



NEW HORIZON
BAPTIST CHURCH

DAYS

10 **PRAYER AND
FASTING**

THE 10-DAY DANIEL FAST GUIDE

A Journey of Simplicity, Surrender, and Seeking God

WHAT IS THE DANIEL FAST

The Daniel Fast is rooted in **Daniel 1** and **Daniel 10**, where Daniel chose faithfulness over comfort and devotion over indulgence. It is a **partial fast** focused on whole, plant-based foods while intentionally setting aside meats, sweets, processed foods, and distractions in order to seek God more fully.

This is not a diet.

This is discipline.

This is worship.

As your own cookbook reminds us, the goal is not perfection but **positioning your heart before God**.

FOODS GUIDELINES (SUMMARY)

FOODS TO EAT

- All fruits and vegetables
- Whole grains like brown rice, oats, quinoa
- Beans, lentils, legumes
- Nuts and seeds
- Plant-based oils in moderation
- Water as the primary beverage

FOODS TO AVOID

- Meat, dairy, eggs
- Sugar and sweeteners
- Refined or processed foods
- Leavened bread
- Coffee, alcohol, caffeinated drinks

Simple food. Serious focus.

SUGGESTED DAILY RHYTHM

- **Morning** Scripture and prayer
- **Midday** Short devotional or reflection (perfect for social media)
- **Evening** Gratitude and journaling

You're not just changing what's on your plate.
You're changing what's shaping your pace.

THE 10-DAY JOURNEY

DAY 1 – SET YOUR HEART

Scripture: 1 Chronicles 22:19

Focus: Commitment

Prayer Prompt: “Lord, I give You my whole heart. Not leftovers. Not margins.”

Meals:

Breakfast

- Baked Oatmeal

<https://ultimatedanielfast.com/baked-oatmeal>

- Apricot Nut Breakfast Bars

<https://ultimatedanielfast.com/apricot-nut-breakfast-bars>

Lunch

- Chunky Potato Soup

<https://ultimatedanielfast.com/chunky-potato-soup>

Dinner

- Garlic and Mushroom Quinoa

<https://damndelicious.net/2014/07/07/garlic-mushroom-quinoa>

DAY 2 – DEVELOP A HOLY HUNGER

Scripture: Psalm 63:1

Focus: Desire

Prayer Prompt: “God, let me want You more than what I crave.”

Meals:

Breakfast

- Berry Blast Smoothie

<https://ultimatedanielfast.com/berry-blast-smoothie>

Lunch

- Mega Greek Salad

<https://ultimatedanielfast.com/mega-greek-salad>

Dinner

- Cajun Red Beans and Brown Rice

<https://ultimatedanielfast.com/cajun-red-beans-and-rice>

DAY 3 – SEEK SILENCE

Scripture: Mark 1:35

Focus: Stillness

Prayer Prompt: “Help me hear You above the noise.”

Meals:

Breakfast

- Banana Pops

<https://ultimatedanielfast.com/banana-pops>

Lunch

- Black Bean Minestrone

<https://ultimatedanielfast.com/black-bean-minestrone>

Dinner

- Stuffed Butternut Squash

<https://ultimatedanielfast.com/stuffed-butternut-squash>

DAY 4 – STORE THE WORD

Scripture: Psalm 119:11

Focus: Scripture memory

Prayer Prompt: “Write Your Word on my heart.”

Meals:

Breakfast

- Banana Oatmeal Cookies

<https://ultimatedanielfast.com/banana-oatmeal-cookies>

Lunch

- Taco Salad

<https://ultimatedanielfast.com/taco-salad>

Dinner

- Daniel Fast Chili

<https://ultimatedanielfast.com/daniel-fast-chili>

DAY 5 – DRAW NEAR

Scripture: Psalm 73:28

Focus: Intimacy

Prayer Prompt: “I choose closeness over convenience.”

Meals:

Breakfast

- Sweet Spinach Smoothie

<https://ultimatedanielfast.com/sweet-spinach-smoothie>

Lunch

- Mediterranean Zoodles with Toasted Chickpeas

<https://downshiftology.com/recipes/mediterranean-zucchini-noodles>

Dinner

- Spaghetti Squash with Basil Walnut Cream Sauce

<https://ultimatedanielfast.com/spaghetti-squash-with-basil-walnut-cream-sauce>

DAY 6 – SEEK WITH YOUR WHOLE HEART

Scripture: Jeremiah 29:13

Focus: Intensity

Prayer Prompt: “Nothing held back. Nothing reserved.”

Meals:

Breakfast

- Apricot Nut Bars

<https://ultimatedanielfast.com/apricot-nut-breakfast-bars>

Lunch

- White Bean Kale and Vegetable Soup

<https://ultimatedanielfast.com/white-bean-kale-vegetable-soup>

Dinner

- Amaranth Pilaf

<https://www.cleaneatingmag.com/recipes/amaranth-pilaf>

DAY 7 – WAIT WELL

Scripture: Lamentations 3:25

Focus: Patience

Prayer Prompt: “Teach me to trust Your timing.”

Meals:

Breakfast

- Oatmeal with Dates and Cinnamon

<https://ultimatedanielfast.com/oatmeal>

Lunch

- Easy Beans in a Bowl

<https://ultimatedanielfast.com/easy-beans-in-a-bowl>

Dinner

- Lentil Spinach Meatballs

<https://ultimatedanielfast.com/lentil-spinach-meatballs>

DAY 8 – INTERCEDE FOR OTHERS

Scripture: 1 Timothy 2:1

Focus: Prayer for others

Prayer Prompt: “Lord, use me to stand in the gap.”

Meals:

Breakfast

- Fruit Smoothie

<https://ultimatedanielfast.com/fruit-smoothies>

Lunch

- Spinach Artichoke Dip (Daniel Fast Style)

<https://ultimatedanielfast.com/spinach-artichoke-dip>

Dinner

- Cajun Red Beans and Rice

<https://ultimatedanielfast.com/cajun-red-beans-and-rice>

DAY 9 – SPEAK LIFE

Scripture: Proverbs 12:25

Focus: Encouragement

Prayer Prompt: “Make my words healing.”

Meals:

Breakfast

- Banana Oat Cookies

<https://ultimatedanielfast.com/banana-oatmeal-cookies>

Lunch

- Vegetable Cabbage Soup

<https://www.delish.com/cooking/recipe-ideas/a19636089/vegetable-cabbage-soup>

Dinner

- Ratatouille

<https://tasty.co/recipe/ratatouille>

DAY 10 – GIVE THANKS

Scripture: Psalm 103:1

Focus: Gratitude

Prayer Prompt: “Thank You for what You’ve done and what You’re still doing.”

Meals:

Breakfast

- Berry Smoothie

<https://ultimatedanielfast.com/berry-blast-smoothie>

Lunch

- Black Bean Salad

<https://ultimatedanielfast.com/black-bean-salad>

Dinner (Celebration Meal)

- Mediterranean Zoodles

<https://ultimatedanielfast.com/mediterranean-zoodles>

- Flatbread (Daniel Fast Approved)

<https://ultimatedanielfast.com/flatbread>

FINAL PASTORAL WORD

You didn't just complete a fast.

You practiced obedience.

You chose depth over distraction.

You proved your appetite doesn't control your anointing.

"Whether you eat or drink, do it all to the glory of God" .