WORD OF LIFE CHRISTIAN COMMUNITY CHURCH

Daniel Fast Journal

JAN 9, 2023-JAN 31,2023

WOLCCC.ORG

REIMAGINE MY LIFE IN CHRIST

(BODY, MIND, SOUL)

JANUARY 2023 - WORD OF LIFE FASTING CALENDAR

"But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him," 1 Corinthians 2:9

- **Seek Medical advice before the fast, especially if you have any existing medical concerns or conditions.**
- **Pray, Meditate and Journal on the scriptures listed for each day & join the nightly prayer Zoom call from 8:00pm-8:15pm**
- **Mark your calendar for the January 31st Consecration Revival at 7pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 INTRO: DANIEL FAST	5	6	7
GET UP & MOVE – JAN 9-JAN 15 ~ PHYSICIAL ACTIVITY ~ WALKING, JOGGING &/OR GYM						
8	9 DAY 1 – 1 CORIN. 2:9 & DANIEL CHAPTER 1	10 DAY 2 – 1 PETER 2:4-5	11 DAY 3 – DANIEL CHAPTER 2	12 DAY 4 – ROMANS 12:1	13 DAY 5 – DANIEL CHAPTER 3	14 DAY 6 – JEREMIAH 33:6
PROTECT YOUR PEACE! JAN 16 – JAN 22 ~ LIMIT SOCIAL MEDIA – ONLY WOL OR SPIRITUAL CONTENT						
15 DAY 7 – DANIEL CHAPTER 4	16 DAY 8 – ROMANS 12:2	17 DAY 9 – DANIEL CHAPTER 5	18 DAY 10 – 1 PETER 5:7	19 DAY 11 – DANIEL CHAPTER 6	20 DAY 12 – 2 CORINITHIANS 12:9	21 DAY 13 – DANIEL CHAPTER 7
SACRIFICE YOUR VICE! JAN 23 – JAN 31 ~ REPLACE YOUR NEGATIVE HABIT WITH A POSITIVE ONE						
22 DAY 14 – PHILIPPIANS 3:12-16	23 DAY 15 – DANIEL CHAPTER 8	24 DAY 16 – PROVERBS 3:7-8	25 DAY 17 – DANIEL CHAPTER 9	26 DAY 18 – JAMES 5:16	27 DAY 19– DANIEL CHAPTER 10	28 DAY 20 – HEBREWS 12:1-2
29 DAY 21 – DANIEL CHAPTER 11	30 DAY 22 – 1 TIMOTHY 1:7	31 DAY 23 – DANIEL CHAPTER 12 7PM CONSECRATION REVIVAL				

HIGHLIGHTS

- DANIEL FAST ~ JANUARY 9 – JAUNUARY 31
- RECIPE IDEAS: ULTIMATEDANIELFAST.COM
- SUGGESTED BOOK ~ 4 MIN TO HEAR GOD'S VOICE
- PACKET INCLUDES: FASTING SCHEDULE, DO'S & DON'TS, PRAYER SCHEDULE (ZOOM), GUIDED PRAYERS, PRAYER & MEDITATION GUIDE

Zoom Information:

Topic: Nightly Fasting Prayer Call

Join Zoom Meeting
https://us02web.zoom.us/j/86230972044?pwd=UCsxRERYdlU3b0loSmZXdHlMaUZTQT09

Meeting ID: 862 3097 2044
Passcode: 639567
One tap mobile
+16694449171,,86230972044#,,,,*639567# US
+16699009128,,86230972044#,,,,*639567# US (San Jose)

Dial by your location
- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US

Meeting ID: 862 3097 2044
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Daniel Fast Food List

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

FOODS TO EAT

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS TO AVOID

Animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast. (For an explanation on why it's excluded, see #1 under "Food" on my FAQs page.)

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

Daniel Fast Daily Prayers

Jan 9, 2023

1 Daniel Chapter 1 & 2 Cor. 2:9: Heavenly Father, as we reflect on Daniel and his three friends, who refused to be brainwashed by the Babylonian culture into which they were forced, I see how Satan's plan continues to persuade us with worldly principles and ungodly practices. Protect the hearts and minds of your children. Give us courage to stand fast in the evil day, and help each one to discover Your strength is sufficient in every eventuality of life. 2 Corinthians 2:9: “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” Thank You that You are my God and may I never stray from the path of peace. This I ask in Jesus' name, AMEN.

Jan 10, 2023

1 Peter 2:4-5:
“To whom coming, as unto a living stone, disallowed indeed of men, but chosen of God, and precious,” Heavenly Father, I am amazed and deeply grateful to know that the Lord Jesus, Who is the Chief Cornerstone of the Church and the Precious Foundation Stone upon Whom my faith is founded, was chosen by You to be my Saviour. Thank You that He was willing to come to earth and be despised and rejected by men for my sake so that by faith in Him I might become a member of His Body and a living stone that is being built into a holy Temple for Your glory. Help me live my life in such a way that honours You. This I ask in Jesus' name, AMEN.

Jan 11, 2023

Daniel Chapter 2
Heavenly Father, thank You for the example of unshakable faith we see in the lives of Daniel and his three friends when faced with an impossible task. Increase my faith, I pray, and help me to follow their wise example by bringing everything to You in prayer and supplication when confronted by the difficulties and dangers of life... knowing that ALL wisdom, knowledge, power, and preeminence, belongs to You. Give me godly courage and a childlike trust in You, and I pray that I would not falter when faced with challenging circumstances but look to You alone - for You have promised to be with us in every eventuality of life and are worthy of all our praise and worship forever and ever. This I pray in Jesus' name, AMEN.
Source: https://prayer.knowing-jesus.com/Daniel/2

Jan 12, 2023

Romans 12:1
Loving Father, too often my mind is deflected from Jesus onto the things of the world, especially when times are complex, but I want to keep my mind on Christ, knowing that this is Your best will for me. I pray that I become increasingly aware of the Spirit's promptings in my life, so that day by day, my heart and mind become saturated with the lovely Lord Jesus. May His nature be reflected through my actions and attitude and may my life be transformed daily, by the renewing of my mind. Help me to prove in my life what Your will for me is, and may I do only those things that are good, acceptable, and perfect in Your sight - for Your praise and glory, and for the benefit of others. This I ask in the matchless name of Jesus, AMEN.
Source: https://prayer.knowing-jesus.com/Romans/12/2

Jan 13, 2023

Daniel 3
Heavenly Father, I pray that in the difficulties and dangers that cross my path, I will stand firm in the faith and maintain my trust and my hope in You. Thank You for the example of Daniel, who honored You no matter what challenges he faced. Give me courage in the face of danger, wisdom when confronted by godless men, and hope in Your eternal Word of truth. Thank You for my great salvation, and for the knowledge that Christ has already gained victory over this world's system. Thank You, that Jesus is coming back to crush the kingdoms of this world and set up His eternal rule of righteousness. Praise Your holy name, AMEN.
Source: https://prayer.knowing-jesus.com/Daniel/3/1

Daniel Fast Daily Prayers

Jan 14, 2023

Jeremiah 33:6
Heavenly Father, Thank You for today's promise. I surrender my life to You. I humbly ask that You take away my sinful nature and cleanse me with the blood of Jesus. Lord, give me Your peace and perfect health. In Jesus' name, I pray, Amen.

Jan 15, 2023

Daniel 4
Heavenly Father, thank You for the amazing book of Daniel and the lessons I can learn of the dangers of human pride, the folly of a double-minded man, and that wisdom and understanding comes from You alone. Thank You for the reassuring knowledge that You are in control of every area of my life. I can truly confess with my whole heart, through the words that Nebuchadnezzar proclaimed, "how great are Your signs and how mighty are Your wonders! Your kingdom is an everlasting kingdom, and You dominion is from generation to generation." Thank You that You are my God and my Saviour, for in You I have placed my trust. Praise Your holy name, AMEN.
Source: https://prayer.knowing-jesus.com/Daniel/4 li

Jan 16, 2023

Romans 12:2
And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. – Romans 12:2 [NKJV]. Holy Father, I pray to ask for transformation. Transform my mind, show me your will, and change my ways so I can obey. I pray for a renewal of wisdom so I can make better choices. Give me the influence with others so I can show them your love. In Jesus' name, I pray, amen.

Jan 17, 2023

Daniel 5
Father, Today we ask for Your help to walk humbly with our brothers and sisters. It is all too easy for us to fall prey to our flesh and to walk in arrogance, but pride causes division and we desire peace. Lord, help us to humble ourselves in order that we do not let the lies of the enemy overtake us, rather, help us to count ourselves as equals with one another. It is then that we will stop attempting to be better than others, and we can love their hearts for the unique person You made them to be. Help us to value one another in this humble spirit so that we may live to the fullest. In Jesus name, Amen

Jan 18, 2023

1 Peter 5:7
Heavenly Father, Help us, God, to overcome anxiety and worry and fear in us. Help us to overcome all these things through trust in you, through confidence in you and your care for us. We praise you for your love for us. We praise you for your provision for us. And we praise you for your promises to us. We praise you for your power over all things. None of these things that we are anxious about are too big for you. You are sufficient, God, for everything we need, so we trust in your care. And help us as we are tempted to be anxious, as we are tempted to be worried, God help us just to immediately cast these things upon you and know, and believe, and trust that you care for us, and you will lead us, and you will provide us, and you will provide for us, and you will take care of us. All our trust is in you. We cast our anxieties upon you. We trust, Oh God, you the God of the universe, you care for us. So we praise you for this in Jesus' name. Amen.

Daniel Fast Daily Prayers

Jan 19, 2023

Daniel 6

Many of God's children are in serious spiritual warfare because of the lions in their lives, that have vowed not to let them go. They have prayed and prayed, but it is as if the lions are relentlessly stubborn. Now the lions in our lives can represent many things, both internal and external but hear the good news, in the book of psalm 37:17 scripture says here that the "power" of the wicked shall the broken, Amen. so you don't need to panic, because of the power of the enemy, it has been ordained by Jehovah the owner of the heavens and earth, "that" it shall be broken. Father today, use the powers of these wicked lions to bring glory to your name, that you alone are God and there is nobody in the heavens and earth like you in Jesus' name, Amen.

Jan 20, 2023

2 Corinthians 12:9

Heavenly Father, thank You that Your grace is sufficient for all my needs. Help me to recognize and rejoice in the knowledge that Your power is made perfect in my own weakness. Help me to boast all the more gladly in my inabilities so that Your great ability may be manifest in my life. May everything I do be to Your praise and glory, my Lord and my God. In Jesus' name, AMEN.

Source: https://prayer.knowing-jesus.com/2-Corinthians/12/9

Jan 21, 2023

Daniel 7

Heavenly Father, how amazing and gracious that You would tell us the end from the beginning. Thank You that You loved Your fallen creation so much, that You would give Your only begotten Son to suffer so cruelly on the Cross to save humanity from their sin - such that whosoever believes on Him would not perish but receive everlasting life. Thank You that my sin was judged at the Cross. I pray that many who are blinded by Satan, the deceiving god of this age, would have their eyes open to the truth of the glorious gospel of grace, and be saved by faith. I ask this in Jesus' precious name, AMEN.

Source: https://prayer.knowing-jesus.com/Daniel/7

Jan 22 2023

Philippians 3:12-16

Our Heavenly Father, we are in awe of your love and forgiveness. We thank you for your Son Jesus. He was an example of perfection, who died for our redemption. Teach us to rely on You, to leave the past behind, and reach upward toward the goal of becoming more like Jesus. Like the magnolia blossoms are open and reaching upward toward the sun, let us be open-hearted and reach upward toward the prize God has provided through Christ Jesus. In Jesus' holy name. Amen.

Jan 23, 2023

Daniel 8

Look with pity, O heavenly Father, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us. Help us to eliminate our cruelty to these neighbors. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all. And grant that every one of us may enjoy a fair portion of the riches of this land; through Jesus Christ our Lord. Amen.

Daniel Fast Daily Prayers

Jan 24, 2023

PROVERBS 3:7-8

Often times we are faced with important decisions to make, problems that seem impossible to solve, and the need for guidance. Start by filling your mind with God's Word. Live in obedience to His principles. Pray, and cry out for the wisdom you need. Surrender your life to Him. Seek to become more sensitive to His Holy Spirit. Our Loving Heavenly Father, I cry out for more of Your wisdom. Guide me to make the right decisions. Help me to be a person who points others to Jesus through the things I do and say. Thank you for hearing and answering my prayer. Gratefully, In Jesus Loving Name I Pray, Amen."

Jan 25, 2023

Daniel 9

Heavenly Father, we praise and thank You for the wonderful example of Daniel, who was a man of prayer who knew the Scriptures, trusted Your Word, prayed into Your will, and translated the needs of his fellow men into humble confession and godly intercession. I pray that I may be one that studies to show myself approved unto God. come to a deeper understanding of Your perfect character and be guided by the Holy Spirit to pray into Your will - to Your praise and glory, in Jesus' name I pray, AMEN.
Source: https://prayer.knowing-jesus.com/Daniel/9

Jan 26, 2023

JAMES 5:16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. – James 5:16
Almighty God, I lift up in prayer the people who mean the most to me. I don't know all the needs and concerns of God, but I ask that your hand be laid on the people closest to me. I ask for healing where there's hurt. I ask for reconciliation where there is brokenness. I ask for friendship where there is loneliness. Above all, I ask for salvation where there is none. Amen.

Jan 27 2023

Daniel 10

Heavenly Father please, show your salvation here. Show your glory here. Oh God, help us to take our place daily in spiritual battle, not just for those situations, those people right around us, our own lives right around us. Yes, that end, people far from us ultimately for the spread of your gospel to all the people groups in the world where the adversary has kept this gospel from going to them. God, we enter into that battle on a daily basis. We plead we plead for your glory among all the nations. We ask for that in Jesus' name. God, we pray in light of spiritual warfare all around us, all around the world, we pray in Jesus' name. Amen.

Jan 28, 2023

HEBREWS 12:1-2

Oh Lord Jesus, we praise You for the example we have in Jesus Christ, Your Son. Thank You that we are surrounded by this body of believers and this great cloud of witnesses! Help us, Father, to lay aside everything that weighs us down, and the sin that so easily entangles us. Help us to run with perseverance the race that You've marked out for us. Strengthen us to fix our eyes on You and You alone, the author and perfecter of our faith. Thank You for hearing our prayer. In Jesus name we pray, AMEN.

Daniel Fast Daily Prayers

Jan 29, 2023

Daniel 11

Heavenly Father, thank You for the Word of God and the truth it contains. Thank You that You have told us the end from the beginning. Keep me from the deceptive lies of wicked people and help me to discern false doctrines of apostate teachers. Save Your people Israel I pray, and together with the Holy Spirit of God, may all who trust in Christ as Saviour cry out, "Maranatha! Come, Lord Jesus!" In His name, AMEN.

Source: https://prayer.knowing-jesus.com/Daniel/11

Jan 30, 2023

2 Timothy 1:7

All knowing God, I pray to ask for even a portion of your wisdom. When I normally react with fear and distress, I ask you to replace that with power, love, and a sound mind. Give me a clear mind and help me make wise decisions. Help me to react in a way that honors you, not a way that makes people doubt your power and authority. Amen.

Jan 31, 2023

Daniel 12

Jesus, I can't thank You enough for all You have done for me the last few weeks. I know it was Your strength and encouragement that helped me to press on even when I felt like giving up. Surely, Lord, there are times in my weakened condition I feel as if You may be far away but remind me that You are an ever-present help in time of need! Even when I feel like my prayer hasn't left this terra firma, may I remember the prayers You have answered in time past or help me to go the Word and be flooded with wonderful reminders of Your faithfulness! I cannot live on feelings, Lord, nor do I want to. I walk by faith, I live by faith, in You alone I trust and depend. I trust Your redemptive work in my life for You are good and want what is best for me. In Jesus' Name, Amen.

Source: https://likeabubblingbrook.com/prayers-for-the-daniel-fast/

PRAYER & MEDITATION GUIDE

BE STILL FOR 4 MIN, PRAY FOR 4 MIN, REFLECT FOR 4 MIN

WHAT I READ:

WHAT I PRAYED ABOUT:

WHAT I LISTENED TO/SANG:

WHAT GOD SAID/REVEALED:

POSITIVE SELF-TALK/REFLECTIONS

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