

DANIEL FAST 2025

January 5 to 26



DANIEL FAST FAMILY KIT

Blessings from the Lead Pastors,
Pastor Vic and Pastor Lisa Rosario.

We are thrilled that you are joining CDA in our annual congregational fast and consecration. You are a family that makes up the CDA family church. At the start of the year we want to give God the first fruits of the year and separate ourselves from all distractions so we can hear and see God more clearly.

This fasting kit will help you walk with CDA and keep us united. Our goal is to **Reach** that place where we can line up with all the things that God wants to share with us. It starts today at home and it continues through the days and there is service the first week every day except Saturday.

Let's make every effort to go before the Lord as an individual or as a family and say "I am separating these 21 days to fast and get closer to you." I believe God will answer petitions, speak to us through His word and will fill us with power and a deeper understanding of the Holy Spirit.

Can we walk this journey together? If you are ready then let's begin by using the information in this kit to start our Congregational Fast. We love you and believe in you that you are who God is calling for such a time as this.

Let's begin.

1. WHAT IS THE DANIEL FAST?

What is the Daniel Fast? The Daniel Fast is a 21-day spiritual discipline based on the biblical example of Daniel (Daniel 1:8-14, Daniel 10:2-3). It involves abstaining from certain foods to focus on prayer, worship, and drawing closer to God.

Foods to Include:

- Fruits, vegetables, whole grains, nuts, seeds, and legumes.
- Water is the primary beverage.

Foods to Avoid:

- Meat, dairy, sweeteners, leavened bread, processed foods, and beverages other than water.

Purpose:

- To seek God's guidance, strength, and renewal.
- To grow in spiritual discipline and surrender.

Key Verse: *Daniel 1:8 (NLT)*

“But Daniel was determined not to defile himself by eating the food and wine given to them by the king.”

For more information, recipes or ideas, visit cdaorlando.org/fast



2. PRAYER PETITION CARD

Instructions: Write your specific prayer requests during the Daniel Fast. Focus on trusting God for His answers and timing.

Prayer Petitions:

1. Personal Growth: Ask for wisdom, strength, and a deeper relationship with God.
2. Family Unity: Pray for unity, love, and peace within your family.
3. Church Community: Lift up your congregation and leaders.
4. Healing and Restoration: Petition for physical, emotional, or spiritual healing.
5. Guidance and Provision: Ask for clarity in decisions and provision for needs.

Encouraging Verse: Philippians 4:6 (NLT)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.”



3. JOURNALING ENCOURAGEMENT

Daily Journaling for the Daniel Fast

Why Journal? God often speaks to us through His Word, worship songs, sermons, and the Holy Spirit. Writing down what you hear helps you reflect and remember.

What to Write:

- Daily Bible readings or devotional insights.
- Thoughts during worship.
- Key sermon points.
- Impressions or whispers from the Holy Spirit.

Encouraging Verse: *Habakkuk 2:2 (NLT)*

“Write my answer plainly on tablets, so that a runner can carry the correct message to others.”



4. SERMON TAKEAWAYS

Weekly Sermon Reflections

Instructions: Use this card to record insights from sermons. Reflect on what God is teaching you through His Word.

Day	Main Bible Verse	Supportive Verses	Reflection: What Did God Say to Me?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Encouraging Verse: *Psalm 119:105 (NLT)*

“Your word is a lamp to guide my feet and a light for my path.”

5. 21 DAY INSPIRATIONAL VERSES

Daily Devotional Verses (NLT)

Instructions: Read, meditate and journal on one verse each day. Reflect on how it speaks to your current season.

1. Isaiah 43:19 – “For I am about to do something new. See, I have already begun!”
2. Jeremiah 29:11 – “For I know the plans I have for you,” says the Lord.
3. Matthew 11:28 – “Come to me, all of you who are weary and carry heavy burdens.”
4. Philippians 4:13 – “For I can do everything through Christ.”
5. Psalm 46:10 – “Be still, and know that I am God!”
6. 2 Corinthians 5:17 – “This means that anyone who belongs to Christ has become a new person.”
7. Proverbs 3:5-6 – “Trust in the Lord with all your heart.”
8. Romans 8:28 – “And we know that God causes everything to work together for the good.”
9. Isaiah 40:31 – “But those who trust in the Lord will find new strength.”
10. Psalm 23:1 – “The Lord is my shepherd; I have all that I need.”
11. Lamentations 3:23 – “Great is his faithfulness; his mercies begin afresh each morning.”
12. John 14:27 – “I am leaving you with a gift—peace of mind and heart.”
13. Galatians 6:9 – “So let’s not get tired of doing what is good.”
14. James 1:5 – “If you need wisdom, ask our generous God.”
15. 1 Peter 5:7 – “Give all your worries and cares to God.”
16. Psalm 34:17 – “The Lord hears his people when they call to him for help.”
17. Hebrews 12:1 – “Let us run with endurance the race God has set before us.”
18. 2 Timothy 1:7 – “For God has not given us a spirit of fear.”
19. Colossians 3:2 – “Think about the things of heaven, not the things of earth.”
20. Psalm 32:8 – “I will guide you along the best pathway for your life.”
21. Revelation 21:5 – “Look, I am making everything new!”



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