

The New Mount Nebo Baptist Church of Capitol Heights

# Daniel Fast

March 15– April 4, 2026



**As we deepen our relationship with the Lord, we come to Him with discipline, seeking guidance and clarity as we humble ourselves to focus on WHY we fast.**

The New Mount Nebo Baptist Church of Capitol Heights

Rev. Robert R. Johnson Jr., Pastor

Rev Robert R. Johnson Sr. Senior Pastor

7501 Walker Mill Drive

Capitol Heights Maryland, 20743

(301)- 336-5579 ~ [newmountnebo@verizon.net](mailto:newmountnebo@verizon.net)



# Table of Contents



<b>Introduction of The Daniel Fast</b>	<b>3</b>
<hr/>	
<b>Using Your Daniel Fast Journal</b>	<b>4</b>
<hr/>	
<b>Daily Scriptures</b>	<b>5</b>
<hr/>	
<b>Daniel Fast Recipes</b>	<b>14</b>
<hr/>	
<b>Daily Financial Guidance</b>	<b>17</b>
<hr/>	
<b>Daily Fitness Encouragement</b>	<b>22</b>
<hr/>	
<b>Reflections</b>	<b>6</b>
<hr/>	

# The Daniel Fast

In those days I Daniel was mounting three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10: 2-3 King James Version (KJV)

## WEEKLY PRAY AND CONFERENCE LINE

Mondays 12 pm Thursdays 7pm

Phone: (267) 807-9601

Password: 160-180-263

## The Daniel Fast at a Glance

Fruits, vegetables, whole grains, legumes, nuts, and seeds

### NO ANIMAL PRODUCTS

No meat, poultry, fish, eggs or dairy

### NO ADDED SWEETENERS

Fruit is the only source of sugar

### NO LEAVENED BREADS

No yeast, baking powder or baking soda

### REAL FOOD ONLY

No processed or refined foods, artificial flavors or chemical additives

### WATER IS PRIMARY BEVERAGE

Almond milk, coconut milk, and fresh pressed juices are acceptable

### OBSERVED FOR 3 WEEKS

Some may choose to fast for 10 Days

# Using Your Daniel Fast Journal

This Daniel Fast Journal is a great way to organize your daily activities related to the fast. As you journey ahead, you will be able to stay on track with the daily scriptures and prayers, recommended recipes and exercises, financial guidance, and writing space to journal your reflections, questions, and accomplishments. Though the church is participating in the Daniel Fast as a collective, individually spend the next 21 days aligning YOUR heart with the Will of the Lord by committing to the following:

- ◇ Commit to 15 minutes of daily devotion with God by studying His word, praying, and singing.
- ◇ Commit to attending Church School (WOW or BLAST).
- ◇ Commit to tithing.
- ◇ Commit to sharing God's word by inviting your family, friends, and co-workers to church.
- ◇ Commit to following the Daniel Fast. Increase your water intake.
- ◇ Remember to document how you feel physically, emotionally, and spiritually.

~For an added bonus in strengthening your relationship with the Lord, personal growth, and self accomplishment, consider the following:

- ◆ Avoid smoking and drinking alcohol.
- ◆ Limit television and social media time.
- ◆ Purge and/or organize clutter.
- ◆ Avoid sharing your journey of fasting for validation.
- ◆ Engage in daily exercise or some form of physical activity.

***Again, you have heard that it was said to the people long ago, "do not break your oaths you have made to the Lord.***

***Matthew 5:33***



## DANIEL FAST 2026 SCRIPTURE READINGS

**Day 1: Sunday, March 15, 2026 ~ Daniel 10:2-3**

### Preparing for Clarity

What an interesting time to begin your journey into the Daniel Fast. According to the bible, Daniel spent 21 days fasting to mourn the circumstances of Israel and to gain clarity on what the Lord had in store for its future. Fasting allowed Daniel to engage in spiritual warfare by gaining the focus to draw closer to the Lord with minimal distractions. Today, as our country is in mourning of its current state, this is your time to draw near to God. As you persevere through challenging your flesh, remember this journey will allow you to gain understanding of your purpose, become accepting of God's timing, and strengthen you spiritually. You may also experience some physical achievements. Remember to stay persistent with your fasting, prayer, and worship for your blessings are coming through God's time.

**Day 2: Monday, March 16, 2026 ~ 1 Thessalonians 5:16-18**

### Read the Word and Pray

There is power in prayer. We need it everyday...there is no occasion or situation where it is not appropriate to pray. We should not use prayer as an afterthought but as a vital part of our decision-making process. A Christian who has a consistent prayer life, is a believer who understands what a daily walk with God looks like. Prayer and the word are an unbeatable combination! Let's develop a daily habit of prioritizing the word and pray. By doing so, these elements of life will keep our hearts in tune with the One and True Master!

## Day 3: Tuesday, March 17, 2026 ~ Luke 4

### Jesus Christ is with you, Even Through Temptation

Jesus fasted for forty days. Afterwards, He was clearly stronger than ever. How is your fast strengthening you? Do you feel like you're floundering? Maybe you're not experiencing the outcomes you expected. Ask God to lead you into the same kind of preparation, power, and purpose that Jesus gained from His time of fasting. You are not alone—Jesus is with you!

## Day 4: Wednesday, March 18, 2026 ~ Mark 10:46-52

### What do you want Christ to do for you?

The story about the blind man, Bartimaeus, is told in just seven verses (46-52), yet it's packed with powerful truths we can use today. Do you have a challenge in your life that you've been struggling with for a long time? Don't lose heart but use this season to go all in with the Lord like never before! Now is your time to "shout all the more, 'Son of David, have mercy on me!'"

## Day 5: Thursday, March 19, 2026 ~ Philippians 2:12-16

### Your Attitude Determines the Outcome

Too often in life we miss out on God's blessings because our attitudes do not demonstrate His character. Do you grumble? Are you a chronic complainer? Allow God's light to shine on those areas in your life that need change in a way that looks more like Him and less like the world.

## Day 6: Friday, March 20, 2026 ~ Zechariah 7

### Sincere Fasting

Are you considering continuing your fast or maybe beginning new habits of regular fasting? If drawing closer to God is NOT your primary goal, look to the Lord to redirect your thoughts and heart. This journey should show evidence of having spent time with the Lord. Pray that you come out differently than the way you went in.

## Day 7: Saturday, March 21, 2026 ~ 2 Corinthians 10:1-13

### Take Every Thought Captive

Throughout the Daniel Fast, we will become more aware of who we are and the makeup of our being: You are spirit. You have a soul. You live in a body. In the passage above, we are reminded that our weapons and the war we fight are not of the flesh or in the physical world. Instead, they are of the Spirit and in the spiritual realm. The Word of God points us to the Kingdom of God – a reality that surrounds us and that is in us! It's a totally new way of thinking, different from the way our carnal, fleshly minds think.

## WEEK 1 Thoughts and Reflections

---

---

---

---

---

## Day 8: Sunday, March 22, 2026 ~ James 1:19-27

### Listening and Doing

We are entering week two of the fast! This passage of scripture has many convicting challenges—one being for you to match your faith with action. Don't just contemplate God's Word—do what it says. Expect that as this experience changes your mind and your heart, it will also initiate changes in your actions.

## Day 9: Monday, March 23, 2026 ~ John 3:3-17

### The Kingdom of God

The Kingdom of God is a separate place. It's an unseen reality that is under the jurisdiction of Jesus Christ the King. This Kingdom is open to all, but only accessible to those with the right credentials. So what are God's requirements? Is it money? Titles? Age? Nationality? The only criteria to enter His house is to have a genuine relationship with His Son! And that is some mighty good news!

## Day 10: Tuesday, March 24, 2026 ~ John 4:1-26

### Living Water

Water is a primary element in the Daniel fast. It is the only beverage we consume. Even when we aren't fasting, the human body depends on safe water for life. In this passage, Jesus teaches us about a different kind of water – living water from the Holy Spirit. He tells us to come to Him and drink the kind of water that will allow us to never thirst again!

## Day 11: Wednesday, March 25, 2026 ~ Psalm 27

### The Lord is my Light

During this time of fasting, it's easy to focus on pursuing things from God instead of just seeking God—to seek His hand and not His face. Know that God is capable of meeting every need and answering every prayer. But He also loves you more deeply than you can ever know. Pray today that you will seek God's face and get closer to Him than you ever have before.

## Day 12: Thursday, March 26, 2026 ~ Matthew 14:22-33

### Walk on Water

No matter how deep you are now, wade in deeper still. Don't worry about what's going to get wet. Don't stop at the point where you can keep your feet underneath you. Get swept away! What are you holding on to? What are your hesitations to living a more Spirit-led life of faith? What illusions of control are you clinging to? It's time to let go and let God! Pray today that this fast will be just the beginning of a deeper relationship with God! Pray that He will continue to beckon you to dive in and let Him take complete control of your life!

## Day 13: Friday , March 27, 2026 ~ 2 Corinthians 1:1-11

### Comforter and Keeper

Food is a source of comfort for many. Pray that the God of compassion and all comfort will become your primary source of comfort. Ask Him to use this experience to remove anything in your life that has taken the Holy Spirit's place as your Comforter.



## Day 15: Sunday, March 29, 2026 ~ Luke 22:41-42

### Relinquish Your Will

As you enter into the third week of this fast, take heed that the key to your success is to relinquish your will to the Master. No better example of what this looks like than to meditate on the actions of our Savior in the Garden of Gethsemane. Don't get discouraged as you are tested physically, emotionally and spiritually; rather, have a made up mind, to focus on a God whose love for you is unconditional! The benefits of this special time of obedience and commitment will prove to be exponential in the days...months...and years to come!

## Day 16: Monday, March 30, 2026 ~ Jeremiah 29:11-13

### God Has a Plan For You

The Lord has plans for you to prosper and have a good future. In a time of panic and chaos and even deaths around the globe, God still has a plan for your life! So how do you know what the plan is? Do you wait for the writing to appear on the wall or for a messenger to arrive at your door? Your answer lies in the quiet time you spend before the Lord submitting yourself completely to Him. Don't just trust God **in** the process, but trust **God's** process. Wait on Him to reveal Your purpose and HIS plan!

## Day 17: Tuesday, March 31, 2026 ~ Psalm 148

### Praise The Lord

If you are grateful for the way that God has ministered to you, devote yourself today to ministering to Him! Praise Him! Glorify Him! **Show** Him that you love Him! Let Him know how happy you are that you purposefully decided to make Him Lord and Ruler of your life!

## Day 18: Wednesday, April 1, 2026 ~ Daniel 3

### **But God!**

This is one of the most dazzling stories in the Bible—when facts and the truth collide. The facts were that three young men had broken the law. The punishment before them was death by the order of the most powerful man in the world, King Nebuchadnezzar. But God! We serve a God who has more power and authority than any man or creature HE created! What facts are you facing that defy God's truth? Give the Lord a chance to walk through the fire to rescue you!

## Day 19: Thursday, April 2, 2026 ~ Joshua 1:7-9

### **Be Strong and Courageous**

God is always with you. It is important for you to remember that the One who made heaven and earth sees you and He knows you. Life feels heavy at times, but by following God and His Word we can find courage and strength. Your journey with God during these 21 days should give you the same assurance as found in this passage, that “the Lord your God will be with you wherever you go (NIV).”

## Day 20: Friday, April 3, 2026 ~ Psalm 84

### **One Day in God's Courts**

Does your heart and flesh feel faint? As we are near the end point in our fast, think of the marvelous joy of spending this one day in His courts! Praise Him for the ways you are growing and seeking Him! Read this Psalm out loud today as you pray to God. Personalize it! Sing it! Shout it! Believe it!



# DANIEL FAST RECIPES

## Feeding the Soul

### John Lewis Vegan Avoxo Salad

- 1/2 Avocado, pitted, peeled, and sliced
  - 4 stalks asparagus, Woody ends trimmed
  - 1/2 Cup large broccoli florets
  - 1 teaspoon extra virgin olive oil
  - Sea Salt, ground black pepper
  - 1/4 cup chickpeas
  - 1/4 pea sprouts
  - 2 tablespoons vinaigrette
1. Preheat grill or grill pan to high
  2. Combine avocado, asparagus, and broccoli into bowl. Toss with olive oil to coat and season with salt and pepper.
  3. Carefully lay onto grill. Cook, flipping occasionally for 8-10 minutes
  4. Transfer all contents to a bowl, drizzle with vinaigrette, top with chickpeas and sprouts and ENJOY!



### John Lewis Berrylicious Smoothie

- 1 1/4 cup coconut water
- 1/2 cup frozen strawberries
- 1/3 cup frozen sliced banana
- 1/4 frozen acai puree
- 1/4 cup frozen blueberries

Blend at high speed until smooth and Enjoy!

### John Lewis Watermelon

- 2 1/2 cups chopped fresh watermelon
- 2 tablespoons fresh lime juice
- 2-3 large mint leaves
- 1/2 cup of spring water

Blend at high speed until smooth and Enjoy!

# DANIEL FAST RECIPES

## Feeding the Soul

### Crock Pot (Or Not) Vegetarian Chili

- ◆ 1(19 ounce) can black bean soup
- ◆ 1(15 ounce) can kidney beans, rinsed and drained
- ◆ 1(15 ounce) can garbanzo beans or 1 (15 ounce) can navy beans, rinsed and drained
- ◆ 1(16 ounce) can vegetarian baked beans
- ◆ 1(28 ounce) can tomato puree
- ◆ 1(28 ounce) can diced tomatoes
- ◆ 1(15 ounce) can whole kernel corn, drained
- ◆ 2 onions, chopped
- ◆ green bell pepper, chopped
- ◆ red bell pepper, chopped
- ◆ yellow bell pepper, chopped
- ◆ 6 jalapenos, chopped
- ◆ portabella mushrooms, diced (optional)
- ◆ 10 garlic cloves, chopped
- ◆ 6 -8 tablespoons chili powder (to taste)
- ◆ 1 teaspoon salt, more to taste



In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onions, bell peppers, jalapenos and mushrooms.

Add garlic, chili powder, and salt.

Cook for at least two hours on High.

*Alternatively, cook vegetables in a small amount of oil in a large pot on medium heat for 10 minutes; add all other ingredients, bring to a simmer and cook 1-2 hours until flavors have combined and vegetables are soft..*

*Makes 12 servings*

---

# DANIEL FAST RECIPES

---

## Feeding the Soul

### Crunchy Kale Chips

#### INGREDIENTS

- 6 cups kale, about 2 bunches, rinsed, with stems removed
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 2 teaspoons salt (This makes them pretty salty. You may want to reduce the amount and then sprinkle the chips with salt.)

#### \*\* Cutting the Kale

It is easier to use kitchen shears to cut the stems from the kale. Make a V-cut into the kale leaf and remove the tougher stems. It's an easy and fast method.

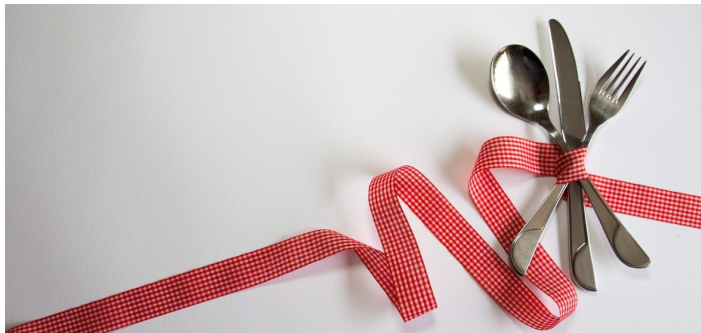
Preheat the oven to 350 degrees.

Cut the kale leaves into 2 to 3 inch pieces.

Combine the vinegar, oil and salt in a large bowl; add the kale and toss them by hand to make sure all the leaves are coated.

Place the leaves in a single layer on baking sheets (use parchment paper for easy cleanup) and bake until they are crispy, about 20 minutes. If the kale leaves are not sizzling a bit or getting a little crispy, turn up the heat to 400 degrees.

Time for baking varies depending on the size of your chips and desired crispness. The outer edge cook quicker than the pieces from near the stem.



# 21-DAY FINANCIAL FAST

## THE POWER TO PROSPER: 21 DAYS TO FINANCIAL FREEDOM

By Michelle Singletary

### **Day 1: Twenty-One Days to Financial Freedom**

*“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?”* **Isaiah 58:6 (NIV)**

21 Days to Go: **Breaking Bonds**

**Main Point:** We need to be set free from the bondage spending holds on our lives.

**My Pledge:** For the next twenty-one days, I will be on a spending diet. I will not shop for anything except necessities. I will not use my credit card. I will limit or eliminate the use of my debit card. I will use cash for purchases I make during the fast. In this way, I will strive to break the chains that keep me from achieving financial freedom.

### **Day 2: A Promise of Prosperity**

*“But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.”*

**Deuteronomy 8:18 (NIV)**

20 Days to Go: **God Will Provide**

**Main Point:** God promises prosperity.

**My Pledge:** To find the key to wealth, I have to understand that prosperity comes with conditions. I must follow God’s will and Word for my life.

### **Day 3: God’s Generosity**

*“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.”* **2 Corinthians 9:8 (NIV)**

19 Days to Go: **Cheerful Giving**

**Main Point:** To whom much is given, much is required.

**My Pledge:** I will identify someone – a friend, family member, neighbor or co-worker – who needs help either with cash (I can afford to give away) or my time. I will use God’s generosity toward me as an example of how to be generous to others. As I prosper, I will share my wealth with others.



---

# THE POWER TO PROSPER: 21 DAYS TO FINANCIAL FREEDOM

**By Michelle Singletary**

## Day 4: Tithing Today

*“Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.” Proverbs 3:9-10 (NIV)*

18 Days to Go: **First Fruits**

**Main Point:** Tithing is still applicable today.

**My Pledge:** I will commit to tithing or recommit to continue tithing.

## Day 5: The Evils of Entitlement

*“Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.” Proverbs 3:9-10 (NIV)*

17 Days to Go: **The World is Enticing**

**Main Point:** A sense of entitlement could be getting in the way of God blessing you.

**My Pledge:** Today, I’ll think about something in my life that I did or purchased that I now realize was giving in to a sense of entitlement.

## Day 6: Coveting versus Contentment

*“But godliness with contentment is great gain. <sup>7</sup> For we brought nothing into the world, and we can take nothing out of it. <sup>8</sup> But if we have food and clothing, we will be content with that.”*

**1 Timothy 6:6-8 (NIV)**

16 Days to Go: **Satisfaction Guaranteed**

**Main Point:** Be content with what you have.

**My Pledge:** Today, I promise I will not complain about anything I don’t have.

## Day 7: The Providence of Preparation

*“Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored.”*

**Proverbs 13:18 (NIV)**

15 Days to Go: **Budgeting for Life**

**Main Point:** A budget is your roadmap to prosperity.

**My Pledge:** I will be diligent and develop a budget so that every penny I earn has a purpose.

## Day 8: The Salvation of Saving

*“The plans of the diligent lead to profit as surely as haste leads to poverty.”*

**Proverbs 21:5 (NIV)**

14 Days to Go: **God’s Blueprint for Saving**

**Main Point:** There is great reward in saving.

**My Pledge:** I will commit today to set aside a percentage of every paycheck for my savings.



---

# THE POWER TO PROSPER: 21 DAYS TO FINANCIAL FREEDOM

By Michelle Singletary

## **Day 9: Diversification Delivers**

*“Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land.”*  
**Ecclesiastes 11:2 (NIV)**

13 Days to Go: **Investing for Your Future**

**Main Point:** Understand that when you invest, you put your money at risk.

**My Pledge:** I will examine my investments to make sure I’m well diversified.

## **Day 10: Matrimonial Money**

*“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”*  
**Ecclesiastes 4:9-10 (NIV)**

12 Days to Go: **It’s Not Just About You**

**Main Point:** Together as one you can become better stewards of your money.

**My Pledge:** I will work with my spouse to develop a set of rules to govern how we handle our money together.

## **Day 11: The Impact of an Inheritance**

*“A good person leaves an inheritance for their children’s children, but a sinner’s wealth is stored up for the righteous.”*  
**Proverbs 13:22 (NIV)**

11 Days to Go: **Children Live What They Learn**

**Main Point:** Train your child to be a good money manager.

**My Pledge:** I will show my child by example what it means to be a good steward over your money.

## **Day 12: The Devil Is In the Debt**

*“The rich rule over the poor, and the borrower is slave to the lender.”* **Proverbs 22:7 (NIV)**

10 Days to Go: **No Debt Is Good**

**Main Point:** Debt is dangerous.

**My Pledge:** I will complete a debt reduction worksheet.

## **Day 13: The Curse of Credit**

*“The prudent see danger and take refuge, but the simple keep going and pay the penalty.”*  
**Proverbs 22:3 (NIV)**

9 Days to Go: **Credit Crush**

**Main Point:** Credit is dangerous.

**My Pledge:** I will review my credit card statements going back at least three months and examine my spending on my credit and debit cards.



---

# THE POWER TO PROSPER: 21 DAYS TO FINANCIAL FREEDOM

**By Michelle Singletary**

## **Day 14: The Stupidity of Surety**

*“One who has no sense shakes hands in pledge and puts up security for a neighbor.”*

**Proverbs 17:18 (NIV)**

8 Days to Go: **Cosigning Blues**

**Main Point:** It is stupid to cosign.

**My Pledge:** I will not cosign with anyone other than my spouse. But if I decide to cosign for someone, I will make sure I can afford to pay the debt in full should the person default on the loan.

## **Day 15: Greed Will Not Bring Grace**

*“Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”*

**Luke 12:15 (NIV)**

7 Days to Go: **Greedily Ever After**

**Main Point:** Greed blocks your path to prosperity.

**My Pledge:** I will take an inventory of what I own so that I can guard against wanting more. I will be on the lookout for things that pull me in the direction of greed.

## **Day 16: Financial Fornication**

*“But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband.”*

**1 Corinthians 7:2 (NIV)**

6 Days to Go: **Don’t Play Banker to Your Baby**

**Main Point:** Avoid financial fornication.

**My Pledge:** I will make a list of the financial traits I want in a mate.

## **Day 17: Perpetual Peace**

*“Submit to God and be at peace with him; in this way prosperity will come to you.”*

**Job 22:21 (NIV)**

5 Days to Go: **May Peace Be With You**

**Main Point:** Trust that God will bring financial peace into your life.

**My Pledge:** I will identify at least one aspect of my finances and decide today to stop stressing about it. I will pray that God brings me peace in that area.

## **Day 18: Broken Bonds**

*“The blessing of the LORD brings wealth, without painful toil for it.”*

**Proverbs 10:22 (NIV)**

4 Days to Go: **Better Than Blessed**

**Main Point:** It’s okay to embrace your wealth.

**My Pledge:** I will stop worrying about not having enough money because God has so richly blessed me.

---

# THE POWER TO PROSPER: 21 DAYS TO FINANCIAL FREEDOM

**By Michelle Singletary**

## **Day 19: Strengthen Stewardship**

*“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?”* **Luke 16:10-11 (NIV)**

3 Days to Go: **God’s Trust Gained**

**Main Point:** The better I handle the money I have, the more I may receive.

**My Pledge:** I will sign a Quitclaim Deed acknowledging that everything I have belongs to God.

## **Day 20: Relationships Rescued**

*“but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.”* **Mark 4:19 (NIV)**

2 Days to Go: **Love Is Priceless**

**Main Point:** Taking a break from consumption can help you focus on the most important relationships in your life.

**My Pledge:** I will call a close relative or friend with whom I have exchanged gifts in the past and come up with an agreement that on the next birthday, anniversary or holiday, we will not spend money on each other but spend time with each other instead.

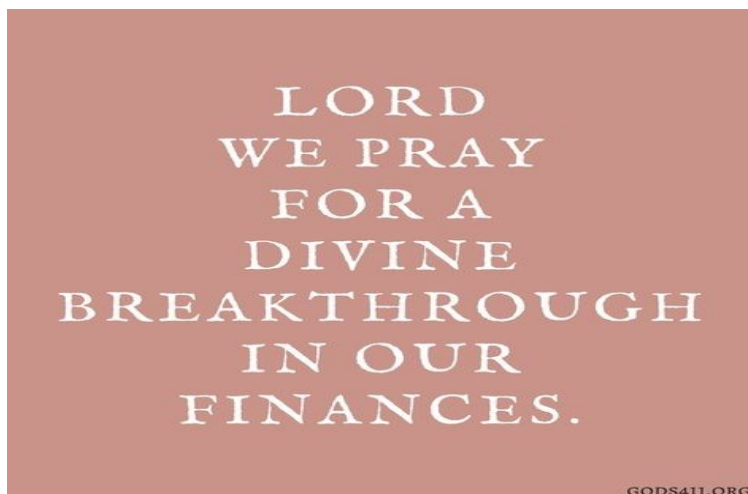
## **Day 21: Financial Freedom**

*“For where your treasure is, there your heart will be also.”* **Matthew 6:21 (NIV)**

Final Day: **Financial Faithfulness**

**Main Point:** If you really want to know what you value, look at where you spend your money.

**My Pledge:** I promise to find at least one other person to help go through the 21-day financial fast.



# YOUR BODY IS A TEMPLE

## 21 DAY FITNESS GUIDE

As you journey through your physical fitness, start off light. As you progress, push yourself each day but don't overwork your body. **Perform at your own pace.** Reflect on the scriptures of the day as you exercise and remember **fasting without prayer is nothing but a diet.** So be sure to dedicate your efforts to the Lord.

- ~ Stretch daily to improve your mobility
- ~ Cardio will strengthen the heart and lungs
- ~ Weightlifting strengthens the muscles to help prevent injuries

In addition to fasting, follow the exercises and related scriptures to add to your daily routine throughout the 21 day fast.

**Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2**

Day 1, Sunday, March 15:

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:8

- ~30-minute walk
- ~Up/ Downs (Seated/ Standing)

Day 2, Monday, March 16:

Whatever you do, work heartily, as for the Lord and not for men, Colossians 3:23

- ~30-minute walk
- ~Lifts (Thicker books can be used for light weights. Gallon jugs can be used for heavier weights.)

Day 3, Tuesday, March 17:

Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all **perseverance**, making supplication for all the saints, Ephesians 6:18

- ~Walk up and down the stairs for 5 to 10 minutes
- ~Step Ups/ Lunges

Day 4, Wednesday, March 18:

A wise man is full of strength, and a man of knowledge enhances his might, Proverbs 24:5

~30-minute walk

~Reaches/ Shoulder Press

Day 5, Thursday, March 19:

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you,  
I will uphold you with my righteous right hand. Isaiah 41:10

~Walk the stairs

~Farmers walk (carry weights for a short distance)

Day 6, Friday, March 20:

Do you not know that you are God's temple and that God's Spirit dwells in you? 1 Corinthians 3:16

~PRAISE DANCE! / Full body activity (skating, bike riding, etc.)

~Full body Stretches

Day 7, Saturday, March 21:

“Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed. Exodus 23:12

~Rest your physical body

~Exercise your spirit by spending time with the Lord

Day 8, Sunday, March 22:

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. 3 John 1:2

~30-minute walk

~Up/ Downs (Seated/ Standing)



Day 9, Monday, March 23:

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; 1 Timothy 4:7

45-minute walk/ light jog

Lifts (Thicker books can be used for light weights. Gallon jugs can be used for heavier weights.)

Day 10, Tuesday, March 24:

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 1 Peter 5:8

Walk up and down the stairs for 5 to 10 minutes

Step Ups/ Lunges with light weights

Day 11, Wednesday, March 25

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. Psalm 1:1-3

- ~30 minute walk
- ~Reaches/ Shoulder Press



Day 12, Thursday, March 26:

Therefore lift your drooping hands and strengthen your weak knees,

Hebrews 12:12

- ~Walk the stairs
- ~Farmers walk (carry weights for a short distance)

Day 13, Friday, March 27:

Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals! Psalm 150:1-6

- ~PRAISE DANCE! / Full body activity (basketball, play tag, etc.)
- ~Full body Stretches

Day 14, Saturday, March 28:

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:31

- ~Rest your physical body
- ~Exercise your mental health by journaling

Day 15, Sunday, March 29:

So whoever knows the right thing to do and fails to do it, for him it is sin. James 4:17

- ~45 minute walk
- ~Up/ Downs (Seated/ Standing with light weights)

Day 16, Monday, March 30 :

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” Deuteronomy 31:6

- ~45-minute brisk walk/ light jog
- ~Lifts (Books can be used for light weights. Gallon jugs can be used for heavier weights.)

Day 17, Tuesday, March 31:

Saying, "If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer." Exodus 15:26

~Walk up and down the stairs for 6 minutes 3 times

~Step Ups/ Lunges with light weights

Day 18, Wednesday, April 1:

The Lord is my strength and my shield; in him my heart trusts, and I am helped. My heart leaps for joy and I will give him in song. Psalms 28:7

~45 minute brisk walk/ light jog

~Reaches/ Shoulder Press

Day 19, Thursday, April 2:

Strength and dignity are her clothing, and she laughs at the time to come. Proverbs 31:25

~Walk the stairs

~Farmers walk (carry weights for a short distance)

Day 20, Friday, April 3:

You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, Psalm 30:11

~PRAISE DANCE

~Full body stretches

Day 21, Saturday, April 4

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

~Rest Day

~Exercise your faith in the Lord (watch a sunrise or sunset and/or sit by the water, meditating on the Lord's greatness.

### Daniel Fast Fitness Prayer:



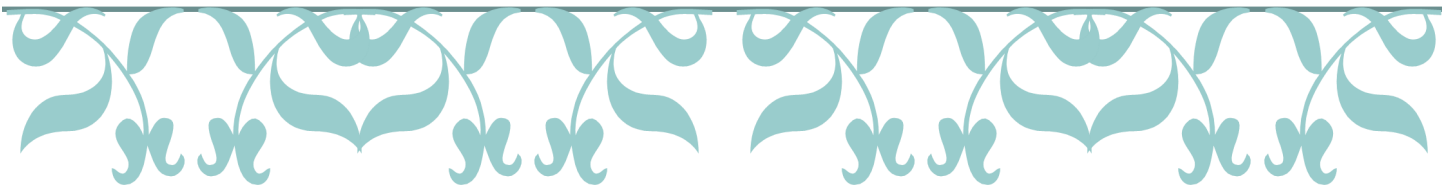
My Heavenly Father,

May this short-term journey be of **motivation** to honor you, Lord, by caring for my physical, mental, and spiritual health. May you fill me with zeal to be **disciplined** in continuing to practice these healthy habits beyond the days of the Daniel Fast. Lord, I understand my body is a temple that you have blessed me with, and I desire to maintain that blessing to honor You.

In Jesus Name, Amen



A series of horizontal lines for writing, consisting of 20 evenly spaced lines.





A series of horizontal lines for writing, consisting of 20 evenly spaced lines.

