the measure of faith to receive my divine healing.

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Thank You for sending Your Word to heal me and to deliver me from all destructions. I thank You, I praise You and I bless You for being the Almighty God that you are. I recommit myself to the service and work of Your Kingdom here on earth.

In Jesus' Name, AMEN.

Week One

Each day read out loud Isaiah 58:8 and pray the Daily Prayer before you begin to deal with the day's assigned reading and meditations.

Know that when you ask the Lord for healing, it is already His will, and He hears you and agrees.

DAY ONE

Meditation: Read 1 John 1:5-10; Psalm 103:1-3

God's Forgiveness — Confess all sins and accept God's forgiveness. This is the prerequisite to your supernatural healing. You've got to walk in forgiveness.

DAY TWO

Meditation: Read 3 John 2; Isaiah 53:4-5

God's Desires — He desires that we prosper and be in good health. Consequently, He has made provisions for our healing through Jesus Christ. Jesus is The Great Physician ... you must learn to trust Him and trust in His ability to heal, deliver and set free.

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DAY THREE

Meditation: Read Romans 12:1-8; Proverbs 3:5

A Living Sacrifice — God wants to bring you to a place in your life of total dependence on Him. It is time to totally surrender. Surrender your life to Jesus Christ; refuse to obey your worldly nature and the instructions of the evil one.

DAY FOUR

Meditation: Read Psalm 30:2; Psalm 107:19-20

Fervency in Prayer — God is faithful in answering prayer. Pray and believe ... don't pray and doubt. God is able to do exceedingly abundantly above and beyond whatever it is you are able to imagine. If you believe, you will see the Glory of God.

DAY FIVE

Meditation: Read Psalm 65

God's Providential Care — Everything you need has already been provided; just ask. Do not accept sickness as a normal part of your life. That was never a part of God's original intention for your life. You are made in His image and created in His likeness. He wants you to take on His character.

DAY SIX

Meditation: Read 1 Timothy 2:1-8; Luke 17:11-19

Unselfish Prayer — Include others in your prayers. God is awesome; He can heal you and others at the same time. His desire is not just for you to walk in health and healing, but His desire is for all of those who belong to Him.

DAY SEVEN

Meditation: Read Jeremiah 29:10-14; Matthew 4:23

God's Provincial Plan — The PLAN has already been made; follow God's Healing Plan for your life. When the world was first created, the Bible records that God saw everything that He had made and indeed it was very good (Genesis 1:31). Healing and health are parts of the Plan; sicknesses and diseases are not.

Week Two

Know that God has already settled the issue of your healing in the atonement of the Blood of Jesus Christ. Take time to meditate on the Word of God—it brings healing and wholeness to spirit, soul and body.

DAY EIGHT

Meditation: Read Jeremiah 30:17; Jeremiah 33:6;
Exodus 23:25-26

God's Promise — God promises to restore health and peace to you. Walk in your complete healing. No Christian believer has to remain sick ... healing is available ... it's the believer's bread ... and the table for you is already spread.

DAY NINE

Meditation: Read Psalm 103:1-22

God's Provision — Everything you need is found in God. Meditate on the attributes of god. In addition to all that He is, He's Jehovah Rapha ... your Healer ... because healing is in the system!

DAY TEN

Meditation: Read 2 Corinthians 10:1-6

Spiritual Power — You have a spiritual weapon and you've been empowered to use it. Pull down and cast down anything in your life that is not from God. That includes sickness. Call in reinforcement if you have to (a believer/prayer warrior). There is power in agreement.

Take a moment out for a Praise Break!

DAY ELEVEN

Meditation: Read Jeremiah 8:22; Deuteronomy 7:15

A Healing Balm — Is there a balm in Gilead? The Great Physician is ready to heal you of all sicknesses and diseases. He did it before and He will do it again. He's the same, yesterday, today and forever.

DAY TWELVE

Meditation: Read Matthew 19:2-26; Jeremiah 32:17

God's Ability — Have confidence in God's ability to do what seems impossible. Nothing with God is impossible. With God, all things are possible. The issue is, can you and do you trust Him and His ability?

DAY THIRTEEN

Meditation: Read Galatians 3:13-14

God's Adoption — We have been redeemed from the bondage of sickness and diseases. We are Abraham's seed and heirs to the promises of God, which includes healing. We have an inheritance ... and it includes healing for your soul, mind and body.

DAY FOURTEEN

Meditation: Read Matthew 4:23; Matthew 8:17

Acceptance and Praise — There is no sickness or disease outside of God's power to heal. This is your day to accept your complete healing. Never mind if you still have symptoms. You must believe that God has healed you of your illness; so go ahead and give Him thanks!



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