

DECEMBER

12 DAY DANIEL FAST GUIDE & PRAYER JOURNAL



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INTRODUCTION

Congratulations, You have made a commitment to participate in the GLCFI Daniel Fast. This 12-day fast will begin and end at 6 AM on the appointed dates in December.

Corporate prayer will be held at our regularly scheduled times in the mornings at 6am and 7pm everyday.

The Daniel fast is a great model to follow and is one of the most common types of fasts. It proves to be extremely effective for spiritual focus, discipline and purification for the body and soul. In the book of Daniel, we find that Daniel fasted two different times (Daniel 1 and 10). Daniel 1 states that he ate vegetables and water, and in Daniel 10, he ate no rich or choice foods, including meat or wine.

The menu for the Daniel Fast includes fruits and vegetables. Some starchy foods and dairy can be substituted (this depends on the individual and his or her convictions). We encourage you to seek the Lord's guidance and follow the leading of the Holy Spirit.

Please visit: www.daniel-fast.com, for additional Daniel Fast resources.

In addition, you may consider ways to pray with others during this season. JOIN THE ZOOM PRAYERS MORNING AND EVENING. Let's pray together as a family on the prayer line, let's earnestly seek the face of God with great expectation as we wait for his revelation and instruction through these 12 days of fasting and prayer.

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” - Jeremiah 33:3 (NIV)

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Greetings Beloved,

We are excited that you have decided to join us in our 12-day Daniel Fast. The Lord Jesus Christ emphasizes in several locations throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but when you fast (Matthew 6:16-18 & 9:14-15)!

The scriptures record many instances where people fasted; and a season of growth and spiritual blessings always followed. As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity and focus will sharpen. We are excited to see what God will do in you and through you; as well as our corporate body.

Over the next 12 days, we will come together as a church family to seek God and prepare ourselves for what He has in store for us this year! Please note, if you happen to fail, don't be discouraged or feel condemned. Get back on track and keep going – remember, His mercies are new every morning. He will give you grace and strength to keep moving, so don't quit!

Please take the time to read this booklet for additional Daniel Fast information.

We look forward to God meeting us together as we journey to another level in Him.

Princess Glory

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Prayer and Fasting 101:

Fasting without prayer is a diet and does not manifest any supernatural benefits. We must fast and pray!

Why Pray?

Prayer is a two-way medium for communicating with God. Prayer is not just talking to God but it is also listening to hear what He has to say. Our primary goal in prayer should be to know Jesus and to experience Him. When you pray, surrender totally to Him and tell Him about your desire to glorify Him.

Focus on who He is, His character, love, goodness, and greatness. Make a commitment to communicate with God DAILY by scheduling time to spend with Him. If you don't plan to pray, you won't. Find worship music to listen to – this will help set an atmosphere for entering into the presence of the Lord. Jeremiah 33:3 NIV, "Call to me and I will answer you and tell you great and unsearchable things you do not know."

Why Fast?

The purpose and goal of fasting is to strengthen you spiritually, mentally and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith.

Fasting will help you increase your ability to deny the flesh. Over the next 21 days, be diligent in your study and meditation of God's Word.

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Our objective is to focus our attention on seeking God's direction for our lives. Through fasting and prayer, the Holy Spirit can transform your life!

Preparing to Fast

Isaiah 58:3-6 NIV, "Why have we fasted," they say, "and you have not seen it? Why have we humbled ourselves, and you have not noticed?" "Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarrelling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Before you begin a fast, it is important that you prepare yourself. Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not attempt to fast without (specific) physical preparation. If you take prescription medication or have a chronic condition, please consult your physician first. Before the fast begins, prepare your body by eating smaller meals. Avoid high-fat and sugary foods. Eat raw fruits and vegetables two days prior to starting the fast. Depending upon the type of fast you choose, you may even need to gather a few recipes for meal preparation.

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Remember when Jesus went on His 40-day fast? He went by Himself out into the wilderness. Consequently, you too may need to modify your daily habits or routines. Many people are able to fast and function fine without much fatigue; bless God if this is you.

However, if not, exercise wisdom during this 21-day period and make adjustments as necessary.

Throughout your fast, you may feel somewhat weaker than normal; especially during the first few days. In fact, you may feel very tired, irritable or fatigued. To maintain your health and morale, it would be a good idea to lighten your workload and cut down on strenuous exercise.

Here are some steps you should take to ensure your fast is effective.

Step 1: Why Are You Fasting?

What is the purpose of your fast? What are expecting God to do during this fast? Is it for spiritual direction? Healing? Discipline? Ask the Holy Spirit to lead you as you determine your personal reason for fasting. We are all at different places in our walk with God, so start where you are! We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God. “Moreover, when we fast, be not, as the hypocrites, of a sad countenance: For they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward.” (Matthew 6:16).

Step 2: Make Your Commitment

Make your commitment to the Lord after giving consideration and thought to a few key areas such as:

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- Corporately, we are encouraging our members to do the Daniel Fast together; however, if you have any condition that prohibits you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, technology, etc.) and fast in that manner for the next 21 days. Parents consider this option for your children. Remember, the details are not as important as the attitude from which you participate.
- What changes will you need to make to your daily schedule? I.E. a modification to your exercise routines, sporting events, etc. When fasting, your energy levels will be different, so you may need to adjust your schedule during the fast.
- How much time do I need to devote to prayer and study of God's Word? Set a start and end time for prayer, reading, meditating and studying the Word.

Step 3: Prepare Yourself Spiritually

Spiritual preparation is essential for a successful fast. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Begin to prepare yourself spiritually by meditating on the following in your heart:

- Remember that God is your Father. He loves you and is for you.
- Confess every sin that the Holy Spirit brings 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 1:25, Luke 11:4, Luke 17: 3-4).

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- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 1:25, Luke 11:4, Luke 17: 3-4).
- Ask God to fill you with His Holy Spirit according to His Word in Ephesians 5:18 and His promise in John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to blend in with the world (Romans 12:1-2).
- Meditate on the Word of God particularly concerning the character of God, His love, sovereignty, power, wisdom, faithfulness, grace and compassion (Psalm 48:9-10, Psalm 103:1-8, Psalm 103:11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Be prepared for spiritual opposition, the enemy will come to attack and test your commitment (Galatians 5:16-17)

This fast is intentionally designed to be flexible so that you can participate at any level. Whether you have done a season of prayer and fasting before or this is your first time, you can start where you are and experience what God has in store for you in a powerful way. It is important to choose a fasting plan that works for you. There is nothing more inherently spiritual about one type of fast as opposed to another.

As a church, we are choosing to do the Daniel Fast; however, we realize that modifications may need to be made in order for you to participate in a safe and healthy way. There is no shame or guilt in having to modify the fast according to your physical limitations.

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Do not let what you eat or do not eat become the focus of your fast. Remember, the goal of fasting is not just to do without food.

The goal is to draw nearer to God. This is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God. Your personal fast should present a level of challenge to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Take it one step at a time and determine what each day and week will look like. We suggest keeping your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation. If you mess up, don't get discouraged! Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish and He will give you the grace and strength to do it. Lastly, do not fast alone!

How do you Start your fast?

1. Pick your fast

- Full Fast: Drink liquids only. Please consult your doctor first.
- Daniel Fast: Eat only vegetables, fruit, water and juice (minimal amount of carbohydrates).
- Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food.
- All-day Food Fast: Abstaining from food one day or multiple days per week.

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- Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

2. Set goals & write them down

Begin with clear personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting?

Do you need direction, healing, restoration of your marriage or resolution of family issues? Are you facing difficulties?

Pray and ask the Holy Spirit for guidance.

Write these requests in a journal or a notebook or create a digital journal using your favourite notetaking program or app. Keeping a journal throughout your fast is a great way to track and remember all God does during your fast.

3. Feast on the word of God

Fasting is ultimately an expression of humility and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer,

spending large amounts of time feeding on the Word of God and spiritual listening. You can use the recommended readings in this guide or continue your normal Bible reading program.

4. Open your life before God

One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from wilful self-dependency.

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The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavours as well as for yourself.

5. Expect God to move

Enter your fast by faith. The Word of God says, “And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him” (Hebrews 11:6). Spiritual fasting is a supernatural endeavour that has shaped and transformed God’s people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, “Increase our faith!” (Luke 17:5).

CREATING A LIFESTYLE OF PRAYER DURING A FAST

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. MARK 1:35

Prayer is most effective when it isn’t something we do every now and then, but when it’s a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

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HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn’t always have to look the same; it just helps when we have a plan for connecting regularly with God.

VISIT GLCFI.ORG WEBSITE for extra prayers during the fast. Follow the bible reading information in this booklet.

TIME TO BREAK YOUR FAST DAILY

While most opt to participate in their fasts around the clock, others who are new to fasting—or that have other limitations may decide to have a different schedule that works best for them.

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Some options for fasting times follow.

Fasting times – 6am- 12pm, 6am to 1pm, 6am to 2pm, 6am to 3pm, 6am to 4pm, 6am to 5pm

- **Half-Day Fast** – From 6am to 3PM
- **Full-Day Fast** – 6am to 6pm
- **Total Fast** –12 days of water fast with no breaking

Daniel Fast

The Daniel Fast is an opportunity for us to draw closer to God through fervent, focused prayer. It involves a 12-days commitment to a partial fast, which means restricting commonly enjoyed foods as an act of worship and consecration to the Lord.

The Daniels Fast comes from Daniel 10:2-3 – “At that time, I Daniel, mourned for three weeks, I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” The Daniel Fast, specifically, is feasible for people with varying levels of fasting experience as it is a partial fast.

The intention of the modern-day Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel’s passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

What to eat on the Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat.

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**Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.*

Foods to Eat:

- **Whole Grains:** Brown Rice, Oats, Barley
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Chickpeas
- **Fruit:** Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams, Zucchini
- Seeds, Nuts, Sprouts
- Liquids: Water, Herbal Tea, Natural Fruit Juice (no added sugar)

Foods to Avoid:

- Meat, Poultry, Fish
- White Rice, Fried Foods
- Carbonated Beverages
- Foods containing preservatives or additives

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- Refined sugar or sugar substitutes
- White flour, White Bread
- Margarine, shortening, high fat products
- All breads
- Dairy (milk, butter, cheese, yogurt, etc.)
- Junk foods
- Sweets

Fasting While Nursing or Pregnant

If you are pregnant or nursing but would like to participate in the 12-day fast, here are some options you may want to consider. First, obtain the approval of your doctor. Then consider the following:

- A modified Daniel Fast including whole grain, legumes, whey protein, calcium and other iron supplements
- Fasting from sweets and desserts
- Fasting from red meat
- Fasting certain pleasurable activities (television shows, movies, social media, videogames, etc.)

You can still participate in the fast without causing harm or injury to yourself or your baby; as your first priority is the health and development of your baby.

Ending your Fast

The way you end your fast is extremely important to your physical and spiritual well-being. When the fast is over, gradually resume your previous diet.

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A greasy cheeseburger for example would not be the best food selection. Your digestive track has slowed down tremendously and heavy, fatty, sugary foods will cause nausea, pain and overall discomfort. Here are some tips to help end the fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Raw salad
 - Second day: Baked or broiled potato, no butter or seasoning
 - Third day: Steamed vegetables

An important ingredient in this fast is – Studying God's Word

It is important that we spend time studying God's Word. The Bible is the inspired Word of God.

It is important to mediate, memorize and apply the Word on an everyday basis.

Why study God's Word?

- Because the Word when spoken has the power to destroy the enemy (Matthew 4:1-11).
- Because the Word when applied will keep us from sin (Psalm 119:11).
- Because the Word when practiced will guide and instruct us in the ways of God (Psalm 119:105).

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- Because the Word when received in our hearts will help us develop knowledge and understanding of God's character (Timothy 2:15).
- Because the Word when obeyed will disciple us in the Lord's principles, so we begin to look more and more like Jesus (2 Timothy 3:16-17).
- Because the Word when meditated upon will cause us to prosper and have good success (Joshua 1:18)

Comfort Fast

Fasting from comfort items is a great option if fasting is a new experience for you or if you have any health limitations regarding food-based fasts. If you feel led to participate in this way, here are some ideas of things you can fast from:

- Electronic Entertainment
- TV Shows, Movies, Netflix, Hulu, Video Games, etc.
- Social Networking Apps or Sites: Facebook, Twitter, Instagram, Pinterest, Blogs, etc.

MY 12-DAY FASTING COMMITMENT

This year, I commit to participate in the GLCFI Daniel Fast.

My purpose for fasting is:

Specific things I am praying and believing God for during this fast:

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Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."

2. My accountability partner for this fast is:

3. I will set aside time every morning from ____am to ____am to praise God, read my Word and spend time in prayer.

4. I will set aside time every evening from ____pm to ____pm to praise God, read my Word and spend time in prayer.

5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

6. I Commit to sow a Sacrificial seed at the end of the fast.

7. I commit to Limit TV, Negative influences from TV, Music and people.

8. I commit to Attend all prayer meeting of the fellowship during the fast.

9. I commit to Fast for 12 days in the eyes of God and Man

"So we fasted and petitioned our God about this, and he answered our prayers." (Ezra 8:23).

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I believe God is the only one who can answer my prayer, and that fasting will draw me closer to Him. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: _____ Date: _____

What is Fasting?

Biblical fasting can be defined as abstaining from food for spiritual purposes. Simply going without food because it is not available or for medical reasons is not biblical fasting. There must be a spiritual motivation to qualify a fast as biblical.

In his book “A Hunger for God,” John Piper writes, “Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away.

There are many references to fasting listed in Scripture, but here are just a few:

Jesus fasted to acknowledge His dependence and to gain spiritual strength through reliance on the Holy Spirit and God’s Word. He did this before He began His public ministry (Luke 4:1-2).

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Nehemiah fasted for confession, repentance and favour in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).

David fasted and humbled himself, asking God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17-23, he fasted for healing and miraculous intervention.

Mordecai and the Jews fasted upon hearing the news of Haman's wicked plot for their extermination (Esther 4:3).

The early church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance and confirmation during the appointment of elders (Acts 13:2, 14:23).

Jesus expected His disciples to fast, but He did not command it (Matthew 6:16)

WHO IS THE HOLY SPIRIT

When Christians talk about God coming to live in their hearts, it's the Holy Spirit they are describing. The Bible describes the Spirit as the "breath" of God.

Again Jesus said, "Peace be with you! As the Father has sent Me, I am sending you." And with that He breathed on them and said, "Receive the Holy Spirit."

(John 20:21-22)

So just as you need oxygen to live in your human body, if you trust in Christ, you are born again in a spiritual sense and the Holy Spirit becomes the source of new life God places within you.

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You no longer just relate to God as a higher power outside of yourself. God transforms you from within so that you become more like Jesus.

The Holy Spirit is the presence of God in the life of a believer. But this does not mean God separates Himself into three separate parts. God is three distinct persons who somehow are one in substance. God is unique in this way, so it's not surprising that it takes some work to come to terms with this truth.

The Bible helps us to break down the mysteries of the Holy Spirit into ideas we can grasp.

The Holy Spirit is a person

Often, people describe the Holy Spirit as a presence or an "it." But the Holy Spirit is a person, not a thing. The Holy Spirit is God. The Holy Spirit has thoughts and a will.

The Holy Spirit can be grieved and even insulted. But He can also be pleased as we rely on Him to give us the strength to live in a way that's consistent with God's plan for us.

Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. (Galatians 6:8, New Living Translation)

The following verses from the Bible help us see the truth about the individual nature of the Holy Spirit:

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- “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” (2 Corinthians 3:17)
- “‘What no eye has seen, what no ear has heard, and what no human mind has conceived’ — the things God has prepared for those who love Him — these are the things God has revealed to us by His Spirit. The Spirit searches all things, even the deep things of God. For who knows a person’s thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, that we may understand what God has freely given us” (1 Corinthians 2:9-12).
- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” (1 Corinthians 6:19-20)
- “And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption” (Ephesians 4:30).
- “And I will ask the Father, and He will give you another advocate to help you and be with you forever.” (John 14:16)
- “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” (Romans 5:5)
- “Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?” (1 Corinthians 3:16)

The Holy Spirit thinks about believers in Christ and responds to them.

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When you pray or read the Bible and sense God speaking to you through that, that is an example of the Holy Spirit at work in your life.

The more you let this sink in, the easier it will be to give the Holy Spirit the place of authority He deserves in your life.

The Holy Spirit is God Himself

The Holy Spirit is an equal among and a true member of what is known as “the Godhead.” That’s just another way of describing the three-in-oneness of God.

The Godhead is made up of three equal persons living in perfect unity with each other. Believing this is vital to understanding the powerful role the Spirit plays in the lives of Christians and the way God is active in the world.

The Bible verses in this section show that the Holy Spirit is God. They describe Jesus, the Father and the Holy Spirit interacting and existing in community with one another.

- “In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters” (Genesis 1:1-2).
- “At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, He saw heaven being torn open and the Spirit descending on Him like a dove. And a voice came from heaven: “You are My Son, whom I love; with You I am well pleased” (Mark 1:9-12).

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- “God, who knows the heart, showed that He accepted them by giving the Holy Spirit to them, just as He did to us” (Acts 15:8).
- “May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all” (2 Corinthians 13:14).
- “God has raised this Jesus to life, and we are all witnesses of it. Exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear” (Acts 2:33).

The Bible teaches that the Holy Spirit is God. If you are a follower of Jesus, these verses prompt you to thank God for giving you His Spirit and help you see the Holy Spirit as worthy of your honour and love.

What Does the Holy Spirit Do?

The Holy Spirit has many different roles. But the first thing to understand is that the Holy Spirit is given to people who believe in Jesus to bind them together with God and help them become more like Him. For Christians, the experience of eternal life does not begin at death but when they trust in Jesus and God places His spirit within them.

Now it is God who makes both us and you stand firm in Christ. He anointed us, set His seal of ownership on us, and put His Spirit in our hearts as a deposit, guaranteeing what is to come. (2 Corinthians 1:21-22)

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Throughout the Bible, the Holy Spirit equips people for ministry, gives people specific insight and wisdom, teaches people how to interpret God's Word, communicates with the Father on people's behalf, and empowers Christians to live according to God's design.

Here are some Bible verses about the work of the Holy Spirit:

- **He lives within followers of Jesus and produces lasting change in their character.**

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law" (Galatians 5:22-23).

- **He teaches the truth about Jesus.**

"But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you" (John 14:26).

- **He says what the Father tells Him to say.**

"When He, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come" (John 16:13).

- **He gives believers the power to share their faith.**

"You will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" (Acts 1:8).

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- **He produces God's love in human hearts.**

"And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us" (Romans 5:5).

- **The Holy Spirit is a promise of the great things to come for those who trust God.**

"You also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in Him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession — to the praise of His glory" (Ephesians 1:13-14).

- **He gives people the skills and abilities they need to share God's love; these are sometimes called "spiritual gifts."**

"God also testified to it by signs, wonders and various miracles, and by gifts of the Holy Spirit distributed according to His will" (Hebrews 2:4).

The Holy Spirit is unique and creative. The more you learn about Him, the easier it is to recognize His presence in your life.

Where Is the Holy Spirit in the Bible?

- **The Bible begins with the Holy Spirit present at the creation of the world.**

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“In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters” (Genesis 1:1-2).

These are the very first verses of the Bible. The Spirit is present from the very beginning.

- **The Holy Spirit lived within Moses as he led the Israelites to the Promised Land.**

“Then the LORD said to Moses, ‘Gather for Me seventy men of the elders of Israel, whom you know to be the elders of the people and officers over them, and bring them to the tent of meeting, and let them take their stand with you. And I will come down and talk with you there. And I will take some of the Spirit that is on you and put it on them, and they shall bear the burden of the people with you, so that you may not bear it yourself alone’” (Numbers 11:16-17).

As the Israelites wandered in the desert for forty years, Moses did not have the capacity to care for every single Israelite. God the Father came up with a plan to take the burden of leadership off of Moses and distribute it to other Israelites. The Holy Spirit bestowed on these people God’s power to fulfill the role He had for them. As the Israelite nation moved forward, the Holy Spirit continued leading God’s people.

- **The Holy Spirit gave King David the words to say.**

“The Spirit of the LORD spoke through me; His word was on my tongue” (2 Samuel 23:2).

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King David was arguably Israel's most beloved king, but he also failed spectacularly. Just like all of us, David was far from perfect. During the first half of his reign, King David had a close relationship with God and obeyed Him. This verse is an example of the Holy Spirit empowering King David to effectively lead the Israelites. King David foreshadows Jesus, the coming perfect King who spoke and acted in the power of the Holy Spirit when He was on earth.

- **The Holy Spirit prophesied about Jesus before the Son came to earth.**

“A shoot will come up from the stump of Jesse; from His roots a Branch will bear fruit. The Spirit of the LORD will rest on Him — the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD” (Isaiah 11:1-2).

This prophecy describes Jesus as the true King of Israel and says He would be full of the Holy Spirit as He lived a life full of the Father's wisdom, clarity and knowledge.

The Old Testament was not yet finished when the book of Isaiah was written, but this prophecy shows the Holy Spirit moving history toward God coming to earth in the form of Christ.

- **Prophets in the Old Testament were filled with the Holy Spirit to speak on behalf of God.**

“The Spirit came into me and raised me to my feet, and I heard Him speaking to me. He said: ‘Son of man, I am sending you to the Israelites’” (Ezekiel 2:2-3).

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“But as for me, I am filled with power, with the Spirit of the LORD, and with justice and might, to declare to Jacob his transgression, to Israel his sin” (Micah 3:8).

Both Micah and Ezekiel were prophets who demonstrated powerfully what it looked like to have the Holy Spirit guiding them. They spoke what the Holy Spirit impressed upon them to speak and worked hard to persuade and motivate the Israelites to turn from sin and obey God.

- **John the Baptist witnessed the Spirit descending on Jesus.**

“The next day he saw Jesus coming toward him, and said, ‘Behold, the Lamb of God, who takes away the sin of the world! This is He of whom I said, “After me comes a man who ranks before me, because He was before me.” I myself did not know Him, but for this purpose I came baptizing with water, that He might be revealed to Israel.’ And John bore witness: ‘I saw the Spirit descend from heaven like a dove, and it remained on Him. I myself did not know Him, but He who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain, this is He who baptizes with the Holy Spirit’” (John 1:29-33).

This passage brings us to the New Testament and the start of Jesus’ ministry. The Holy Spirit came down from heaven and remained on Jesus for the rest of his earthly life.

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- **Jesus Himself was filled with the Holy Spirit in order to carry out His ministry.**

“The Spirit of the Lord is on Me, because He has anointed Me to proclaim good news to the poor. He has sent Me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free” (Luke 4:18).

Jesus said these words to Israelites while they were worshipping God in a synagogue. He began his ministry by telling His friends and family that the Lord’s Spirit “is on Me” for a specific purpose. Jesus spent a lot of time talking about the Holy Spirit and wanted His disciples to understand the power of the Spirit. He even told them it was “better” for them that He leave, because then the Holy Spirit would be sent to them (John 16:7).

- **The first followers of Jesus were filled with God’s Spirit to take the gospel to the known world, and so are we.**

“When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them” (Acts 2:1-4).

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This verse is vital to understanding the Holy Spirit. Before this point in history, the Holy Spirit did not indwell every follower of Christ. After Jesus died, rose again and ascended to heaven, the Holy Spirit came down and filled up every disciple and apostle of Christ to spread the gospel to the world. Now, whenever anyone puts their faith in Christ, the Holy Spirit immediately lives within them. God's people get to experience the power of the Holy Spirit like Jesus did.

- **The Holy Spirit provides believers with the strength to live the Christian life.**

“Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing” (John 15:5, NLT).

The daily experience of living life as a Christian requires qualities that only God can give. The fruit of the Spirit mentioned above are some of those qualities, but believers also need resilience and a continual thirst to know God more deeply. They need to be changed daily to become more like Jesus. God achieves this by coming to live within them, in the form of the Holy Spirit, and then cultivating those qualities from within.

The Spirit helps believers to hear God's voice, understand His Word and choose obedience over self-indulgence. In our own strength, none of this would be possible.

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- **The Bible begins and ends with the Holy Spirit.**

“I, Jesus, have sent My angel to give you this testimony for the churches. I am the Root and the Offspring of David, and the bright Morning Star.’ The Spirit and the bride say, ‘Come!’ And let the one who hears say, ‘Come!’ Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life” (Revelation 22:16-17).

What a beautiful verse from the end of the Bible. The Holy Spirit wants to give people living water. He wants to change their lives and make them new.

The Work of the Holy Spirit in the Life of the Believer

When a person gives their life to Christ, the very moment they do that, the Holy Spirit takes up residence in that person’s heart. If you are a Christian then the Holy Spirit dwells within you because if he doesn’t, you are not saved.

“You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ” ([Romans 8:9](#)).

Now that we are all on the same page (hopefully) let’s look at six important works of the Holy Spirit in your life.

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1. He Solidifies or Confirms Your Relationship

“The Spirit himself testifies with our spirit that we are God’s children” ([Romans 8:16](#)).

“And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory” ([Ephesians 1:13-14](#)).

“This is how we know that we live in him and he in us: He has given us of his Spirit” ([1 John 4:13](#)).

Why can you have confidence that you are a child of God? Why can you be sure of your eternal home in heaven? It’s because the Holy Spirit confirms it within you. The above verses tell me that you can be sure of your salvation. You don’t have to run around worrying am I saved or am I not saved. The Holy Spirit places a confirmation and check in your heart that you are a son or daughter of God, regardless of how you feel at any given moment. If you have placed your faith completely in the finished work of Jesus on the cross, then you are a child of God. The Holy Spirit will confirm that in your heart, so you never have to ask that question again.

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2. He Assists You in Prayer

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God” ([Romans 8:26-27](#)).

If you have ever been stuck in prayer, here’s good news. The Holy Spirit can help you get unstuck. The Holy Spirit will help you to pray. In fact, before you begin praying it is perfectly ok to ask God how should you pray or who you should pray for. Because the Holy Spirit knows the will of God he will help you pray in accordance with God’s will.

Why is this important? If you remember [1 John 5:14-15](#), everything you ask for that is in alignment with God’s will he will do. The Spirit of God can help your prayers line up with the will of God and God will always do what is in line with his will.

3. He Reveals to You the Truth of Scripture

But when he, the Spirit of truth, comes, he will guide you into all the truth” ([John 16:13](#)).

Do you want to revolutionize your Bible studying? One way to do that is to ask the Holy Spirit to reveal the truth of God’s word to you.

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After all he is the one who wrote it ([2 Tim. 3:16](#), [2 Peter 1:21](#)) so I think he can tell you what it means and what he meant. This doesn't mean you shouldn't use additional Bible study aids and tools to help you, I use them all the time. Just recognize you have the one who can reveal truth to you living inside you.

The way you understand Biblical truth is not by education anyway, it comes by revelation. That revelation comes from the Holy Spirit. Remember this then next time you read the Bible, not by education, but by revelation. Education can give you the facts, but revelation gives you understanding and this is what the Holy Spirit will give you.

4. He Helps You Overcome Sin

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh” ([Galatians 5:16](#)).

If you have ever struggled to overcome sin, the problem is not willpower. The problem is Spirit power. Simply put, you have been trying to do it yourself. I can assure you from years of trying and failing that your will alone is not enough. If it was we wouldn't need the Holy Spirit, but we do. That's why God sent him. As you learn to surrender more and more to the power of the Holy Spirit in your life, you will find the strength to overcome your sinful nature. There may be some other practical steps you can take and the Holy Spirit will show you what those are. Most importantly he will give you the strength to accomplish them.

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5. He Gives You Boldness to Witness

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” ([Acts 1:8](#)).

“After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly” ([Acts 4:31](#)).

One of the things the Holy Spirit will do is not only give you the boldness to witness, he can even tell you what to say. The greatest example of a person moving from fear to boldness is Peter. At the time of Jesus' crucifixion, he went from denying Christ to just a few people, to standing before thousands boldly proclaiming the gospel after the resurrection. The difference in Peter was the Holy Spirit.

Are you struggling to stand up for what you profess? Maybe you are a little nervous to reveal to people around you that you are a Christian. The answer for you my friend is the Holy Spirit. He wants to and will give you the boldness to do it. This doesn't mean you stand up on your desk at work and start preaching the gospel (that probably won't keep you employed). But it does mean you can walk with confidence and boldness, unashamed or unafraid to identify with the one in whom you believe. The Holy Spirit can give you that boldness. All you have to do is ask.

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6. He Transforms Your Character

“But the [fruit of the Spirit](#) is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law” ([Galatians 5:22-23](#)).

Ultimately the major work of the Holy Spirit is to transform your character. He wants to take your life and make it look like Christ's life. The fruit or characteristics of the Holy Spirit are clearly defined in Galatians and this is the work he wants to do in you. Imagine if every Christian had more love, joy, peace, forbearance (patience), kindness, goodness, faithfulness, gentleness, and self-control. You know who we would look like? Jesus.

God wants his character reflected in you so that you can remind people of Jesus and draw them to him. The best part is he places his Spirit in you as the one who possesses these characteristics. All you have to do is increase your cooperation with the Holy Spirit and by doing that you will increase your transformation.

You see as I said at the beginning, the work of the Holy Spirit isn't scary or even worrisome. You can embrace what he wants to do in your life. You agree with his work in your life through prayer, studying the Bible, and walking in obedience. When you do that you will see your life change. The power of God in the person of the Holy Spirit will work in you making you the person God designed you to be all along. I will leave you in the same place I started:

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“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit” ([Ephesians 5:18](#)).

70 Functions of the Holy Spirit.

1. He leads and directs.(Matthew 4:1; Mark 1:12; Luke 2:27; 4:1; Acts 8:29; Romans 8:14)
2. The Holy Spirit speaks – in, to and through.(Matthew 10:20; Acts 1:16; 2:4; 13:2; 28:25; Hebrews 3:7)
3. He gives power to cast out devils.(Matthew 12:28)
4. He releases power. (Luke 4:14)
5. The Holy Spirit anoints.(Luke 4:18; Acts 10:38)
6. The Holy Spirit “comes upon” or “falls on”. (Matthew 3:16; Mark 1:10; Luke 2:25; 3:22; 4:18; John 1:32,33; Acts 10:44; 11:15)
7. He baptizes and fills.(Matthew 3:11; Mark 1:8; Luke 1:15,41,67; 3:16, 4:1; John 1:33; Acts 1:4-5; 2:4; 4:8,31; 6:3,5; 7:55; 10:47; 11:24; 13:9,52; 1 Corinthians 12:12)
8. He gives new birth. (John 3:5,8)
9. He leads into worship. (John 4:23)
10. He flows like a river from the spirit man.(John 7:38-39)
11. He ministers truth.(John 14:17; 15:26; 16:13)
12. He dwells in people.(John 14:17; Romans 8:9,11; 1 Corinthians 3:16)
13. The Holy Spirit gives comfort, health, and strength. (John 15:26; Acts 9:31)
14. He proceeds from the Father.(John 15:26)
15. He shows us things to come.(John 16:13)

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16. He gives the gift of tongues.(Acts 2:4)
17. He releases prophecy, dreams and visions.(Acts 2:17,18; 11:28)
18. He can transport people physically. (Acts 8:39)
19. The Holy Spirit brings direction and guidance. (Mark 13:36; 13:11; Acts 10:19; 11:12; 21:11; 1 Timothy 4:1)
20. He is Holiness. (Romans 1:4)
21. He is the Spirit of life and gives life. (Romans 8:1,10)
22. The Holy Spirit invites us to walk with Him.(Romans 8:4-5)
23. He groans, prays and intercedes. (Romans 8:26-27)
24. He is a Sword. (Ephesians 6:17)
25. The Holy Spirit produces fruit in our lives. (Galatians 5:22-23; Ephesians 5:9)
26. He helps us in our weakness. (Romans 8:26)
27. He bears witness.(Acts 5:32 15:28; 20:23; Romans 8:15-16; Hebrews 10:15; 1 John 4:13; 5:6-8)
28. He is the Spirit of Adoption.(Romans 8:15)
29. He gives power to mortify the deeds of the flesh.(Romans 8:13)
30. He provides power for signs, wonders and preaching. (Acts 1:8; 1 Corinthians 2:4)
31. He ministers love. (Romans 15:30)
32. He searches the deep things of God. (1 Corinthians 2:10)
33. He quickens the mortal body. (Romans 8:13)
34. He brings revelation.(Luke 2:25; 1 Corinthians 2:10,12; Ephesians 1:17-19; 3:5)
35. The Holy Spirit reveals to us what has been given by God.(1 Corinthians 2:12)

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36. He washes, sanctifies, purifies and justifies.(Romans 15;16, 1 Corinthians 6:11; 2 Thessalonians 2:13; 1 Timothy 3:16; 1 Peter 1:2,22)
37. He gives gifts. (1 Corinthians 12:4-11; Hebrews 2:4)
38. He seals us.(2 Corinthians 1:22; Ephesians 4:30)
39. He is liberty.(2 Corinthians 3:17)
40. He changes us into the image of Christ.(2 Corinthians 3:17)
41. He is the promise of the blessing of Abraham.(Galatians 3:14)
42. He releases a cry to the Father.(Galatians 4:6)
43. He gives access to the Father. (Ephesians 2:18)
44. The Holy Spirit builds us together for a house for God. (Ephesians 2:22)
45. He strengthens us with might.(Ephesians 3:16)
46. He is unity. (Ephesians 4:3-4)
47. He is wine. (Ephesians 5:18)
48. He supplies. (Philippians 1:19)
49. He is fellowship. (2 Corinthians 13;14; Philippians 2:1)
50. He is grace. (Hebrews 10:29)
51. He is glory. (1 Peter 4:14)
52. The Holy Spirit speaks to the churches.(Revelation 2:11,17,29; 3:6,13,22)
53. He calls for the Bridegroom. (Revelation 22:17)
54. The Holy Spirit has the power of conception and anointing for God's purposes. (Matthew 1:18,20; Luke 1:35)
55. He teaches. (Luke 12:12; John 14:26; 1 Corinthians 2:13; 1 John 2:27)

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56. He gives commandments. (Acts 1:2)
57. He provides power to be a witness. (Acts 1:8)
58. He provides boldness. (Acts 4:31)
59. He give sight. (Acts 9:17)
60. He commissions. (Acts 13:4)
61. He restrains. (Acts 16:6)
62. He appoints ministries and gives them authority. (Acts 20:28)
63. He releases love. (Romans 5:5)
64. He is righteousness, peace and joy. (Romans 14:17; 15:13; 1 Thessalonians 1:6)
65. He confesses Christ's Lordship. (1 Corinthians 12:3)
66. The Holy Spirit brings the gospel. (1 Thessalonians 1:5-6)
67. He is keeping power. (2 Timothy 1:14)
68. He brings renewal. (Titus 3:5)
69. He moves on believers. (2 Peter 1:21)
70. He convicts the world. (John 16:8).

BIBLE READING FOR 12 DAYS FAST

READ THE WORD

Just like prayer and fasting, reading your Bible is about connecting to God. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As you read the Bible, you are drawing closer to God and positioning yourself to hear from Him. Choose the time when you are going to read your Bible and come prepared to hear what He wants to tell you.

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Create the time to read the word of God daily. Please read these scriptures before your morning prayers

Day 1 - 1 Corinthians 9-11

Day 2 - 1 Corinthians 12-14

Day 3 - 1 Corinthians 15-16

Day 4 - 2 Corinthians 1-4

Day 5 - 2 Corinthians 5-9

Day 6 - 2 Corinthians 10-13

Day 7 - Acts 20:1-3; Romans 1-3

Day 8 - Romans 4-7

Day 9 - Romans 8-10

Day 10 - Romans 11-13

Day 11 - Romans 14-16

Day 12 - Acts 20:4-38; Acts 21; Acts 22; Acts 23:1-35

BEFORE YOUR DAILY PRAYER

Before your morning and evening prayers go through the sin list before and ask God for forgiveness before your prayers

BELOW IS A PARTIAL LIST OF SINS YOU CAN ASK FOR FORGIVENESS

A Partial* List of Sins

*This list is partial because of James 4:17, which says, Therefore, to him who knows to do good and does not do it, to him it is sin.

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Addictions (drunkenness, revelries, drinking parties), Gal. 5:21; 1 Peter 4:3; 1 Cor. 5:11; 6:10

Adultery, Mark 7:21; 1 Cor. 6:9; Gal. 5:19; Ex. 20:14

Anger (outbursts of wrath), Eph. 4:26-27; Col. 3:8; Gal. 5:20; James 1:19-20, 26

Any **behavior that gives a poor witness for Christ** because by this God is blasphemed, Romans 2:17-24; 1 Tim. 6:1; Titus 2:1-5

Bitterness, Eph. 4:31; Heb. 12:15

Blasphemy (contempt for God; irreverence), Mark 7:22; Col. 3:8

Covetousness (Webster's: having an inordinate desire for wealth or possessions, or for another's possessions; greed), Mark 7:22; Luke 12:15; Rom. 1:29; 1 Cor. 5:10; 6:10; Eph. 5:3; 1 Tim. 6:6-10; James 4:1; Ex. 20:17

Dishonouring God (taking God's name in vain, not observing the Sabbath), Ex. 20:7-11; Hebrews 10:25

Dishonouring a spouse, Eph. 5:33; Col. 3:18-19; 1 Peter 3:1-7

Disobedience to God, Heb. 4:6, 11; James 1:22

Disobedience to parents, Col. 3:20; Eph. 6:1-3; Ex. 20:12

Dressing or acting provocatively, Titus 2:5, 7; Rom. 13:12-14; 1 Cor. 6:9; 1 Peter 2:11; 4:3; Gal. 5:19

Failure to give an employer good service, Eph. 6:5-8; Col. 3:22-25; 1 Tim. 6:1

Failure to treat an employee well, Eph. 6:9; 1 Tim. 6:2

Failure to obey governing authorities, (except when they dishonour God) Rom. 13:1-7; 1 Peter 2:13-17

Failure to raise children in the Lord, Eph. 6:4; Deut. 6:7

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Fear, because this is the opposite of faith, 1 John 1:18; 2 Tim. 1:7; Rom. 8:15

Fighting (contentions, dissensions, factions, strife, clamour), Gal. 5:15, 20; Eph. 4:31; James 4:1-2; Heb.12:14-15; 1 Cor. 3:3; 2 Cor. 12:20-21; Titus 3:9-10

Filthy language (coarse jesting, dirty jokes), Col. 3:8; Eph. 4:29; 5:4; James 1:26

Hatred, Gal. 5:20; Prov. 10:12, 18; Ps. 109:3, 6

Heresy (teaching false doctrine, leading others astray), Rom.16:17-18; 2 Cor.11:13-15; Gal. 5:20; 1 Tim. 4:1-3; 6:3-5; Titus 1:10-11; 2 Peter 2:1-22; 2 John 1:9; Jude

Homosexual acts, Rom. 1:24-27; 1 Cor. 6:9; Lev. 18:22

Hurting other people by teasing or verbally abusing them, or by bullying or threatening them (revilers extortioners), 1 Cor. 5:11; 6:10; 1 Peter 3:9

Hypocrisy (pretending to be what you are not), 1 Peter 2:1

Idolatry (Webster's: 1. the worship of a physical object as a god; 2. immoderate attachment or devotion to something), 1 Cor. 5:11; 6:9; 10:14-22; Rev. 9:20; Ex. 20:2-6

Jealousy (envy), Rom. 1:29; Gal. 5:21; James 3:14, 16; 1 Peter 2:1

Knowing to do good and not doing it, James 4:17

Lying (deceit; false witness), Mark 7:22; Eph. 4:25; Col. 3:9; 1 Peter 2:1; Ex. 20:16

Lewdness (indecenty), Gal. 5:19; 1 Peter 4:3

Lust, 1 John 2:16; 1 Peter 2:11

Malice, maliciousness (Webster's: ill will; intent to cause harm), Rom. 1:29; Col. 3:8; Eph. 4:31; 1 Peter 2:1; 3:9

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Occult (consulting any spirit who is not God, or not from God; examples are astrology, fortune telling, sorcery, Tarot cards, witchcraft), 1 Cor. 10:20-21; 2 Cor. 6:14-18; Gal. 5:20; Deut. 18:10-13; Lev. 19:31; Rev. 9:21

>>>Test the spirits, 1 John 4:1-3; 1 Cor. 12:3

Pornography, Gal. 5:19; Eph. 4:17-19; 1 Peter 2:11; 4:3

Prejudice in any form, James 2:1-9; Gal. 3:26-29; 1 Cor. 1:26-29

Pride, Mark 7:22; James 4:6, 10; 1 Cor. 4:6-7; Gal. 6:3

Provoking children to anger, Col. 3:21; Eph.6:4

Self-centeredness, James 3:14, 16

Selfish ambitions, Gal. 5:20; Phil. 1:16

Sexual sin (fornication, uncleanness, passion, evil desire), Mark 7:21-22; Rom. 1:29; 1 Cor. 5:10; 6:9; Gal. 5:19; Eph.5:3; Col.3:5; 1 Thess.4:3-6; 1 Peter 2:11; Rev.9:21

Slander (speaking evil of another person; judging another person, backbiting), Rom. 1:29-30; Eph.4:31; James 1:26; 3:9-10; 4:11; 1 Peter 2:1; Matt. 7:1-5; James 2:12-13

Stealing (theft), Mark 7:22; 1 Cor.6:10; Eph. 4:28; Rev. 9:21; Ex.20:15

Suppressing the truth about God, Rom. 1:18-32

Unbelief, Heb. 3:7-19; 1 John 5:10

Unforgiveness, Matt. 6:14-15; 18:33; Rom. 1:31; 12:19

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Isaiah 1:18 ..."Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool.

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Father, in the name of Jesus, forgive me all my sins and cleanse me from all unrighteousness.

When you ask for forgiveness be specific name the sin and ask forgiveness for it.

**Please pray the psalms and the Lord's
prayers before you pray your morning
prayers**

Psalm 51

- 1 Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.
- 2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.
- 3 For I acknowledge my transgressions: and my sin is ever before me.
- 4 Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.
- 5 Behold, I was shapen in iniquity; and in sin did my mother conceive me.
- 6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.

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7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

9 Hide thy face from my sins, and blot out all mine iniquities.

10 Create in me a clean heart, O God; and renew a right spirit within me.

11 Cast me not away from thy presence; and take not thy holy spirit from me.

12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

13 Then will I teach transgressors thy ways; and sinners shall be converted unto thee.

14 Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness.

15 O Lord, open thou my lips; and my mouth shall shew forth thy praise.

16 For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering.

17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.

18 Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar.

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The Lord's Prayer

Our Father, which art in heaven, Hallowed be thy Name. Thy Kingdom come.

Thy will be done in earth, As it is in heaven. Give us this day our daily bread. And forgive us our trespasses,

As we forgive them that trespass against us. And lead us not into temptation,

But deliver us from evil. For thine is the kingdom, The power, and the glory,

For ever and ever. Amen.

PSALM 23 KJV

23 The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

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Psalm 54 KJV

54 Save me, O God, by thy name, and judge me by thy strength.

2 Hear my prayer, O God; give ear to the words of my mouth.

3 For strangers are risen up against me, and oppressors seek after my soul: they have not set God before them. Selah.

4 Behold, God is mine helper: the Lord is with them that uphold my soul.

5 He shall reward evil unto mine enemies: cut them off in thy truth.

6 I will freely sacrifice unto thee: I will praise thy name, O Lord; for it is good.

7 For he hath delivered me out of all trouble: and mine eye hath seen his desire upon mine enemies.

Psalm 64

64 Hear my voice, O God, in my prayer: preserve my life from fear of the enemy.

2 Hide me from the secret counsel of the wicked; from the insurrection of the workers of iniquity:

3 Who whet their tongue like a sword, and bend their bows to shoot their arrows, even bitter words:

4 That they may shoot in secret at the perfect: suddenly do they shoot at him, and fear not.

5 They encourage themselves in an evil matter: they commune of laying snares privily; they say, Who shall see them?

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6 They search out iniquities; they accomplish a diligent search: both the inward thought of every one of them, and the heart, is deep.

7 But God shall shoot at them with an arrow; suddenly shall they be wounded.

8 So they shall make their own tongue to fall upon themselves: all that see them shall flee away.

9 And all men shall fear, and shall declare the work of God; for they shall wisely consider of his doing.

10 The righteous shall be glad in the Lord, and shall trust in him; and all the upright in heart shall glory

Psalm 70 KJV

70 Make haste, o God, to deliver me; make haste to help me, O Lord.

2 Let them be ashamed and confounded that seek after my soul: let them be turned backward, and put to confusion, that desire my hurt.

3 Let them be turned back for a reward of their shame that say, Aha, aha.

4 Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified.

5 But I am poor and needy: make haste unto me, O God: thou art my help and my deliverer; O Lord, make no tarrying.

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Psalm 91

91 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

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13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him and honour him.

16 With long life will I satisfy him and shew him my salvation.

THE ARMOR OF GOD

(EPHESIANS 6:13-17)

Father, I put on the full armor of God that you have made mine through Jesus Christ. I place this armor on myself and those for whom you have given me responsibility (mention names)

I put on the girdle of truth to protect us from all lies and errors told to us, about us, or by us to ourselves.

I put on the breastplate of righteousness to protect our hearts from sinful and evil desires. I ask that you grant us new hearts as you promise in your word, hearts of flesh upon which you write your will. Give us new holy desires and devotions.

I put on the helmet of salvation to protect our minds from twisted knowledge, wrong thinking, and unbelieving imaginations.

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I shod our feet with the gospel of peace, that we might live your word and spread your word wherever we go and in whatever we do.

I take up the shield of faith and with it extinguish every flaming dart of the evil one, darts of temptation, depression, failure, bitterness, confusion, etc.

I take up the sword of the Spirit which is the word of God, and fight everything that comes my way, For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow.

Abba Father | humbly come before thee and ask of you to cover ourselves by the the most holy and precious blood of your son Jesus from the crown of our heads to the very soles of our feet I claim total and complete protection upon myself and (mention names) In the most holy name of Jesus. Amen

PRAYERS FOR THE 12 DAYS FAST

Please start your prayers with these prayers. Use the scriptures to pray

1.Father, in the name of Jesus, forgive me all my sins and cleanse me from all unrighteousness.

1 John 1:8-9 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

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2. Father, by the Blood of Jesus, purge my conscience from all dead works, so I can serve You all the days of my life.

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 from dead works to serve the living God?

3. Father, in the name of Jesus, let the refining fire of the Holy Ghost burn off every chaff of sin in my life, thereby making my service acceptable unto God.

Malachi 3:2-3 But who may abide the day of his coming? and who shall stand when he appeareth? For he [is] like a refiner's fire, and like fullers' soap: 3 And he shall sit as a refiner and purifier of silver: and he shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the LORD an offering in righteousness.

4. Father, in the name of Jesus, cleanse me of all filthiness of the flesh and of the spirit, so I can live a sanctified life.

2 Corinthians 7:1 Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

5. Father, in the name of Jesus, restore to me the joy of salvation and renew a right spirit within me from henceforth.

Psalms 51:12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

Thank God for What He Has Done

- "Give thanks to the Lord, for he is good; his love endures forever." 1 Chronicles 16:34
- "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." Colossians 3:15
- "Devote yourselves to prayer, being watchful and thankful." Colossians 4:2
- "I always thank my God for you because of his grace given you in Christ Jesus." 1 Corinthians 1:4
- "You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God." 2 Corinthians 9:11
- "For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer." 1 Timothy 4:4-5
- "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18
- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

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- "But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the Lord.'" Jonah 2:9
- "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him." Psalm 28:7
- "Offer to God a sacrifice of thanksgiving and perform your vows to the Most High." Psalm 50:14

DAY 1 – DECEMBER 1ST

Theme - Sacrifice

Scripture: Romans 12:1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God; this is your true and proper worship.

Please set some time aside to focus on prayer, study of the word and worshipping God. We anticipate that the Holy Spirit will speak to us as a church and individually over the next 12 days through His word. We are believing that as we set time aside to pray and fast, that God will begin a process of transformation in all of us.

Prayer points:

- Thank God for His mercy and Grace toward you
- Ask the Lord to reveal to you any sin in your life that will affect your growth

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- Pray for the ability to see your sin as He sees it, be broken-hearted over your sin, repent and ask for forgiveness
- Pray that God will heal every emotional wound and break every cycle of negative behaviour
- Be willing to sacrifice attitudes and behaviour that are not productive
- Receive forgiveness from God

DAY 2 – DECEMBER 2ND

Theme - Renewal

Scripture: Psalm 51:10 Create in me a pure heart, O God and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Prayer points:

- Pray for a pure heart
- To experience the transformational power of God
- Strength and joy
- That you will have a new zeal for God to willingly serve Him and others in whatever way you can
- That God will increase spiritual hunger and holiness in your life

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DAY 3 – DECEMBER 3RD

Theme: Seek

Scripture: Matthew 7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Prayer points:

- Direction from God
- Healing of the body
- Healing of the mind
- To be spiritually grounded and mature
- To make sound, wise decisions
- To be useful in God's kingdom

DAY 4 - DECEMBER 4TH

Theme: Children & Teenagers

Scripture: Psalm 27:4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

Prayer points:

- For all children everywhere, that they will know Jesus as Lord in their youth
- Courage and boldness
- That children and teenagers will know their true identity

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- Children will be positive examples / role models
- That children and teenagers will be confident and secure
- For children who are abused in any way, that God will provide a way out and healing for them
- Salvation for our children
- Healing - physical and emotional
- Peace and joy for children struggling with anxiety or sadness
- That we will show children how valuable they are to us and to God, that we will listen to them and show them that we care
- That the children will know the truth of the gospel from a young age

DAY 5 – DECEMBER 5TH

Theme: Evangelism

Scripture: Romans 1:16 For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile.

Prayer points:

- A heart of compassion for the unsaved
- Remove fear and uncertainty when sharing the gospel
- Give wisdom and sensitivity when talking to the unsaved
- Opportunities to share Jesus Christ on a daily basis
- That the unsaved will be ready to receive the message of the cross

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

- That the seed sown will produce good fruit
- For those on the mission field away from home comforts and in challenging situations

DAY 6 – DECEMBER 6TH

Theme: National and Local Government

Scripture: 1 Timothy 2:1-4 I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth.

Prayer points:

- Pray for your MP: that they will make wise decisions for the good of their constituents and that they will be able to cope with the stresses and strains of public office
- For Christian MPs and all Christians working in parliament
- For wisdom for the Queen, the Prime Minister, and the Cabinet.
- That the UK Government would be a strong force for good in foreign policy and bring relief to those suffering throughout the world.
- For integrity, truth and compassion to be a reality in government
- That God will show mercy and justice to people under oppression of corrupt political and religious leaders

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

Day 7 – DECEMBER 7TH

Theme: Power of the Holy Ghost

Scripture Rom. 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Prayer points:

- That the supernatural works of Jesus Christ will be manifest in your life
- That those you meet, live with, work with will see the Spirit at work in your life
- You will influence others for Jesus Christ
- That you will fulfil God's calling on your life
- Pray that the Lord would revitalise each ministry leader and his/her family spiritually, physically and mentally

Day 8 – DECEMBER 8TH

Theme: Vision

Scripture: Habakkuk 2:3 For the vision is yet for an appointed time, but at the end it shall speak and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

Prayer points:

- That we will seek for God's direction individually and corporately
- For a fresh outpouring of God's Spirit on our church

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

Day 9 DECEMBER 9TH

Theme: Finance

Scripture: 2 Corinthians 9:8 And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Prayer points:

- Thank God for His daily provision
- For Freedom from debt
- Recognise that giving to the Lord is an act of worship
- That we will give generously and cheerful and obediently
- That we will look for opportunities to bless others in the area of finance

Day 10 DECEMBER 10TH

Theme: Healing & Deliverance

Scripture: Psalm 107:20 He sent out his word and healed them.

Matthew 15:30 Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others and laid them at his feet; and he healed them.

Prayer Points:

- Physical healing for those experiencing any type of illness
- Healing in the area of mental health
- Emotional healing where people have suffered hurt, pain & trauma

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

- Pray for the families of those who are sick
- Thank God for His healing power

Day 11 - DECEMBER 11TH

Theme: Healing & Deliverance

Scripture: Psalm 107:20 He sent out his word and healed them.

Matthew 15:30 Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others and laid them at his feet; and he healed them.

Prayer Points:

- Physical healing for those experiencing any type of illness
- Healing in the area of mental health
- Emotional healing where people have suffered hurt, pain & trauma
- Pray for the families of those who are sick
- Thank God for His healing power

12-DAY DANIEL FAST GUIDE & PRAYER JOURNAL

Day 12 DECEMBER 12TH

Theme: Worship with your whole heart

Scripture: Psalm 111:1 Praise the LORD! I will give thanks to the LORD with all my heart, In the company of the upright and in the assembly.

Prayer points:

Please spend today focusing on praise and worship

- Thank God for His faithfulness, that God has led us through 12 days of pray and fasting
- Thank God that He hears us when we pray and He knows our intentions and motives
- Thank God in advance from a standpoint of victory even when the answer is not what we think it should be
- Thank God for the amazing privilege we have to call on God as our Father and Lord, thanking Him for victory and triumph