

3-Day Daniel Fast Plan

Theme: “Less of Me, More of Thee”

PURPOSE

This 3-day fast is designed to:

- Quiet the flesh
- Sharpen spiritual sensitivity
- Practice obedience and prayer discipline
- Experience renewal without exhaustion

Participants follow **Daniel Fast food guidelines** and commit to **prayer three times daily**.

BEFORE DAY 1 (PREP – EVENING BEFORE)

Time Required: 20–30 minutes

Spiritual Preparation

- Write **one clear prayer focus** (not many)
- Ask God: “*What do You want to show or change in me?*”
- Choose **one distraction to limit** (social media, TV, complaining, etc.)

Food Preparation

- Cook **one pot of lentils or beans**
- Cook **one grain** (millet or rice)
- Chop vegetables for 3 days
- Buy fruit, nuts, herbal tea, sourdough bread

DAY 1 – CONSECRATION

Theme: Surrender & Discipline

Prayer Focus

“Lord, I set myself apart for You.”

6:00 AM – Morning Prayer

- Thank God for the opportunity to fast
- Dedicate your body and appetite to Him
- Read: *Daniel 1:8*

12:00 Noon – Midday Prayer

- Ask for strength and focus
- Pray over your single prayer request

6:00 PM – Evening Prayer

- Reflect on hunger, emotions, distractions
- Ask God what He is revealing

Meals (Simple)

- **Breakfast:** Fruit & nuts or grain porridge
- **Lunch:** Lentil soup + vegetables
- **Dinner:** Beans, greens, grain

Engagement Action

- Write 3 things you’re surrendering to God

DAY 2 – ALIGNMENT

Theme: Repentance & Listening

Prayer Focus

“Lord, search my heart and align me with You.”

6:00 AM

- Read: *Psalm 51:10*
- Pray for cleansing of thoughts, attitudes, motives

12:00 Noon

- Pause and sit in silence for 2 minutes
- Ask God: “*What are You saying to me?*”

6:00 PM

- Repent quickly where convicted
- Pray for healing and clarity

Meals

- **Breakfast:** Fruit or porridge
- **Lunch:** Beans & grain
- **Dinner:** Roasted vegetables & greens

Engagement Action

- Write one insight God gave you today

DAY 3 – COMMISSIONING

Theme: Faith, Gratitude & Obedience

Prayer Focus

“Lord, I receive Your direction and walk in it.”

6:00 AM

- Read: *Isaiah 58:6*
- Pray boldly for your request

12:00 Noon

- Thank God in advance
- Pray for other participants

6:00 PM

- Celebrate what God has shown you
- Ask for grace to continue spiritual habits

Meals

- **Breakfast:** Sourdough & avocado or fruit
- **Lunch:** Leftovers
- **Dinner:** Simple Daniel meal

Engagement Action

- Write a **next obedience step** (call, forgive, start, stop, pray, serve)



OPTIONAL GROUP TOUCHPOINT (15–30 MINUTES)

If part of a church-wide fast:

- 1 short scripture
- 2–3 testimonies
- Group prayer
- Encouragement for continued devotion

Zoom Link: _____

AFTER THE FAST (IMPORTANT)

- Don't rush back to old habits
- Continue at least **one prayer time daily**
- Watch for answers, changes, and clarity
- Write down any testimony

Encourage 3-day participants to:

- Sit with longer-fast participants during prayer calls
- Join testimonies even after their fast ends
- Understand their obedience is **equally valuable**

