



21 DANIEL'S days PRAYING AND FASTING

10- 30 January 2011



INTIMACY INTERCEDE INFLUENCE





What is Daniel Fasting?

In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

Dan 10:2-3

Daniel fast is a type of fast that is done in a very specific way, during which you avoid or decide not to enjoy the food that you like, and choose simple foods instead. The purpose of this fast is to NOT do what you usually do, so that you can focus only on God and prayer.

The Bible does not give detailed explanation about the types of food that you cannot eat, but it is said that Daniel avoids the foods enjoyed by the king, and eat only vegetables and drink only water.

Purpose of 21-Day of Daniel Prayer and Fasting:

The purpose of every prayer and fasting is to grow closer and intimate with God Every time you enter a period of prayer and fasting, you will grow stronger in your spiritual life, and you'll dedicate your life more earnestly to the Lord. To obtain knowledge, understanding and wisdom, along with new dreams and visions, especially to live the years ahead. (Daniel 1: 17)



What Should We Do During Daniel Fasting

During a 21-day fasting and period time, let's give our "Tithe" of time to God every day. Every day God gives us 1,444 minutes, so our daily "Tithe" of time spent in prayer is 144 minutes (2 hours and 24 minutes).

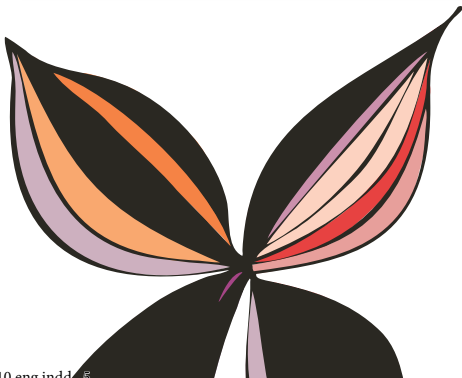
To give this "Tithe" every day in prayer may sound very difficult, or even impossible, for you. But think about several things listed below that can help you fulfill this "Tithe" of prayer time:

- **Pray when you are on the way to office, when you are cooking, shopping, etc.**
- **Use your lunch time at office for prayer, reduce the time you spend on TV and use the time for prayer instead.**
- **When you are lying down and are unable to sleep, pray until you fall asleep.**
- **Go to the church or prayer tower specifically to pray.**
- **Try to set aside some time for devotional every day, same time, same place.**
- **If you are married, set aside some time to pray with your spouse and family, if you are married**



Suggested food to be consumed in Daniel Fasting:

- Seeds
- Potato
- Nuts
- Fruits
- Vegetables
- Drink: mineral water
(suggestion to drink water min 8 glass/ day)



Food to be avoided:

- Meat and fish, anything that contain fats, processed food
 - Rice
- Dried fruits, snacks, and cookies
(food made of flour)
- Egg
- Soda drinks and alcoholic drinks
(coffee, tea, etc)





Day 01

Monday
10 January 2011

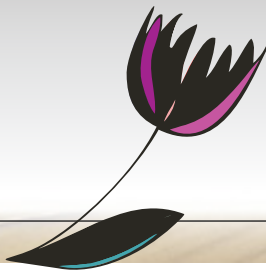
We have just passed the year 2010, and by God's wonderful grace we have entered 2011. We believe that this year would be an even more marvelous year than 2010. Do not let any failures or setbacks that we experienced in 2010 hinder us from experiencing the fullness of God's presence in 2011. Keep holding fast to your dreams and allow God to take control of every dream and every aspect of your lives. Learn from Joseph, who, when faced with so many challenges, held fast to his dreams, lived in the fear of the Lord, and kept on persevering.

Today's Scriptures:

- Psalms 1: 1-6
- 1 Chronicles 28: 20
- Psalms 119: 105-112

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 02 Tuesday 11 January 2011



Still living in the days filled with blessings, miracles, and God's provision, let's enter these new days in 2011 with a new vision, mission and hope in the Lord (Psalms 65:12). Psalms 100:4-5 says, "Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name! For the LORD is good; His steadfast love endures forever, and His faithfulness to all generations."

Today's Scriptures:

- Psalm 100: 1-5
- John 15: 7
- 1 Chronicles 16:34

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 03 Wednesday 12 January 2011

Prayer is about intimacy with our Father in Heaven, which will make us stronger in facing every challenge that we face in our lives. If we depend on our own strength, we won't be able to solve our problems. The key is how we could live in intimacy with our Father through our prayer times, holy living and obedience to His Word. Rely on God in every aspect of your life and believe that He will act.

Today's Scriptures:

- Proverbs 3: 1-5
- Joshua 1: 1-18
- Isaiah 12: 2

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 04 Thursday 13 January 2011

Maybe you are experiencing high pressure moments. Maybe you have just heard some news that disturbs your heart, and it keeps making you wonder how you should cope with all of it. Start with God, set aside some time to pray and seek Him, believe that He only is able to keep you standing and emerge as a champion in your difficult times, even in the days ahead.

Today's Scriptures:

- Psalm 46: 1-12
- Joshua 1: 1-19
- Mark 4: 35-41

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 05 Friday 14 January 2011

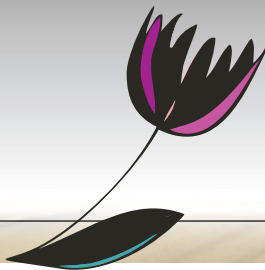
Each one of us surely desires to lead a successful life. The key to that is simple, just be a person who relies on and pleases God! David has proven this. The secret to David's success was not his courage, his war experience, intelligence, leadership ability, or financial status. Instead, the key to David's success was simply his life attitude who always depends on and pleases God.

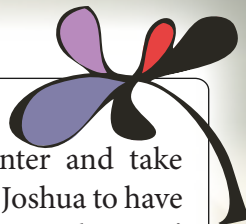
Today's Scriptures:

- 2 Samuel 8: 1-14
- Jeremiah 17: 5-8
- Matthew 7: 7-11

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 06 Saturday 15 January 2011

When Joshua was chosen by Moses to lead the Israelites to enter and take possession of Canaan, Moses reminds the young and inexperienced Joshua to have confidence and the courage to act. As a result, with God's provision and Moses' encouragement, the Israelites finally were able to take possession of Canaan.

When people around us begins to lose confidence in themselves and fail to accomplish their purpose, let us encourage each other through positive words, because positive words are like a prophetic saying about someone's future. No matter how ruined a person's past may be, or how bad his failure had been, as long as we are with God, He is able to make our future wonderful.

Today's Scriptures:

- Deuteronomy 31: 1-8
- Joshua 3: 1-17
- Psalm 136

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 07 Sunday 16 January 2011

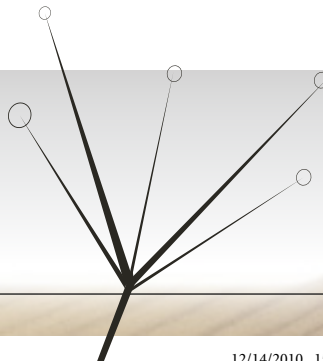
The book of Proverbs says that a wise man is someone who is not easily offended, does not exaggerate a problem, and does not keep secret vengeance or anger. Love covers all things. Love believe all things. Love hopes for all things and endures all things. Come, and let us meditate upon the work of Christ on the cross, who has redeemed and forgiven all our sins. He has forgiven us, even when we were still sinning. Christ was silent and did not open His mouth when He was being persecuted for our sins. Let us follow Christ's examples.

Today's Scriptures:

- Psalm 37
- Psalm 119: 89-104
- 1 Corinthians 13

Pray for:

- Personal needs
- Family
- Church
- Nation



Day 08 Monday 17 January 2011

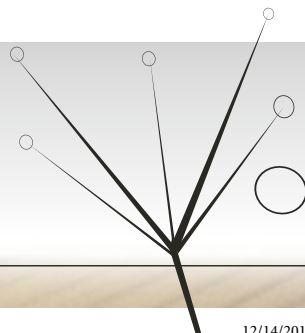
Who among us have has never heard of Daniel, a young man who refused the generous offer of King Nebuchadnezzar to supply him with everything that he would ever need. Why did Daniel emerge as a young man who dared to voice his faith before the king and the people? An excellent spirit from the Lord has given Daniel courage to voice his faith. Daniel 1:3-4 shows that Daniel is someone who is thirsty for knowledge. Many people think that they have known enough, when we should always thirst for knowledge as a newborn baby thirsts for milk (1 Pet 2:2). The excellent spirit also helps Daniel to lead a holy life, which we must learn and have in our own time.

Today's Scriptures:

- Daniel 5
- Esther 4: 1-17
- Psalm 119: 1-16

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 09 Tuesday 18 January 2011

The Bible says that the world will not get better. There will be a lot of difficulties, natural disasters, and challenging times. How should we endure when are faced with those difficulties?

1. Persevere in prayer and reading of the Word of God
2. Be faithful in little things and be fully surrendered to God.
3. Walk with God

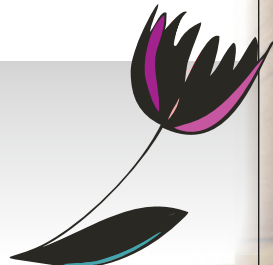
These three things will become the foundation so that we could always persevere facing the days ahead of us. When problems happen, do not run away from Christ, but keep close to Him, walk with Him, and be faithful until He Himself reveals the solution to each of our problems.

Today's Scriptures:

- John 16: 1-33
- Hebrews 12: 25-28
- John 14: 13-14

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 10

Wednesday
19 January 2011

The Lord Jesus told us the story of the good Samaritan. The Lord wants you and me to have a generous and merciful heart. So often we think too much about ourselves and do not bother to care about the problems or difficulties faced by other people. We seldom spread the love and possessions that God has given us to our surrounding. But as a person that has been redeemed by the blood of Christ, we are supposed to express and reveal the love of Christ to the people around us.

Today's Scriptures:

- Matthew 22: 27-39
- Matthew 25: 31-46
- Galatians 6: 1-10

Pray for:

- Personal needs
- Family
- Church
- Nation



Day 11

Thursday
20 January 2011

I can still clearly remember, near the end of 2010, during a service, a woman experienced a sudden heart attack, and within 15 minutes, she passed away. Let us meditate and remind ourselves that humans' lives are like dust. When God calls us back, no matter where we are, we must leave this earth. Therefore, while we are still here, let us use our time wisely. Let us live in continuous intimacy with God, loving the people around us and not forgetting to do things that have everlasting values.

Today's Scriptures:

- Psalm 90: 1-17
- Ephesians 5: 15-18
- 1 Thessalonians 5: 16-22

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 12^{Friday}


21 January 2011

Many of us too caught up with meetings, appointments, and deadlines, so that we keep GOD out of our life. Like Martha with her activities, worrying herself with her own business. Our time for working and ministry is precious, but just sit down and being quite at God's feet to build intimacy with Him, are priceless and irreplaceable, because HE is the one that will free you from your worry and life problems.

Today's Scriptures:

- Psalm 27: 1-14
- Luke 10: 38-42
- John 6: 27-29

Pray for:

- Personal needs
 - Family
 - Church
 - Nation
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Day 13

Saturday
22 January 2011

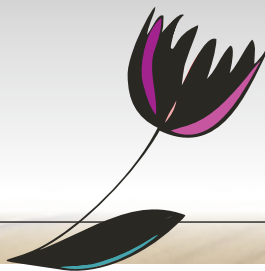
Do you understand God's heart? He long to see us, His children, to be more intimate with Him day by day. God will be glad if we just sit quietly in His presence, and bring every offerings of thanksgiving to please Him. By staying in His presence, we can feel the greatness, glory, and wonderful of God, so that He can share the secrets of The Kingdom, especially how to experience His power and might in 2011.

Today's Scriptures:

- Psalm 118: 1-29
- Jeremiah 33: 3
- John 15: 7-8

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 14

Sunday
23 January 2011



Mother Teresa is an extraordinary person. She gave all her life for the people in need, regardless of their tribe, country, nore skin colour. She serves the poor, the people with lepracy whole heartedly, and not expecting anything in return. Through her life, many people are blessed. Do we have that kind of life? Let's make her life as an example, so that many people can be blessed and God is being glorified through our life. May 2011 become our year of commitment to share love with our family and friends.

Today's Scriptures:

- Proverb 3: 1-26
- Luke 10: 25-37
- Colossians 4: 22-25

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 15

Monday
24 January 2011

God has a plan for us, and He doesn't want us to fail. That's why we need to have Intimacy and interceed to God, so that we know God's big plan, and it can be done. How can we have an intimate relationship and interceed to God:

1. Building intimacy through interceding for leaders, others and personal – 1 Tim. 2: 1-5
2. Building intimacy through meditating the word of God and the anointing of The Holy Spirit– John 7: 16-17

By doing those things, then the unlimited wisdom of God will fill the life of everybody and make an impact in our life by our words, actions, and way of life.

Today's Scriptures:

- Proverb 1: 20-33
- Psalm 63: 1-12
- 1 Timothy 2: 1-5

Pray for:

- Personal needs
- Family
- Church
- Nation



Day 16

Tuesday
25 January 2011

Once there's a woman name Hanah (the wife of Elkana) that's sterile and cannot bear a child. Hannah wanted to have a child so badly, and she knew only God can granted her wish. For years, everyday she prayed and wept without ceasing in the house of God. And finally God granted her wish to have a child. Through hours of prayer and sincerity in prayer, God answered Hannah's prayer. What about us? Have we prayed with all our heart?

Today's Scriptures:

- 1 Samuel 1: 1-28
- John 11: 24
- Matthew 6: 33

Pray for:

- Personal needs
- Family
- Church
- Nation



Day 17

Wednesday
26 January 2011

II Tes. 3:10 said: “this we commanded you, that if any would not work, neither should he eat”. So this warning is for us who’s not working, we should not eat. Learn from Ruth. Ruth was not just sitting pasively enjoying God’s provision in her life. She worked hard, and took initiative to work. Even she’s a widow, she didn’t give up on her life, she kept working to feed herself and her mother in law. How do you life your life? Are you being dilligent with what you do today?

Today’s Scriptures:

- Ruth 2: 1-7
- Genesis 39: 1-23
- Matthew 6: 19-24

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 18

Thursday
27 January 2011

A hero in Bible that can be a good example is David. Many times the Bible mentioned him as the man after God's own heart. Someone that please God, close to God. The speciality of David is written in Acts 13: 22. If we would like to have a life like David, the word of God says: Seek ye the Kingdom of God first, then everything (spirit, soul, physical, including health, wealth, blessings, and any other things) will be added into our life. How's your prayer life?

Today's Scriptures:

- Psalm 42: 1-12
- Psalm 40: 1-18
- Proverb 8: 10-22

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 19^{Friday} 28 January 2011

On the ancient days, the walls surrounding a city will determine how safe the people inside it will be. Strong walls means the people will be save. But if it's not strong, the enemy will easily attack and take over the city. God said in Ezekiel, that He's searching for people who's willing to build and defend a country, but he couldn't find one, so He destroy the city.

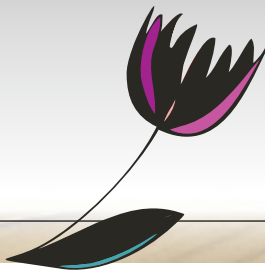
The people that He was looking for, are intercessors, that are people who's willing to stand in the gap between God and man to defend them before God. Are we ready to be the ones who build the defense wall, and bring the lost souls to know God before Him?

Today's Scriptures:

- 2 Chronicles 20: 1-37
- Isaiah 40: 29-31
- Daniel 9: 1-27

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 20 Saturday 29 January 2011



It is a reality nowadays, that many people build intimacy with God based on their needs. It's true that we need money, job, house, a spouse, food, etc. All of these are needed for us to live. But if we build the relationship with God only based on these things, then we only keep on asking these needs on our prayer, then our spirit will not grow and we cannot be really be intimate with God, because our motivation is only based on our needs. Let's change our heart... Build intimacy not because of our needs only, but because of our deep longings to see Him.

Today's Scriptures:

- Psalm 73: 1-28
- Psalm 143: 1-12
- Habakkuk 2: 1

Pray for:

- Personal needs
- Family
- Church
- Nation





Day 21

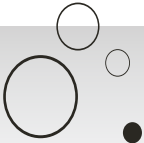
Sunday
30 January 2011

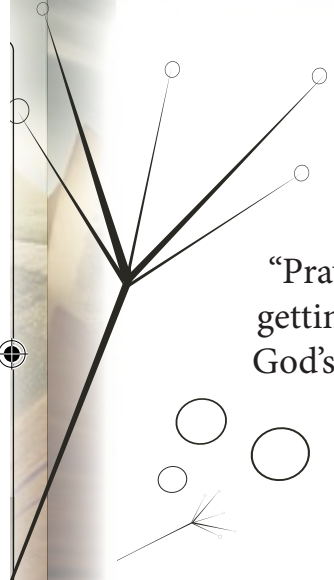
Everybody wants to influence somebody else, but the fact is not everybody can bring positive influence. As a matter of fact, many people give negative influence. As the children of God, we should give a good influence for their surroundings. Take Joseph and Isaac as example. When they were in Egypt, their presence as foreigner, brings good change and wealth to Egypt. Can we give a good impact to the place where we live?

Today's Scriptures:

- Genesis 26: 1-35
- Genesis 45: 1-8
- Matthew 21: 22

Pray for:

- Personal needs
 - Family
 - Church
 - Nation
- 



“Prayer is not getting man’s will done in heaven, but
getting God’s will done on earth. It is not overcoming
God’s reluctance but laying hold of God’s willingness.”

Richard C. Trench





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