

PRAYER & FASTING USING

# **THE DANIEL'S FAST**

**21 DAYS OF TRANSFORMATION**

**BOMA DAVE**

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# QUICK REFERENCE GUIDE

This is a summary of everything you need to do during the 21-day Daniel Fast. Keep this page handy for a quick reminder of the guidelines.

## What to Eat

Brown rice, Ofada rice, yam, plantain, beans, lentils, chickpeas, Irish potatoes, sweet potatoes, oats, okro, tofu, mushrooms, soya chunks, millet, guinea corn, boiled corn, salted popcorn, all fruits, all nuts, all seeds, all vegetables, vegetable soups (without meat or crayfish), olive oil, coconut oil. Boil, steam, roast or lightly sauté. No frying.

## What Not to Eat

No meat, chicken, fish (including crayfish), eggs, milk, bread, pasta, cakes, biscuits, sweets, ice cream, Milo, sugar, soft drinks, processed food (ketchup, mayonnaise, Maggi, white flour), palm oil, fried foods. No alcohol or caffeine of any kind.

## Prayer

Minimum 3 times a day. Set alarms on your phone. Minimum 10 minutes per session. Pray through scriptures. Use the YouVersion Bible app for 21-day fasting plans. Write in your journal daily. Group prayer at 5:00 – 5:30am.

## Journal

Write your prayer requests. Ask God for clarity. Ask God how He is doing. List the things you need to surrender. Pray for at least 7 people daily. Each day, write what you learned and what you are thankful for.

## Bible Reading

Read your Bible daily. Use the YouVersion app, the EGW Library app, Sabbath School Study Guide, or simply pick a book and read one chapter a day. See the 21-Day Scripture Reading Plan.

## Rest and Sleep

Take one day each week to rest (the Sabbath). No buying, selling or business activities on that day. Sleep 7–8 hours every night. Aim to be in bed by 8–9pm. Put your phone away before bed.

## Things to Stop

Social media (except for business communication). Games. Secular movies and TV shows. Secular music. Needless shopping. Gossiping. Sexual sins. Anger and mistreating people. Bad language and taking God's name in vain. Lying and stealing. Complaining.

Gambling. Alcohol, smoking and substance abuse. Pride. Fear and worry. Envy and jealousy.

## Things to Do

Forgive everyone who has wronged you. Apologise to those you have wronged. Return your tithes and offerings. Pray a prayer of confession. Take personal accountability. Listen to Christian music and watch Christian content only. Learn a new skill. Drink plenty of water.

## When Temptation Comes

Speak God's Word out loud. Remember: "I can do all things through Christ who strengthens me" (Philippians 4:13). If you fall, get back up and continue. God is not looking for perfection. He is looking for persistence.

## Downloads

Download the Daniel Fast Balanced Meal Guide at [www.findingboma.com](http://www.findingboma.com) for detailed meal ideas, breakfast and lunch suggestions, smoothie recipes, a hydration guide and more.

## WELCOME

If you have gone everywhere and tried everything and you are tired, if you want the peace and joy that God has promised but you have not been able to find it, if you are ready to drop everything and let God show you the way out, this guide is for you. Read it, follow it, and your life will never be the same.

This is not just another devotional. It is a 21-day journey that will transform the way you pray, eat, think and live. I have seen it change my life and the lives of people around me, and I believe it will change yours too.

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**☑ NOTE TO READER:** Every Bible passage referenced in this guide has been written out in full in the Scripture References section at the back of this document, so you can read them without needing to look them up separately.

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When you are done, do me a favour. Give this guide to someone else. Someone in your life might need it even more than you do.

God bless you.

**Boma Dave**

[www.findingboma.com](http://www.findingboma.com)

## WHAT IS THE DANIEL FAST?

I completed my second Daniel Fast on the 1st of January 2022, and what I got from it, I want everyone around me to experience it and more. I have shared this fast with so many people including friends, family, clients and even strangers. I have received so many testimonies, and by God's grace I expect even more to come.

The Daniel Fast is based on Daniel 1 and Daniel 10. I encourage you to read both chapters to get a better understanding and see the amazing experiences that Daniel and the Hebrew boys had. The fast is simple. You remove all forms of distraction from your life so you can hear from God directly and more clearly. You eat only plant-based foods, you step away from entertainment and bad habits, and you dedicate time to prayer and studying God's Word. For 21 days, it is just you and God.

A lot of us have mental, financial, physical and social challenges that we do not share. We also have hidden habits that we cannot seem to overcome. Maybe you know someone who is going through a lot or is self-destructive and would never do the fast on their own. I am telling you, this fast will change all of that.

Either your prayers will be answered, or you will know what to do to fix the problems, or you will be content and have a joy and peace in the midst of your problems that you have never experienced before.

For those who have health challenges, this fast also helps to address some of the problems you are facing, including weight loss, high blood pressure, unexplainable health issues and so much more, because you will be following a plant-based diet. Only things from the ground that God has made will be consumed.

I have come to the realisation that this world is like a device. When you go to the store to buy almost any item, it always comes with instructions on how to use it. The instruction manual for this world is the Bible, and everything we need to understand about the world, go through life, be financially stable and be healthy is all in there. This fast guideline breaks it into smaller bits for you to start these three weeks, and if you find it life-changing, please continue. This fast should become a lifestyle.

### **These are the things I hope you will understand through this fast:**

God wants us to know Him and understand Him (Jeremiah 9:24).

Obedience is more important to God than sacrifice (Isaiah 1:10-22 | Deuteronomy 26:16-19 | Zechariah 3:6-7).

God does not need you to be poor but independent (Deuteronomy 15:4-6 | 1 Thessalonians 4:11-12).

God wants us to be healthy (Exodus 15:26 | Deuteronomy 7:11-15).

God wants us to speak with Him and He is ready to answer (Jeremiah 33:3 | Isaiah 1:18).

God wants you to be free (2 Timothy 2:26 | John 8:36).

God wants to answer prayers and speak with us, but we have things in our lives that are blocking this from happening (Isaiah 59:1-15).

Have you been praying over and over again and things are not working? Does it feel like God is not hearing you? Where is this joy, peace and happiness you have heard so many times from the Bible that comes with the Holy Spirit? How come you are not experiencing it? Why are you still borrowing and struggling to make ends meet? Why does sickness always trouble you and your friends and family members?

Welcome to the Daniel Fast. This fast will change your life.

When you see what God has done for you through this fast, please share it with others. There are so many people who need a change and a breakthrough in their lives and have no idea where to start. Please share this guide with them and share your testimony (Matthew 28:19-20).

**God bless you as you start your journey.**

## **PREPARING FOR THE FAST**

Some people start immediately and still make it, but most of us start and fail because we did not prepare before starting. Even if it is just a day or two, you need to decide what you are doing, what you are eating, where you will be going and who you will be associating with during the fast so you do not fall into temptations that are everywhere.

### **3.1 Make Up Your Mind**

This is important. Failing is not an option. Make up your mind that you will do the fast and by God's grace you will complete it. Like Daniel and his friends, they made up their minds not to eat the king's food before making arrangements for the alternative, and God was with them. Start with your mind.

### **3.2 Prepare Your Environment**

I had a friend who did not renew her DSTV subscription. I had other friends who deleted all the social media apps and games from their phones because they knew they

would be tempted. Someone also told me how they would avoid friends who always have gossip.

Start removing the things and people around you that you know will not be of help to you during this time. Also avoid going to places and events that would bring temptation. It is only three weeks, so you will be fine.

### **3.3 Prepare Your Food**

A lot of times people start the fast and become so confused about what to eat, and before you know it, they are eating things they are not meant to. Buy your fruits and vegetables before the fast begins. Cook your base stew, which is the most important recipe because you will use it to eat almost everything and also make porridges.

If you are married and have kids who are not joining you, make a separate pot and store it in your freezer. Also research online for plant-based recipes or Nigerian vegan food. You can even try experimenting with some recipes before the fast so you can figure out what works for you once you start.

A separate Daniel Fast Balanced Meal Guide is available with detailed meal ideas, breakfast and lunch suggestions, smoothie recipes, and practical tips for eating well during the fast. You can download it at [www.findingboma.com](http://www.findingboma.com).

### **3.4 Prepare Your Journal**

You can use one of the many empty books in your house, buy an exercise book, or get a journal from the store strictly for the 21 days. This journal is important and you will use it throughout the fast to write your prayers, record what God is teaching you, and track what you are thankful for each day. More details on how to use it are in the Prayer and Your Journal section.

### **3.5 Prepare Your Time**

One thing that gets overlooked is prayer time. It is three times a day, but if it is not planned properly, you will end up forgetting, getting too busy or ignoring it completely. Set specific times and put alarms on your phone or calendar that will remind you to pray at the times you have chosen.

### **3.6 Partner With Someone**

Although this is not compulsory, having someone do it with you serves as a form of accountability. You can also start a group or ask your family to join you.

The first time my friend called and said she wanted to fast for 21 days, I remember being scared, but because she was with me, I knew that I could go through with it. She was in a different state, but we spoke regularly and that helped me. Hearing her struggles with food and mine too, we were able to figure things out together.

### **3.7 Prepare With God**

This is the most important step, because we cannot do this on our own. If we could, everyone would have been doing the fast by now. We need God to help us.

Like a friend told me, she said, “Boma, the food is not even my problem, it is the other things like complaining.” Food might not be the problem for you either, but there are other habits we engage in daily that we have to let go of during this time. Some people also have to let go of a lot of hurt and hate in their hearts, and only God can help with that.

Start telling God you cannot do it on your own. Start praying and speaking with Him days before you begin. If you feel like you cannot even start, tell Him that too. He will give you the necessary strength.

## **WHAT TO EXPECT WEEK BY WEEK**

One of the reasons people quit the fast early is because they do not know if what they are experiencing is normal. It is. Here is a general idea of what to expect during each week.

### **Week 1: The Hardest Week**

This is when your body and mind will resist the most. You may experience headaches, especially if you are used to caffeine or sugar. You may feel tired, irritable, restless or emotional. Food cravings will be strong, particularly for the things you have given up. You may feel like the fast is not working and wonder why you started.

This is completely normal. Your body is detoxing from sugar, caffeine, processed foods and the overstimulation of screens and entertainment. Your brain is adjusting to the absence of the dopamine hits it has been relying on. Push through this week. Drink plenty of water, eat enough food, rest as much as you can, and lean on God heavily. Most of the physical discomfort will pass by the end of this week.

Spiritually, this is also the week where the enemy will try hardest to get you to quit. You may feel distant from God or wonder if He is even listening. He is. Keep praying.

### **Week 2: The Turning Point**

By the second week, most of the physical symptoms begin to fade. Your body starts to adjust to the new way of eating. Cravings reduce. Your energy begins to stabilise, and many people start to feel lighter and clearer.



This is also when the spiritual benefits begin to become more noticeable. Your prayer times may feel deeper. You may start hearing from God more clearly. Scriptures you have read before may suddenly make sense in a new way. You may begin to notice things about yourself, your habits and your relationships that you had not seen before. God is starting to work.

Stay consistent. Do not get comfortable and start relaxing the guidelines. The enemy often shifts tactics in Week 2 from frontal attack to subtle compromise. A little scroll on Instagram. A small cheat on the food. One day skipping prayer. Stay disciplined.

## **Week 3: The Breakthrough**

By the third week, many people report feeling a peace, clarity and focus they have not experienced in a long time. Your body feels better. Your mind is clearer. Your prayer life is stronger. You may begin to see answers to prayers, receive clarity on decisions you have been struggling with, or experience breakthroughs in relationships, finances or health.

Some people also experience a final wave of temptation towards the end, almost as if the enemy is making one last attempt to pull you back before the fast is complete. Stay strong. You are almost there. Do not give up in the final days. What God has been preparing for you on the other side of this fast is worth every sacrifice you have made. Finish strong.

## **A STARTING PRAYER**

If you do not know how to begin, you can pray this prayer on Day 1 of the fast. You do not have to use these exact words. Speak from your heart. But if you need a starting point, this is for you.

*“Heavenly Father, I come before You today as I begin this 21-day Daniel Fast. I am not coming to You because I am strong enough to do this on my own. I am coming because I know that without You, I cannot do it.*

*Lord, I confess that I have not always lived according to Your will. I have allowed habits, distractions and sins into my life that have separated me from You. I have been holding on to things that I know I should let go of. Today, I surrender them all to You. Every habit, every addiction, every grudge, every fear, every lie, everything that is not of You, I lay it at Your feet.*

*I ask for Your strength to complete this fast. When I am tempted, remind me why I started. When I am weak, be my strength. When I feel like quitting, carry me. I cannot do this alone, but I know that I can do all things through Christ who strengthens me. During these 21 days, open my eyes to see what I have not been seeing. Open my ears to hear what You have been trying to tell me. Reveal to me the things in my life that are blocking Your blessings and Your peace. Show me where I have gone wrong, and give me the courage to make it right.*

*I dedicate this fast to You. Not my will, but Your will be done.  
In Jesus’ name, Amen.”*

## FOOD GUIDELINES

This section covers what to eat, what to avoid, and practical tips for feeding yourself well during the Daniel Fast. For a more detailed guide with additional meal ideas, a hydration calculator and more, you can download the Daniel Fast Balanced Meal Guide at [www.findingboma.com](http://www.findingboma.com).

### 4.1 What You Can Eat

Brown rice, Ofada rice, yam, plantain, beans, lentils, chickpeas, Irish potatoes, sweet potatoes, oats, okro, tofu, mushrooms, soya chunks, Bambara beans (okpa), green peas, millet, guinea corn, boiled corn, salted popcorn, vegetable soups (without meat or crayfish), olive oil, coconut oil, all fruits, all nuts, all seeds and all vegetables. Yam, plantains and potatoes can be boiled or roasted.

If you cannot afford brown rice or do not have access to Ofada rice, you can take white rice. You can also use vegetable oil if you cannot afford olive oil or coconut oil. The goal is not perfection, it is doing your best with what you have.

### 4.2 What You Cannot Eat

No processed food (ketchup, mayonnaise, Maggi, white flour, cakes, pasta etc.), no bread, no milk, no Milo or anything that contains sugar (soft drinks, sweets, biscuits, ice cream etc.), no meat, no chicken, no fish (including crayfish), no eggs, no palm oil, and no fried foods. No alcohol or caffeine of any kind (coffee, tea, wine, gin, champagne etc.).

### 4.3 Key Principles for Balanced Meals

Build every meal around these four things:

**Plant-based protein:** Beans, lentils, chickpeas, tofu, mushrooms, soya chunks, Bambara beans (okpa), green peas, moi-moi.

**Vegetables:** Ugwu, spinach, waterleaf, bitterleaf, okro, cabbage, lettuce, cucumber, tomatoes, carrots, bell peppers, green beans, scent leaves, garden eggs.

**Healthy fats:** Avocado, coconut, tiger nuts, roasted groundnuts, sesame seeds, flaxseed, chia seeds, pumpkin seeds.

**Complex carbohydrates (in moderate portions):** Yam, sweet potato, Irish potato, plantain, brown rice, Ofada rice, millet, guinea corn, boiled corn.

Let vegetables and legumes make up the largest part of your plate. Eat starchy foods in moderation. They should accompany your meal, not become the meal. Whenever

possible, prepare meals by boiling, steaming, roasting or lightly sautéing rather than deep frying. Drink plenty of water throughout the day and choose whole fruits or smoothies instead of fruit juice so you benefit from the natural fibre.

Aim to eat two balanced meals each day (breakfast and lunch). If you are healthy and comfortable doing so, you may choose one balanced meal each day. If possible, skip the evening meal to allow your digestive system to rest overnight. Avoid unnecessary snacking.

## 4.4 The Base Stew Recipe

This stew is very important because you will use it for almost everything you eat during the fast. Please make a big batch and store it.

**Ingredients:** Tomatoes, onions, cayenne pepper (shombo), yellow ata rodo pepper (scent pepper), garlic and ginger.

Blend everything together and steam it down. Then add fenugreek powder, curry powder (make sure it does not contain additives or preservatives), salt and iru for taste. Pour olive oil on it to finish cooking. You can also add other dry or fresh seasonings like rosemary, thyme, bay leaves, garlic powder or ginger powder, but please read the ingredients and make sure they are not mixed with additives. If you have any other natural or local spice that has not been listed, add it to your taste.

## 4.5 Alternatives

**Meat alternatives:** Tofu, mushrooms, soya chunks.

**Sugar alternatives:** Dates, date syrup, mashed ripe banana, whole fruits (grapes, berries, pineapple etc.). If you choose to use natural sweeteners, use them sparingly and avoid refined white sugar, brown sugar, artificial sweeteners and processed syrups.

**Seasoning alternatives:** Iru (locust beans), ogiri, aidan fruit (prekese), uziza, ehuru (calabash nutmeg), uda, alligator pepper seeds, and natural spices such as rosemary, thyme, garlic, ginger, fenugreek, turmeric, cinnamon, bay leaves, black pepper, cayenne pepper, paprika and curry powder (check the back and make sure it has no additives).

Use salt in moderation. If available and within your budget, you may choose sea salt or Himalayan salt, but the most important thing is moderation.

## 4.6 Breakfast Ideas

Vegetable moi-moi with mixed salad and avocado. Beans with ugwu sauce and cucumber. Lentil stew with spinach and roasted sweet potato. Chickpeas with tomatoes, cucumber and avocado. Tofu scramble with mixed vegetables and boiled plantain. Millet

porridge with roasted groundnuts and pawpaw. Bambara beans (okpa) with cucumber and tomatoes. Boiled corn with African pear (ube) and cucumber. Garden eggs with avocado, roasted groundnuts and fruit.

## **4.7 Lunch Ideas**

Efo riro with tofu, mushrooms and boiled yam. Okro soup with tofu, mushrooms and boiled plantain. Edikang ikong with sweet potato. Afang soup with boiled yam. Bitterleaf soup with a small portion of amala. Vegetable stew with brown rice and cucumber salad. Lentil stew with cabbage salad. Beans with avocado and cucumber salad. Mushroom vegetable stir-fry with Ofada rice. Chickpea stew with roasted plantain.

## **4.8 Healthy Drinks**

Water, warm lemon water, cucumber-infused water, mint-infused water, ginger tea, cinnamon tea, hibiscus tea (zobo) without added sugar, unsweetened soy milk, and herbal teas. Stay well hydrated throughout the fast.

## **4.9 If You Are Hungry in the Evening**

If possible, skip dinner. However, if you become hungry, choose something light such as cucumber, tomatoes, carrots, lettuce, garden eggs, avocado, coconut pieces, tiger nuts, a handful of roasted groundnuts, vegetable soup, herbal tea or water.

## **4.10 Keep It Simple**

One of the healthiest habits you can develop is simplicity. Many people feel anxious trying to think of different meals every day. Instead, choose two to four balanced meals that you genuinely enjoy and rotate them throughout the week. There is nothing wrong with eating the same meals several times during the week. This makes shopping easier, saves time and money, reduces food waste and makes healthy eating easier to continue even after the Daniel Fast has ended. Consistency is more important than variety.

Do not become discouraged if you cannot find every food listed here. The Daniel Fast is not about eating expensive or exotic foods. It is about simplicity, intentionality and drawing closer to God. Use what is available to you, prepare it in the healthiest way you can, and focus on seeking God each day.

For the complete meal guide with more recipes, a hydration calculator and additional tips, visit [www.findingboma.com](http://www.findingboma.com).

# PRAYER AND YOUR JOURNAL

The main goal of this fast is having a closer relationship with God and experiencing breakthroughs in your life. Look at it this way. You need to borrow one million dollars from someone. If you do not have a close relationship with the person, how do you just come out and ask? You need to converse with them first, greet them, talk, laugh and so on before asking. Sometimes we only go to God when we have issues, and that is not fair. Let us use this time to visit God. Pack your bags and go to His house for a 21-day vacation. Sounds nice, right?

## 5.1 How to Pray

If you do not know how to pray, just think of it like you are speaking to your father even though you cannot see him. Like a phone conversation. You can laugh, you can cry, and you can also ask God how He is doing. I mean it. Prayer does not have to be complicated or formal. Just talk to Him.

Another powerful way to pray is to take a scripture like Psalm 91 and pray through each verse, personalising it and aligning it with your life. For example, when you read “He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty,” you pray that over yourself, your family and your situation. You can do this with many Bible chapters and verses, and it will completely transform the way you pray.

## 5.2 Your Prayer Schedule

Prayer should be a minimum of three times a day. I did six on some days: when I wake up, 10am, 12pm, 3pm, 6pm, and when I am ready to go to bed.

For those who have not sharpened their prayer muscles, a minimum of ten minutes per session is fine to start with. The important thing is consistency, not length. As you go deeper into the fast, you will find yourself wanting to pray longer.

Put alarms on your phone at the times you have chosen to pray, because I promise you, you will either be too busy or you will forget. You also have to force yourself to drop everything you are doing and pray, because during this fast is when you will suddenly feel like you do not have time. It is strange, but that is how I know the devil is constantly working to stop us from communing with God.

## 5.3 What to Write in Your Journal

Get your journal and start by listing out all the things you want God to help you with during this fast. The three most important things to write in your prayer list are:

**Ask for clarity.** You have many things you want or think you need. Ask God if these things you have listed out are His will for you. Let Him know you are ready to let go of what you want and follow His direction instead.

**Ask God how He is doing.** God has feelings. I hope you know that. No one wants to always be badgered with requests constantly, but we seem to have no problem doing that with God. Have you ever prayed and just asked God how He is? During this fast, treat God the way you would treat a loving parent and the way you would want to be treated.

**List the things you need to surrender.** We all have those things we know we should not be doing and are finding hard to give up. It is time to surrender them. List them out. Is it pornography, masturbation, overeating, watching movies all day, laziness, procrastination, cheating, stealing, love of money, gossiping, complaining, anger, abusive behaviour, sexual addictions, smoking, drinking, hatred or an unforgiving spirit? List out all the things you can think of and surrender them to God. If you need to put them on a separate piece of paper, then do that. Kneel and pray over them, and you can trash or burn it so no one sees.

## **5.4 Pray for Others**

Write down a minimum of seven people that you will pray for every day. This is essential so that your prayers do not always revolve around you.

Look at it this way. If the people around you are doing better financially, physically, mentally and in every other way, who does it affect? You. I am sure you can see why praying for the success of others is just as essential as praying for yourself. If you are the only one doing well and everyone else around you is struggling, their problems eventually fall on you.

## **5.5 Daily Journal Entries**

Every day during the fast, write in your journal. Divide each entry into two parts:

What you learned that day, from life and from the Bible plans you are reading.

What you are thankful for.

Trust me, you will be amazed when you go back and read through your journal when you are done. So please write every day. It does not have to be long or perfect. Just capture what is happening to you and what God is showing you.

## **5.6 Bible Reading During the Fast**

Prayer and reading God's Word go hand in hand during this fast. There are many ways to stay in the Word daily:

You can download the YouVersion Bible app and look for 21-day fasting plans. These will give you daily scripture readings and devotionals that will make your prayer sessions easier and more focused.

You can also download the EGW Library app for access to devotional books and writings that will deepen your understanding of God's character and His will for your life.

If you prefer physical books, get a daily devotional and read it each morning or evening as part of your prayer time.

You can also simply read your Bible. There are many Bible-in-a-year reading plans available, or you can pick a book of the Bible and read one chapter a day. For example, reading one chapter of John a day means you will finish the entire book during the 21-day fast.

The most important thing is that you are spending time in God's Word every day. It does not matter which method you choose. Pick what works for you and stay consistent.

## **5.7 Sample Daily Schedule**

This is a simple example of what a day during the Daniel Fast can look like. You do not have to follow this exactly. Adjust the times to fit your life, but try to keep the structure consistent. The more intentional you are with your time, the more you will get out of this fast.

5:00 – 5:30am — Wake up and pray. This is the most important time of your day. Start with prayer and devotion before the world starts demanding your attention. Read your morning Bible study chapter. Use your journal to write down what God is showing you.

7:00 – 9:00am — Breakfast. Drink warm lemon water first, then eat your Daniel Fast meal. Keep it simple and nourishing.

9:00am onwards — Begin your day (work, school, responsibilities).

10:00am — Midday prayer (optional). Even if it is just five minutes, pause and pray. You can do this at your desk, in your car, or wherever you are.

12:00 – 2:00pm — Lunch and prayer. Eat your Daniel Fast meal. Pray during this break if you can. If you did not read your Gospel of John chapter in the morning, read it during this time.

3:00pm — Afternoon prayer (optional). Another opportunity to pause and reconnect with God, even if just for a few minutes.

6:00pm — Evening prayer. If you need to eat something light in the evening, do so around this time. Vegetables, fruit, nuts or herbal tea. You can also do your Bible reading at this time if your schedule did not allow it earlier.

7:00 – 8:00pm — Wind down. Read your evening Psalm. Write in your journal what you learned today and what you are thankful for. Put your phone away and begin preparing for bed.



8:00 – 9:00pm — Sleep. Pray your final prayer of the day and rest.

## 5.8 21-Day Scripture Reading Plan

This plan gives you three readings each day: a morning study chapter focused on themes of fasting, prayer, faith and surrender; an afternoon chapter from the Gospel of John (you will read the entire book during the 21 days); and a short evening Psalm for reflection before bed.

| <b>Day</b> | <b>Morning Study</b> | <b>Afternoon (John)</b> | <b>Evening (Psalm)</b> |
|------------|----------------------|-------------------------|------------------------|
| Day 1      | Daniel 1             | John 1                  | Psalm 51               |
| Day 2      | Daniel 9             | John 2                  | Psalm 23               |
| Day 3      | Daniel 10            | John 3                  | Psalm 91               |
| Day 4      | Isaiah 58            | John 4                  | Psalm 27               |
| Day 5      | Matthew 6            | John 5                  | Psalm 37               |
| Day 6      | Psalm 139            | John 6                  | Psalm 46               |
| Day 7      | Isaiah 40            | John 7                  | Psalm 1                |
| Day 8      | Romans 12            | John 8                  | Psalm 34               |
| Day 9      | James 1              | John 9                  | Psalm 103              |
| Day 10     | Philippians 4        | John 10                 | Psalm 121              |
| Day 11     | Nehemiah 1           | John 11                 | Psalm 40               |
| Day 12     | Matthew 5            | John 12                 | Psalm 63               |
| Day 13     | Isaiah 61            | John 13                 | Psalm 86               |
| Day 14     | 1 Kings 17           | John 14                 | Psalm 145              |
| Day 15     | Hebrews 11           | John 15                 | Psalm 8                |
| Day 16     | Malachi 3            | John 16                 | Psalm 19               |
| Day 17     | Ephesians 6          | John 17                 | Psalm 107              |
| Day 18     | Romans 8             | John 18                 | Psalm 42               |
| Day 19     | Isaiah 55            | John 19                 | Psalm 62               |
| Day 20     | Colossians 3         | John 20                 | Psalm 150              |
| Day 21     | Revelation 3         | John 21                 | Psalm 100              |

The morning chapters were chosen to walk you through themes that align with the fast: Days 1-3 cover the biblical foundation of the Daniel Fast itself. Days 4-7 focus on what true fasting means and how to pray. Days 8-14 cover faith, perseverance, surrender and forgiveness. Days 15-21 cover spiritual warfare, provision, transformation and finishing strong. By the end you will have read the entire Gospel of John, 21 Psalms, and 21 powerful chapters from across the Bible.

## REST AND THE SABBATH

We do not rest, and even God rested on the seventh day, the Sabbath. During this fast, you will take one day out of the week and rest. Just you and God. No buying and selling, no business activities, no work during this time.

I am a Seventh Day Adventist, so I follow the biblical Sabbath day. I never took it seriously until 2020 after my conversion. I assumed I was going to be bored, but I was surprised. I made a delicious meal on Friday which was eaten after church service, and by the time Saturday was over, I was so well rested and more productive than I had ever been in my life. Unless you try this, you will not understand it.



The most amazing part is that you will be the one who notices the huge benefits of resting. Those who are battling with anxiety and stress will start feeling huge relief after this fast. Science also says we should take a day to rest. Why would we listen to science and not listen to God?

Business activities can also weigh on your mind, so please refrain from thinking about how you want to make money on the day of rest. Please try this for three weeks and you will see the difference.

## **Sleep**

Sleep is also an important part of rest, and it is also a way in which we show that we trust God. The Bible says He grants sleep to those He loves (Psalm 127:2). The question is, does God love you? Then you need to sleep and trust that He is taking care of you.

Many people do not sleep well because of worry, and especially in this digital age, because of distraction. We stay up scrolling through our phones, watching content and overthinking problems that we have already prayed about. Science has shown how poor sleep affects our minds, our physical health and our energy levels, leading to health decline and even faster ageing. When you are not sleeping, you are telling God that you do not trust Him enough to handle things while you rest.

What most people do not realise is how much work your body does while you sleep. When you are in deep sleep, your brain activates a cleaning system that flushes out toxins and waste products that build up during the day. Your brain also uses sleep to organise and store everything you have learned, sorting through memories and strengthening the important ones. Your immune system repairs and rebuilds itself, your muscles and tissues recover, your hormones regulate, and your heart and blood vessels heal. Without enough sleep, none of this happens properly, and over time the damage adds up. Matthew Walker, one of the world's leading sleep scientists, explains in detail how every major system in the body is affected when we do not get a full night of sleep. I encourage you to look into his work.

The best time to go to bed is before 10pm, but you should be aiming for 8 to 9pm. This allows your body to go through the full sleep cycle, which includes the deep sleep stages that happen earlier in the night. These are the stages where most of the physical repair and brain cleaning takes place. When you go to bed late, you miss these critical stages and even if you sleep for eight hours, the quality is not the same.

During this fast, aim for seven to eight hours of sleep every night. Put your phone away, turn off the screens and go to bed. Let this fast be the beginning of a healthier

relationship with sleep. You will be amazed at how much better you feel, how much clearer you think and how much more energy you have when you give your body the rest it needs.

Here is what I want you to understand. God did not give us rest as a burden. He gave it to us as a gift. It is a day to recharge, to reconnect with Him and to remind ourselves that our worth is not tied to how much we produce. When you honour that rest, God honours you.

*(Jeremiah 17:21-27 | Ezekiel 20:19-20 | Isaiah 58:13-14 | Hebrews 4:9-10 | Psalm 127:2)*

## **HABITS TO LET GO OF**

The Daniel Fast is not just about food. It is about removing everything that stands between you and God. During these 21 days, there are habits and behaviours that you need to put down so that God can do a complete work in your life.

### **7.1 Your Phone**

Our phone has become one of the biggest distractions in our lives, and you may not even realise it. It has gotten to the point where people cannot focus on God, their work or their families because they are always on their phones doing something. It is now an open addiction that most people are not even aware of.

It has even entered the church. People are scrolling, chatting, running their businesses and checking social media during divine service, and it is not just in the congregation, it is happening on the pulpit too. God says we would not treat our governors the way we treat Him (Malachi 1:8). Please let us respect God during this period better than we would respect any other authority.

In Luke 19:42, Jesus says if only we knew the things that would give us peace, but they are hidden from our eyes. The phone seems so innocent, and it has been an amazing tool, but without self-control it is causing more damage than good to a lot of people.

I recently got diagnosed with dry eye, which surprised me, and the doctor told me it is something that is becoming increasingly common because of how people use their devices now. Research confirms this. Studies show that when we stare at screens, our blink rate drops by more than 50 percent, from about 15 to 20 blinks per minute down to fewer than 7. This disrupts the tear film that protects our eyes, leading to dryness, irritation and long-term damage. Just two hours of continuous screen time per day is enough to increase the risk of developing digital eye strain.

But it does not stop at your eyes. Doom scrolling, which is the habit of endlessly scrolling through negative or stimulating content, triggers your body's stress response.

Research shows it increases cortisol and adrenaline levels, keeping your body in a constant state of low-grade fight or flight. Your body cannot tell the difference between a real threat and a barrage of bad news on your phone. Over time, this leads to anxiety, poor sleep, irritability and emotional exhaustion. A 2024 study found that simply limiting social media to one hour per day for three weeks significantly reduced symptoms of depression, anxiety and the fear of missing out.

Then there is comparison culture. We are constantly comparing our lives to what other people are showing us online, and it is destroying our peace. People are posting highlight reels and we are comparing them to our behind-the-scenes, and it is making us feel inadequate, envious and ungrateful for what God has already given us.

Even the people who create these devices and platforms know the damage they cause. Steve Jobs, the co-founder of Apple, said his children had never used an iPad and that they limit how much technology their kids use at home. Bill Gates did not give his children smartphones until they were 14. Peter Thiel, one of Facebook's earliest investors, allows his children only an hour and a half of screen time per week. The CEO of Snapchat does the same. A former Facebook executive publicly admitted that they created tools that are "ripping apart the social fabric of how society works" and said his own children are not allowed to use the platforms. If the people who made these things are protecting their families from them, why are we not doing the same?

That is one of the major reasons why during this fast we are stepping away from our phones as much as possible. Those who can remove these distractions completely will notice within these 21 days the difference in their mindset and their internal regulation. You will feel more at peace and more focused than you have felt in a long time. Try it and see for yourself.

## **Social Media**

You need to be off all forms of social media. Unless you have business to attend to or a message to reply to, social media should be off for now. This includes WhatsApp stories, Instagram, Facebook, Snapchat and TikTok. You can still use WhatsApp and Telegram to communicate with people and for your business, but not for idle chatter during this time.

## **Games**

Games are also part of the distraction. At first, I did not include them, but someone left social media and started spending all that free time on games instead. So games also have to go. They are just another way the enemy keeps us occupied and away from God.

## **Movies and Television**

You should only be watching Christian movies and content during these 21 days. This is also very important for those trying to break free from pornography and masturbation. Watching sexually arousing things in movies and on social media are openings the devil uses to entice us. That is why a lot of people try to let go of these sins and keep falling back. Now you know why. Let them go. Check YouTube and streaming platforms for Christian movies, shows and documentaries.

## **Music**

You should only be listening to Christian music during the fast. Sexually explicit songs and worldly music feed the very habits and thoughts we are trying to break free from during this time. Replace them with worship music, gospel songs and content that draws you closer to God.

## **Needless Shopping**

For those who are shopaholics, this is also the time to stop buying things you do not need. Needless shopping is another form of distraction and escapism. During these 21 days, buy only what is necessary and focus your mind on what God is doing in your life, not on what the next sale or delivery can do for you.

## **Use the Time Wisely**

If there is a skill you would like to learn, this is the time to join that course. Check YouTube for tutorials and educational content. Also pray and ask God what you should be doing if you are bored. Use God well during this period. He is not tired and there is nothing too small to ask Him. So if you are bored, tell Him you are bored and ask Him to give you something to do. I am not joking.

Remove yourself from friends and situations that would tempt you or cause you to fall during this time.

## **7.2 Gossiping**

Because you are not on social media does not mean you should call all your friends and gist for four hours about things that are not relevant or about other people. This needs to stop during this fast.

Gossip feels harmless. It feels like you are just catching up, just sharing information, just venting. But it is one of the most destructive habits we engage in, and most of us do not even recognise it as a problem because it has become so normal.

Spiritually, gossip is serious in God's eyes. The Bible puts it in the same category as some of the sins we consider the worst. In Romans 1:29-30, Paul lists gossip and backbiting alongside envy, murder, strife and hatred of God. Proverbs 16:28 says a whisperer separates the best of friends. Proverbs 18:8 says the words of a gossip are like

choice morsels that go down into the innermost parts of the body. That is exactly what gossip does. It enters you and sits deep inside, shaping the way you see people and the way you think.

When you gossip, you are judging people, and Jesus said in Matthew 7:1-2, “Judge not, that you be not judged. For with what judgment you judge, you will be judged, and with the measure you use, it will be measured back to you.” Every time you talk about someone behind their back, you are inviting the same treatment upon yourself.

Scientifically, research shows that engaging in negative gossip triggers your body’s fight-or-flight response, flooding your system with cortisol and adrenaline. Dr David Hanscom, a chronic pain expert, explains that when you speak negatively about people, you fire up your stress physiology. Over time, this elevated cortisol affects your immune system, your metabolism, and even your brain. Research has also shown that gossip can lead to exhaustion, anxiety, depression, guilt, and reduced ability to focus and make good decisions.

And it is not just the person doing the gossiping who is affected. Being the willing audience is just as harmful. When someone calls you and starts talking about someone else, you are absorbing that negativity into your spirit and your body, even if you say nothing.

During this fast, watch what you say and watch what you listen to. If someone calls you and starts talking about someone else, politely end the conversation or change the topic. Protect your ears the same way you are protecting your mouth and your stomach during this fast. This is a time for building up, not tearing down.

*(James 4:11 | Ephesians 4:29 | 2 Corinthians 12:20 | Exodus 23:1 | James 1:26 | Romans 1:29-30 | Proverbs 16:28 | Proverbs 18:8 | Matthew 7:1-2)*

## **7.3 Sexual Sins**

If you are involved in any sexual sin that you should not be engaged in, whether it is masturbation, pornography, adultery, fornication, dirty texting or anything else you know you should not be doing as a married or single person, this is the time to leave it alone. If you are in any relationship other than marriage, there should be no sexual interaction or dirty conversations during this time. God is watching you.

I know this is a sensitive topic, and for many people it is the hardest habit to break during the fast. But I need you to understand why God takes sexual sin so seriously. It is not because God is against pleasure. He created it. It is because He knows the damage it causes when it is misused, and science is now confirming what God has been saying all along.

## **What Pornography Does to Your Brain**

Neuroscience research has found that pornography addiction affects the brain in the same way that drug addiction does. Brain imaging studies from Cambridge University showed that compulsive pornography users display the same patterns of brain activity as drug addicts. Pornography delivers unnaturally high surges of dopamine, the brain's reward chemical. Over time, the brain's dopamine receptors become desensitised, meaning you need more and more extreme content to feel the same level of stimulation.

Research from the Max Planck Institute in Berlin found that the more pornography a person consumes, the less their brain responds to normal sexual stimulation. The prefrontal cortex, the part of the brain responsible for impulse control, decision-making and self-discipline, actually shrinks with heavy pornography use. When someone tries to stop, they experience withdrawal symptoms similar to drug withdrawal, including anxiety, irritability, depression and anger. That is why so many people try to stop and keep failing. It is not just a willpower problem. It is a brain chemistry problem. And that is exactly why you need God's help to overcome it.

## **Why God Says to Flee**

God does not say to negotiate with sexual sin. He does not say to manage it. He says to flee from it (1 Corinthians 6:18). He knows that sexual sin is different from other sins because of how deeply it affects you. Paul says in that same verse that every other sin a person commits is outside the body, but the sexually immoral person sins against their own body.

Looking lustfully is also something to avoid. Just because you are not physically doing anything does not mean you are free from it. Jesus said in Matthew 5:28 that whoever looks at a person lustfully has already committed adultery in their heart. The battle starts in the mind long before it reaches the body.

## **Practical Steps**

Take proactive measures. Delete apps and content that tempt you. Avoid friends, environments and situations that trigger the habits you have formed. If certain times of the day are when you are most vulnerable, fill those times with prayer, Bible reading or something productive. Do not leave space for your mind to wander into those places.

Ephesians 5:1-6 says we should not be deceived and think that God simply knows our heart. God knows our repentance. He is not looking for excuses. He is looking for effort. Please make the effort to let go of sexual immorality during this fast. This is also one of the reasons why we are stepping away from movies, social media and sexually explicit music during this fast. These are the entry points. Close the door and the problem loses its power.

*(Exodus 20:14 | 1 Corinthians 6:18 | Jeremiah 13:27 | 1 Thessalonians 4:3 | Matthew 5:28 | Ephesians 5:1-6)*

## **7.4 Anger and Mistreating People**

No matter what anyone does to you during this period, please remember you are fasting. Try to calm down and ask God for strength. This is not the time to abuse people and start plotting how to get back at them.

I know we do not wake up most mornings planning to get angry. But once something happens to upset you, the reaction can come so fast that before you know it, you have already said or done something you regret. During this fast, when that moment comes, and it will come, just remember you are fasting and ask God for strength. You can also leave the environment and go somewhere quiet to calm down. I promise you, it will get better.

### **What Anger Does to Your Body**

A clinical trial funded by the National Institutes of Health at Columbia University studied 280 healthy adults and found that just eight minutes of recalling an angry memory was enough to impair the function of their blood vessels for up to 40 minutes afterwards. The blood vessels lost their ability to dilate properly, which is the same dysfunction that leads to hardening of the arteries, heart attacks and strokes. The lead researcher, Dr Daichi Shimbo, said that repeated episodes of anger can have a cumulative effect, meaning the damage builds up over time and can become permanent. He said plainly, “Anger is not benign.”

Other research has shown that men with poor anger management are more likely to suffer a heart attack before the age of 55. Chronic anger raises blood pressure, increases cortisol and adrenaline production, weakens the immune system, increases inflammation, and has been linked to gastrointestinal problems, insomnia, headaches and mood disorders. There is a reason God told us to let anger go. It is not just a spiritual instruction. It is a health instruction.

### **Mistreating People**

Some people mistreat others who are below them or under their care, like domestic staff, drivers, office assistants and even their own children. This is a time to reflect. Are you treating the people that God has placed in your care properly?

During this fast, if someone offends you, choose peace. If someone provokes you, walk away. If someone insults you, let it go. You are not being weak. You are being wise. And you are protecting your heart, your health, and your relationship with God.

*(Ephesians 4:26 | Psalms 37:8 | Proverbs 12:16 | Proverbs 14:29 | Proverbs 15:1 | Ephesians 4:31 | James 1:19-20 | Ecclesiastes 7:9)*



## 7.5 Bad Language and Taking God's Name in Vain

Cursing and abusive language during this time of fasting is not acceptable. If this is something you do regularly, whether out of habit, frustration or just the way you talk, please stop during this period. And honestly, consider stopping permanently.

We underestimate how much our words shape us. Ephesians 4:29 says, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." James 3:10 says, "Out of the same mouth proceeds blessing and cursing. My brethren, these things ought not to be so." You cannot praise God on Sunday and curse people on Monday and expect your spiritual life to be healthy.

### What Your Words Do to Your Brain

Dr Andrew Newberg, a neuroscientist at Thomas Jefferson University, and communications expert Mark Robert Waldman wrote in their book *Words Can Change Your Brain* that a single word has the power to influence the expression of genes that regulate physical and emotional stress. Their research showed that positive words stimulate the brain's frontal lobes, strengthening reasoning, logic and self-control. Negative words do the opposite. They trigger the amygdala, the brain's fear centre, and can partially shut down the reasoning centres in the frontal lobes. Your words are not just sounds. They are instructions to your brain.

### Taking God's Name in Vain

Calling the name of Jesus or God for no reason, when you are laughing, when you are surprised, when you are frustrated or just in casual conversation, is very wrong. Exodus 20:7 says, "Thou shalt not take the name of the Lord thy God in vain, for the Lord will not hold him guiltless that taketh his name in vain." This is one of the Ten Commandments. It is not a suggestion. During this fast, pay attention to how often you use God's name outside of prayer and worship. You will be surprised how deeply the habit runs.

During these 21 days, let your mouth be a source of life, not destruction. When your speech changes, your thinking changes. When your thinking changes, your behaviour changes. It all starts with the words you choose.

*(Exodus 20:7 | Ephesians 4:29 | Colossians 3:8 | James 3:10-11 | Proverbs 10:11 | Proverbs 18:21)*

## 7.6 Lying and Stealing

Satan told the first lie in the garden of Eden, and Jesus said he is the father of all lies (John 8:44). So what does that make you if you will not stop lying and deceiving people?



Every time you lie, you are operating in the character of the enemy, not in the character of God. There is no such thing as a small lie or a big lie. A lie is a lie in the eyes of God.

We have normalised dishonesty to the point where we do not even recognise it any more. Exaggerating to make a story sound better is lying. Saying you will call someone back when you know you will not is lying. Telling someone you are on your way when you have not left the house is lying. Promising something you have no intention of delivering is lying. Making up excuses to avoid responsibility is lying. Flattering someone to get something from them when you do not mean a word of it is lying. Leaving out important information so that someone makes a decision they would not have made if they knew the full truth is lying. Putting false qualifications on your CV is lying. Misrepresenting yourself on social media or dating platforms is lying. Misrepresenting your products or services in business to close a deal is lying. We do these things every day and think nothing of it, but God sees every one of them.

Research published in the journal Communications Psychology found that people who lie tend to assume that other people are also lying to them. This creates a cycle of distrust and suspicion that makes it harder to form genuine connections, leading to increased loneliness, isolation and poor mental health. Neuroscience research has also shown that the brain's response to dishonesty diminishes with repetition. The more you lie, the easier it becomes and the less guilt you feel. Your brain literally desensitises to it.

## **Stealing**

Stealing does not only mean robbing a bank. You could be stealing someone's time by constantly being late. You could be stealing someone's idea and passing it off as your own. Taking credit for work that someone else did is stealing. Using company resources for personal gain without permission is stealing. In your workplace, taking money that the company does not know you are taking because everyone else is doing it is still stealing. Not paying your workers or vendors what they are owed is stealing. The Bible takes this very seriously. James 5:4 says the wages of the labourers which you kept back by fraud cry out, and the cries of the reapers have reached the ears of the Lord.

False promises in relationships are also a form of stealing. You are stealing someone's time, their emotions, their trust and their future. Pursuing other people's spouses is stealing. If you are involved in any of this, this is the time to stop.

## **The Consequences We Do Not See**

What many of us do not realise is that lying and stealing carry consequences that go far beyond the moment. Sometimes these consequences affect not just us but the people who come after us.

Look at Abraham. When he went to Egypt, he lied about Sarah, telling Pharaoh she was his sister because he was afraid for his life (Genesis 12:10-20). Because of that lie, Pharaoh took Sarah into his house. God intervened and protected Sarah, but the damage had already begun. It was during that time in Egypt that Hagar, an Egyptian servant, became part of Abraham's household. Years later, when Sarah could not conceive, she gave Hagar to Abraham, and Ishmael was born. What followed was generations of conflict between the descendants of Ishmael and the descendants of Isaac. One lie. One moment of deception. And the consequences stretched across thousands of years.

Abraham's son Isaac repeated the same lie about his own wife Rebekah. Jacob became a master deceiver, tricking his brother Esau and deceiving his father. Then Jacob himself was deceived by Laban. Then Jacob's own sons deceived him by selling Joseph into slavery. Deception bred more deception across generations. The patterns we think are small and harmless have a way of being passed down.

The good news is that God's grace is always sufficient. He can break these cycles. He redeemed Abraham's mistakes. He turned Joseph's suffering into salvation for an entire nation. But we should never take His grace for granted. Romans 6:1-2 asks, "Shall we continue in sin that grace may abound? Certainly not!" God's grace is there to restore us, not to give us permission to keep doing what we know is wrong.

*(Exodus 20:15-17 | Proverbs 12:22 | Ephesians 4:25 | Ephesians 4:28 | John 8:44 | James 5:4 | Genesis 12:10-20 | Romans 6:1-2)*

## **7.7 Complaining**

The biggest issue God had with the Israelites was that they would not stop complaining. He delivered them from slavery in Egypt, parted the Red Sea for them, fed them with manna from heaven, gave them water from a rock, led them with a pillar of cloud by day and fire by night, and they still complained. They even said they would rather go back to Egypt and be slaves again than continue following God (Numbers 14:1-4 | Exodus 16:2-3).

Look at how seriously God took it. In Numbers 14:28, God says, "As truly as I live, as you have spoken in My hearing, so I will do to you." God is saying that what you speak over your life is what He will allow to happen. That entire generation died in the wilderness. They never entered the Promised Land. Only Joshua and Caleb, who trusted God instead of complaining, made it in. Complaining did not just delay their blessing. It cost them everything.

### **What Complaining Does to Your Brain**

Research from Stanford University found that complaining shrinks the hippocampus, the area of the brain responsible for memory, problem-solving and intelligent thought.

The research also found that your brain does not want to work harder than it has to. When you repeat a behaviour like complaining, your neurons branch out towards each other and make it easier for the information to travel the same path next time. The more you complain, the more your brain rewires itself to default to negativity. Eventually you are complaining without even realising you are doing it. And it is not just you who is affected. Listening to someone else complain for extended periods has the same damaging effect on your brain.

Studies have found that optimists live significantly longer than pessimists, with a 55 percent lower risk of death across all causes. The way you speak about your life is literally shaping how long and how well you live.

## **Choose Gratitude**

This is not the time to remember all the things you do not have, could have had or wish you had. Look for the good side in every bad situation as much as you can. Philippians 2:14-16 says, “Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault.” When you stop complaining and start being thankful, you stand out. People notice. God notices.

During this fast, every time you catch yourself about to complain, stop and replace it with something you are grateful for. If you do this consistently for 21 days, you will begin to rewire your brain towards gratitude. You will understand why God told the Israelites to stop complaining. It was never just about attitude. It was about their future.

*(Numbers 11:1-10 | Exodus 16:2-3 | Numbers 14:1-4, 27-30 | Romans 8:28 | Isaiah 41:10 | Philippians 2:14-16 | 1 Thessalonians 5:18)*

## **7.8 Gambling**

If you are involved in any form of gambling, whether it is sports betting, lottery, casino games, online gambling apps, poker or even betting among friends, this is the time to stop. Gambling has become so normalised, especially with the rise of betting apps and platforms, that many people do not even see it as a problem. But it is one of the most destructive habits you can have, and it is destroying people financially, mentally and spiritually.

The Bible says in 1 Timothy 6:9-10, “But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil.” Gambling is rooted in the love of money. It is the desire to get something for nothing, to bypass hard work and hope that luck or chance will provide what only God and honest labour should provide. Proverbs

13:11 says, "Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase." God's design is that we work for what we have, not gamble for it.

Gambling is also a form of idolatry. When you place your hope and trust in a bet, a number or a game, you are putting your faith in chance instead of in God. You are saying, "I trust this bet to change my life" instead of saying, "I trust God to provide for me." That is a dangerous position to be in.

## **What Gambling Does to Your Brain**

Neuroscience research has shown that gambling activates the same reward pathways in the brain as drugs like cocaine and heroin. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) now officially classifies gambling disorder as a behavioural addiction in the same category as substance abuse because the brain changes are so similar.

When you gamble, your brain releases dopamine, the same chemical involved in drug addiction. But here is what makes gambling particularly dangerous. Research from studies on pathological gamblers found that more dopamine is released in their brains when they lose money than when they win. This means the losses actually fuel the addiction rather than discourage it. Your brain tricks you into thinking the next bet will be different, that you are "due for a win," when in reality the cycle is designed to keep you trapped.

Over time, gambling impairs the prefrontal cortex, the part of your brain responsible for decision-making, impulse control and rational thinking. This is why people who are addicted to gambling make decisions that seem irrational to everyone around them, borrowing money they cannot repay, selling possessions, lying to family members, and continuing to bet even when they have already lost everything. It is not a lack of intelligence. It is a brain that has been hijacked.

The consequences extend far beyond finances. Research from UCLA Health found that people with gambling disorder commonly experience severe psychological distress, damaged relationships, loss of productivity, sleep problems and even heart problems related to the chronic stress of debt and secrecy.

During this fast, if gambling is something you are involved in, delete the apps, stay away from the platforms and environments where you gamble, and ask God to break the hold it has on you. This is exactly the kind of bondage the Daniel Fast is designed to help you break free from. Use this time to replace the false hope of gambling with the real hope that comes from trusting God with your finances and your future.

(1 Timothy 6:9-10 | Proverbs 13:11 | Proverbs 28:20 | Hebrews 13:5 | Ecclesiastes 5:10)

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## 7.9 Alcohol, Smoking and Substance Abuse

If you are consuming alcohol, smoking cigarettes, using shisha, taking marijuana, or using any form of hard drugs, this is the time to stop. During the Daniel Fast, nothing that harms your body should be entering it. Your body is the temple of the Holy Spirit (1 Corinthians 6:19-20), and what you put into it matters to God.

Some people will argue that the Bible does not explicitly forbid alcohol, and that is a conversation for another time. But what is clear is that during this fast, there should be no alcohol of any kind. No wine, no beer, no gin, no spirits, nothing. Daniel himself refused wine during his fast (Daniel 10:3). If Daniel could refuse the king's wine in Babylon, you can refuse a drink for 21 days.

The Bible is clear about the dangers of intoxication. Proverbs 20:1 says, "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Proverbs 23:29-35 gives one of the most vivid descriptions of what alcohol does to a person, describing the wounds, sorrow, contentions, babbling and redness of eyes that come with it. Isaiah 5:11 says, "Woe unto them that rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them."

### What These Substances Do to Your Body

Science has confirmed what God has been saying. Alcohol damages the liver, weakens the immune system, impairs brain function, increases the risk of cancer, disrupts sleep quality even when it feels like it helps you sleep, and contributes to depression and anxiety. The World Health Organisation has stated that there is no safe level of alcohol consumption when it comes to cancer risk.

Smoking damages nearly every organ in your body. It is the leading cause of preventable death worldwide. It causes lung cancer, heart disease, stroke, chronic obstructive pulmonary disease and damages your blood vessels. Nicotine is one of the most addictive substances known to science, and it rewires your brain's reward system in the same way that cocaine and heroin do.

Hard drugs, whether it is cocaine, methamphetamine, heroin, prescription drug abuse, codeine syrup or any other substance, cause devastating damage to the brain, the body and every relationship around you. They hijack the dopamine system so severely that over time, nothing else in life can produce pleasure. The person becomes a slave to the substance.

Shisha and vaping are not safer alternatives. Many people believe they are, but research has shown that a single shisha session can expose you to the same amount of smoke as

smoking over 100 cigarettes. Vaping delivers nicotine directly to the lungs and has been linked to severe lung injuries.

## **God Wants You Free**

The good news is that God does not want you trapped. Galatians 5:1 says, "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage." John 8:36 says, "If the Son therefore shall make you free, ye shall be free indeed."

During this fast, if you are struggling with any of these substances, tell God about it. Be honest with Him. Ask Him for the strength to stop. The Daniel Fast removes so many of the triggers and environments that feed these habits. Use these 21 days as your starting point. You may experience withdrawal symptoms, especially in the first week. That is your body adjusting. Push through it with prayer, water, rest and the support of someone you trust.

If your addiction is severe, please also seek professional help. There is no shame in getting the support you need. God often works through doctors, counsellors and support groups to bring healing. The fast and professional help are not in competition. They work together.

(1 Corinthians 6:19-20 | Daniel 10:3 | Proverbs 20:1 | Proverbs 23:29-35 | Isaiah 5:11 | Galatians 5:1 | John 8:36 | 1 Corinthians 10:13)

## **7.10 Pride**

Pride is one of the sins God takes most seriously, and it is one of the hardest to recognise in yourself because proud people rarely think they are proud.

Proverbs 16:18 says, "Pride goeth before destruction, and an haughty spirit before a fall." Proverbs 6:16-17 lists the things God hates, and the very first one on the list is "a proud look." Not murder. Not stealing. Not lying. Pride is listed first. That should tell you how seriously God takes it.

Pride shows up in many ways. It shows up as the inability to say "I am sorry" or "I was wrong." It shows up as looking down on people who are less educated, less wealthy or less successful than you. It shows up as always needing to be right in every conversation. It shows up as refusing to ask for help because you do not want to appear weak. It shows up as taking credit for things that God has done for you. It shows up as treating people poorly because you believe you are above them.

Pride can even show up during this fast. You might start feeling spiritually superior to people who are not fasting. You might judge someone for eating meat while you are on your Daniel Fast diet. You might feel like you are closer to God than other people because you are doing this. That in itself is pride, and it will block the very blessings you are fasting for.

God resists the proud but gives grace to the humble (James 4:6). That means when you are proud, you are actively working against yourself. You are putting yourself in a position where God resists you instead of helping you.

During this fast, ask God to reveal any pride in your heart. Ask Him to show you where you have been looking down on others, where you have been taking credit for His work, and where you have been too stubborn to admit you were wrong. Humility is not thinking less of yourself. It is thinking of yourself less. Let this fast teach you that everything you have and everything you are is because of God, not because of you.

*(Proverbs 16:18 | Proverbs 6:16-17 | James 4:6 | 1 Peter 5:5-6 | Micah 6:8 | Philippians 2:3-4)*

## **7.11 Fear, Worry and Anxiety**

If there is one thing that steals our peace more than anything else, it is fear and worry. We worry about money, we worry about our health, we worry about our children, we worry about our jobs, we worry about the future, we worry about what people think of us. And in Nigeria especially, with the economic pressures, insecurity and daily uncertainty, worry has become a way of life for many people.

But God is very clear about this. Philippians 4:6-7 says, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” He is not saying your problems are not real. He is saying that worry is not the solution. Prayer is.

Jesus himself addressed this directly in Matthew 6:25-34. He said, “Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on.” He pointed to the birds of the air and the lilies of the field and said if God takes care of them, how much more will He take care of you? He then said something that should settle every anxious heart: “Your heavenly Father knoweth that ye have need of all these things.”

God already knows what you need. He is not unaware of your situation. He is not ignoring you. He is asking you to trust Him enough to stop carrying the weight yourself. Fear and worry also have real physical consequences. Chronic worry raises cortisol levels, weakens the immune system, disrupts sleep, increases blood pressure, causes digestive problems and has been linked to heart disease. When you worry constantly, you are literally making yourself sick over things that may never happen. Studies show that roughly 85 percent of the things people worry about never actually come to pass. The Bible says “fear not” and similar phrases appear over 300 times in scripture. God kept repeating it because He knew we would need to hear it over and over. During this fast, every time a worry enters your mind, take it to God in prayer instead of carrying it yourself. Replace the worry with a scripture. Speak Isaiah 41:10 out loud: “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee.” Let this fast break the habit of worrying and replace it with the habit of trusting God.

*(Philippians 4:6-7 | Matthew 6:25-34 | Isaiah 41:10 | 1 Peter 5:7 | Psalm 55:22 | 2 Timothy 1:7 | Psalm 94:19)*

## **7.12 Envy and Jealousy**



Envy is one of those sins that people rarely admit to, but almost everyone struggles with. You see someone buy a new car and instead of being happy for them, something inside you feels resentful. You see someone's wedding photos online and instead of celebrating, you feel bitter about your own relationship. You see a colleague get promoted and instead of congratulating them, you feel like it should have been you.

Proverbs 14:30 says, "A sound heart is the life of the flesh: but envy the rottenness of the bones." Envy does not just affect your spirit. It rots you from the inside. James 3:16 says, "For where envying and strife is, there is confusion and every evil work." Envy opens the door to confusion and destruction in your life.

Social media has made envy worse than it has ever been. We are constantly seeing the highlight reels of other people's lives and comparing them to our own reality. Someone posts a vacation photo and you feel inadequate. Someone announces a new business and you feel like you are falling behind. Someone shares their testimony and instead of praising God, you wonder why He has not done the same for you.

The root of envy is discontentment with what God has given you. When you envy someone else, you are telling God that what He has provided for you is not enough. You are questioning His plan for your life because it does not look like someone else's plan. During this fast, ask God to deal with every seed of envy in your heart. When you see someone doing well, pray for them instead of resenting them. When you see someone receive a blessing, thank God for it as if it were your own. Romans 12:15 says to rejoice with those who rejoice. That is not natural for most of us. It is supernatural. You need God's help to do it. But once you start celebrating other people's wins instead of being threatened by them, something shifts in your spirit. Your own blessings begin to flow because you are no longer blocking them with bitterness.

Galatians 6:4 says, "But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another." Focus on what God has called you to do. Your race is your race. Someone else's blessing is not your loss.

*(Proverbs 14:30 | James 3:16 | Romans 12:15 | Galatians 6:4 | Galatians 5:26 | Proverbs 27:4 | 1 Corinthians 13:4)*

## OVERCOMING ADDICTION

Someone recently asked me how the Daniel Fast can help someone overcome addiction. It is a great question, and the answer might surprise you because it is not just spiritual. There is actual science behind why this fast works for people who are struggling with addictions of all kinds.

Whether your addiction is to food, sugar, social media, pornography, gambling, alcohol, smoking, drugs, shopping or anything else that has a hold on you, the Daniel Fast is one of the most effective resets you can do. And here is why.

### How Addiction Works in the Brain

Every addiction follows the same basic pattern in the brain. When you engage in a pleasurable activity, your brain releases dopamine, a chemical that makes you feel good. That dopamine release is what makes you want to do it again. Over time, with repeated

exposure, your brain adapts. The dopamine receptors become desensitised, which means you need more and more of the same activity to feel the same level of pleasure. This is called tolerance. Your baseline happiness level drops, and now you need the addictive behaviour just to feel normal. Without it, you feel anxious, irritable, restless, depressed or empty.

This is true whether the addiction is to cocaine or to your phone. The mechanism is the same. The severity differs, but the brain pathway is identical.

## **What the Daniel Fast Does to Your Brain**

Dr Anna Lembke, Professor of Psychiatry at Stanford University and Chief of the Stanford Addiction Medicine Clinic, explains that when you abstain from addictive behaviours for a sustained period, something remarkable happens. The brain begins to recalibrate. Dopamine receptors start to recover. Your baseline happiness level begins to rise back to normal. Craving begins to subside. And not only does the craving reduce, but mood, anxiety, sleep and other markers of mental health also begin to improve.

Her clinical experience shows that this process typically takes about four weeks, but significant changes can begin within the first two to three weeks, which is exactly the duration of the Daniel Fast.

Think about what the Daniel Fast removes. It removes sugar, which is one of the most addictive substances in the modern diet. It removes caffeine. It removes alcohol. It removes social media scrolling. It removes entertainment that overstimulates. It removes sexually explicit content. It removes idle chatter and gossip. It removes many of the things that are constantly flooding your brain with artificial dopamine hits.

When you remove all of these at once and replace them with prayer, Bible study, rest, simple food and quietness, you are essentially giving your brain the space it needs to heal. Your dopamine receptors begin to recover. Your prefrontal cortex, the part of your brain responsible for self-control and good decision-making, begins to strengthen again. You start to feel pleasure in simple things, a conversation with God, a bowl of beans and plantain, a walk outside, a good night's sleep. Things that used to feel boring start to feel satisfying because your brain is no longer being hijacked by artificial stimulation.

Research supports this. Studies have shown that reducing high-reward activities leads to increased sensitivity of dopamine receptors, essentially restoring the brain's ability to feel reward from normal, healthy activities. Exercise, mindfulness and prayer have all been shown to support this process by promoting neuroplasticity, the brain's ability to rewire itself and form new, healthier patterns.

## **Why 21 Days Matters**

There is a reason this fast is 21 days and not 3 or 7. Research on habit formation and brain rewiring shows that it takes a sustained period of consistent behaviour change for new neural pathways to form and strengthen. While the old saying that it takes 21 days to form a habit is a simplification, neuroscience confirms that this timeframe is significant enough for real changes to begin taking root in the brain.

During the first week, you will likely experience withdrawal. Headaches, irritability, cravings, fatigue, mood swings. This is your brain protesting the loss of its dopamine sources. Push through it. By the second week, the cravings begin to reduce. You start to feel clearer, calmer, more present. By the third week, many people report feeling a peace and mental clarity they have not experienced in years. That is not just spiritual. That is your brain healing.

### **God Designed the Solution Before Science Discovered It**

What is remarkable is that God gave us this pattern thousands of years before neuroscience existed. Daniel fasted for 21 days and received clarity, understanding and breakthrough. God knew what the brain needed long before we had brain scans to prove it. The Daniel Fast is not just a spiritual discipline. It is a divinely designed reset for the mind, the body and the spirit.

If you are struggling with any form of addiction, I want you to know that this fast can be the beginning of your freedom. Not because you are strong enough to break free on your own, but because God is strong enough to break every chain. You provide the willingness. He provides the power.

During this fast, be honest with God about your addiction. Do not hide it. Do not minimise it. Tell Him exactly what you are struggling with and ask Him to set you free. Surrender it completely. And then do the practical work: remove the triggers, avoid the environments, delete the apps, stay away from the people and places that feed your addiction. Let the fast do what it was designed to do.

1 Corinthians 10:13 says, "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." God has already made the way of escape. The Daniel Fast might be it.

If your addiction is severe, please also seek professional help alongside the fast. There is no contradiction between trusting God and getting professional support. God works through counsellors, doctors and recovery programmes just as powerfully as He works through prayer and fasting.

(1 Corinthians 10:13 | 2 Corinthians 5:17 | Romans 12:2 | Galatians 5:1 | John 8:36 | Philippians 4:13 | Isaiah 61:1)

## **FORGIVENESS**

Have you wronged someone, or has someone wronged you? During this fast, please learn to forgive and let go. I know it is hard for some people, but whatever you are asking God for is more important than the grudge you are holding on to. Tell God during this fast that you need the spirit of forgiveness, and also pray blessings on the person that has hurt you.

I was sick in 2020 and almost died. At that point I was so sure that if I died, I would go to hell. I listened to Ellen White's Steps to Christ and one of the things I learned was that I had to forgive all those who had wronged me and also apologise to people I had wronged. At the time, I did not have a diagnosis. No one could figure out what was causing my body to react in different ways, and all the tests were coming out clean.

I called a friend to forgive her for what she did to me in January of 2020. I had made up my mind never to have anything to do with her, but I was more worried about my eternal life than any grudge. I ended up calling her and I said, "Anything I did to you that made you do what you did to me, I am sorry. And as of today, I am letting go of any resentment I have towards you."

You will not believe what happened. We had a good conversation after that, which led her to ask me what was wrong with me. I explained, and she told me she would pick me up the next day and take me to a heart specialist. This man was the first person to help with my diagnosis. Imagine if I had not forgiven her. I might not be writing this today.

I heard a story from Pastor Don Lemon that really stayed with me. He said a woman came to him and told him she was a vegetarian, she prayed, she was a committed Christian, but her blood pressure would not come down. It had been like that for ten years. He asked her when the blood pressure started, and she said ten years ago. He then asked her what happened significantly ten years ago. She said her husband left her and married someone else. He asked her if she had forgiven her husband. She said she would never forgive him. Pastor Lemmon told her that was the reason her blood pressure was not coming down, despite going to the hospital, taking medication and living a healthier lifestyle. He encouraged her to let go. She finally agreed, prayed, and decided to release the resentment. For the first time in years, her blood pressure came down. When I first heard that story, I was amazed. But over the years, I have seen with my own eyes how forgiveness and letting go can change people's lives.

There is a quote that says, “Resentment is like swallowing poison and expecting the other person to die.” That is exactly what it does. It sits inside you and eats away at your peace, your health and your relationship with God while the other person is going about their life.

## **What Science Says About Unforgiveness**

A study published in the journal *Social Psychiatry and Psychiatric Epidemiology* surveyed nearly 10,000 people and found that those who held grudges reported significantly higher rates of heart disease, elevated blood pressure, stomach ulcers, arthritis, back problems, headaches and chronic pain compared to those who did not. Harvard Medical School published research confirming that unforgiveness raises blood pressure, and that over time, if that does not resolve, it directly affects heart health.

In cancer treatment centres, therapists are now using what they call forgiveness therapy. The Cancer Treatment Centers of America offers forgiveness workshops to patients because they have seen how resentment and bitterness drain the vital energy patients need for healing. A published study on elderly terminally ill cancer patients found that just four weeks of forgiveness therapy significantly improved their quality of life, increased their sense of hope and reduced their anger.

I know it might not be easy. There are some situations where, when you hear what really happened, it sounds like something that should never be forgiven. But what I am asking you to do during this fast is to trust God’s method. Test it and see for yourself. See just how much you have been missing without even knowing.

God who knows everything says we should forgive everyone despite what they have done to us. In Mark 11:25, He says when you stand praying, if you have anything against anyone, forgive them so that your Father in heaven may also forgive you. Jesus himself, while being crucified, said, “Father, forgive them, for they know not what they do” (Luke 23:34). If Jesus could forgive the people who were killing Him, we can forgive the people who have hurt us.

For the next 21 days, that is exactly what we are going to do. If there is someone you need to forgive, forgive them. If there is someone you need to apologise to, pick up the phone and call them. Do not let pride or pain stop you. What God wants to do in your life during this fast is bigger than any offence.

*(Ephesians 4:31-32 | Mark 11:25 | Luke 23:34 | Colossians 3:13 | Matthew 6:14-15)*

## **TITHES AND OFFERINGS**

This section is not about money. It is about trust. Do you trust God with your finances? Do you trust Him enough to believe that you will be okay regardless of how things look right now? That is really what tithing comes down to.

The whole idea of this Daniel Fast is to try God's method. In Malachi 3:8, God asks, "Will a man rob God? Yet you have robbed Me." And when the people ask how, He answers, "In tithes and offerings." He then says in verse 9 that because of this, we are cursed with a curse. Many of us are walking around under a curse and do not even know it.

This is connected to what I mentioned earlier from Luke 19:42, where Jesus says, "If you had known, even you, especially in this your day, the things that make for your peace, but now they are hidden from your eyes." We do not know that tithing is one of the things that would give us peace.

But look at what God promises in Malachi 3:10. He says to bring all the tithes into the storehouse and to test Him and see if He will not open the windows of heaven and pour out a blessing so great that there will not be room enough to receive it. Then in verse 11, He says, "I will rebuke the devourer for your sakes, and he shall not destroy the fruit of your ground." That means the things that normally come to eat up your money, the unexpected bills, the sickness, the family emergency, God is saying He will stop those things from coming. He is not just promising to give you more. He is promising to protect what you already have.

And this does not only apply to people who are struggling financially. Some of you reading this have money. You are doing well in business, you have a good income, and you might be thinking this section does not apply to you. But let me ask you something. Do you have peace? Is your health where it should be? Are you constantly putting out fires in your business, dealing with one problem after another?

The curse does not always show up as an empty bank account. For some people it shows up as the doctor's report that does not make sense despite living a healthy lifestyle. For others it shows up as a business that makes money but gives no rest, no joy and no peace. For some it is children who are going astray despite having everything provided for them. You have the money, but something is always wrong, and you cannot figure out what it is.

God said He would rebuke the devourer. The devourer does not only eat your finances. It eats your health, your peace, your relationships, your time, your joy. When you are not in covenant with God in your giving, you are leaving the door open for things to be destroyed in areas of your life that money cannot protect.

The Bible is full of stories of people who trusted God with what they had. When Elijah met the widow of Zarephath in 1 Kings 17:7-16, she was about to cook her last meal for herself and her son and then die. Elijah told her to make for him first. She obeyed, and the Bible says her flour did not run out and her oil did not fail. When Abraham met Melchizedek in Genesis 14:18-20, the first thing he did was give a tenth of everything. Jacob made a vow in Genesis 28:20-22, saying of all that God gave him, he would surely give a tenth. The widow in Mark 12:41-44 gave two small coins, which was all she had, and Jesus said she gave more than everyone else.

For those who do not know where to start, calculate everything you currently have with you. Remove your 10 percent tithe. I am a Seventh Day Adventist, so my church advises that our offerings should not be less than our tithes, which means I remove 20 percent and return 10 percent as tithe and 10 percent as offering. I have not lacked since I started doing this (2 Corinthians 9:6-8).

God's way is simple. "Seek first the kingdom of God and His righteousness, and all other things will be added unto you" (Matthew 6:33). Read Malachi 3:6-12 and Haggai 1:5-9 carefully and prayerfully. When I understood what they were saying, my life changed.

**Practical Tip:** Open a digital bank account and move your tithes into a separate account every time you get paid or someone gives you money. You can also buy an envelope and label it. The key is to separate it immediately so you do not spend it and then struggle to replace it later.

*(Malachi 3:6-12 | Luke 19:42 | 1 Kings 17:7-16 | Genesis 14:18-20 | Genesis 28:20-22 | Mark 12:41-44 | Psalms 24:1 | Haggai 2:8 | 2 Corinthians 9:6-8 | Matthew 6:33 | Haggai 1:5-9)*

## CONFESSION AND SELF-ACCOUNTABILITY

### Confession

Pray a prayer of confession. When Daniel prayed in Daniel 9, he confessed his sins and the sins of the Israelites before God. He did not blame anyone else. He did not make excuses. He took responsibility and laid it all before God. But notice something important about how Daniel prayed. He did not just say, "They sinned." He said, "We have sinned." He included himself. And yet, in the very same prayer, he appealed to God's mercy and compassion.

Nehemiah did the same thing. When he heard that Jerusalem was in ruins, he sat down and wept. He fasted and prayed and confessed his sins and the sins of his people before asking God for anything (Nehemiah 1:4-11). He did not blame the enemies who destroyed the walls. He started with, "We have sinned." He put himself in the position of accountability first, and only then did he ask God for favour. And God gave it to him.



Both Daniel and Nehemiah show us the same pattern. Confess honestly. Take responsibility. Then trust God to move on your behalf. Accountability without God's mercy leads to despair. God's mercy without accountability leads to complacency. You need both.

If you are single, confess your sins and tell God how you got to where you are. If you are married and have children, confess your sins and also bring the sins of your household before God. If you think you do not have anything to confess, ask God to reveal to you the things you are harbouring. Trust me, you will be surprised at what He shows you.

The Bible says in Proverbs 28:13, "He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy." And in 1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." God is not waiting to punish you. He is waiting to forgive you. But He needs you to bring it to Him.

## **Self-Accountability**

This is something I need you to really sit with, because it could change the way you see your entire life.

How many of us go through life blaming other people for everything? We blame the government, we blame our parents, we blame our boss, we blame our colleagues, we blame society, we blame the economy, we blame our ex, we blame the people around us. Everywhere we go, someone else is the problem. But have you ever stopped and asked yourself, what is the one common factor in every situation where things have gone wrong? You.

I am not saying this to be harsh. I am saying this because I had to learn it myself. One of the books that changed the way I do business was *The E-Myth Revisited* by Michael Gerber. He makes a point that stayed with me. Everything that has to do with your business and your staff is your fault. If your staff are not performing, it is your fault because you hired them, you trained them, or you failed to set the right systems in place. When I read that, it shifted something in me.

The same principle applies to life. Your mindset, how you treat people, how you respond to problems, what you tolerate, what you ignore, what you refuse to change, all of these things shape the life you are living right now. If you keep finding yourself in the same negative situations, at some point you have to stop and look inward instead of outward.

## **What Science Says About Self-Accountability**

Psychology has a concept called locus of control, first introduced by psychologist Julian Rotter in 1954. People with an internal locus of control believe that their own actions

and decisions shape their outcomes. People with an external locus of control believe that outside forces are responsible for what happens to them.

The research is clear. People who take personal responsibility consistently show lower levels of depression, anxiety and stress. They are more resilient, more motivated, and better equipped to cope with adversity. On the other hand, people who constantly blame external factors are more vulnerable to psychological distress and feelings of helplessness. When you believe everything is someone else's fault, you also believe you have no power to change anything, and that belief traps you.

What God is asking us to do during this fast is exactly what the science confirms. Look inward. Take ownership. Not to beat yourself up, but to take back the power to make different choices. When Daniel and Nehemiah confessed, they were not drowning in guilt. They were clearing the way for God to work.

I am not telling you to do this forever. I am only asking you to taste God for three weeks and see with your eyes that He is good (Psalms 34:8). If you start seeing changes in your health, your finances, your work, your business or any other aspect of your life, please take these instructions and continue practising them.

*(Daniel 9 | Nehemiah 1:4-11 | Luke 18:13-14 | Psalm 51 | Proverbs 28:13 | 1 John 1:9 | John 14:15, 21 | Psalms 34:8)*

## **WHEN TEMPTATION COMES**

Please remember this is only for 21 days. What you want to achieve from this fast is greater than the food you can eat, the music you will miss, the gist from social media you cannot watch or the habits you are putting down. All of these things will be there when you are done.

Temptation will come. I need you to understand that. It is not a matter of if, it is when. You will be tempted to eat what you should not eat. You will be tempted to scroll through your phone. You will be tempted to gossip, to complain, to get angry, to skip your prayer time, to give up entirely. There will be days when the fast feels pointless and you wonder if God is even listening. That is normal. That is part of the process.

What I have learned is that the moments when you feel like quitting are usually the moments right before God is about to do something. The enemy does not fight what is not working. If the fast was not effective, you would not be tempted to stop. The resistance you feel is proof that something is shifting.

When those moments come, do not rely on your own strength. You will fail. Instead, remind yourself of what God has said:

*“I can do all things through Christ who strengthens me.” (Philippians 4:13)*

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7)*

*“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.” (1 Corinthians 10:13)*

*“Submit yourselves therefore to God. Resist the devil, and he will flee from you.” (James 4:7)*

Write these verses down. Put them on your phone, on your mirror, on your desk, wherever you will see them. When temptation comes, speak them out loud. There is power in speaking God’s Word over your situation.

If you fall during the fast, do not let guilt make you quit. Get back up and continue. God is not looking for perfection. He is looking for persistence. The enemy wants you to believe that one mistake means the whole fast is ruined. That is a lie. Confess it, get back up, and keep going.

These 21 days will not be easy, but they will be worth it. You will come out on the other side a different person. Not because you were strong enough, but because God was strong enough for you.

*(Philippians 4:13 | 2 Timothy 1:7 | 1 Corinthians 10:13 | James 4:7 | Psalm 28:7)*

## **AFTER THE FAST: TRANSITIONING BACK**

Congratulations. If you have made it to the end of the 21 days, or even if you did not complete it perfectly, I am proud of you. God is proud of you. The fact that you tried is significant.

But the days after the fast are just as important as the fast itself. How you transition back will determine whether the changes stick or whether you lose everything God gave you during this time.

### **Do Not Rush Back to Your Old Diet**

After 21 days of clean, plant-based eating, your digestive system has adjusted. If you immediately go and eat a heavy plate of fried food, meat, sugar, processed snacks and caffeine, you will likely feel terrible. Your stomach may cramp, you may feel nauseous, bloated, or experience digestive distress. Your body is no longer used to processing those things.

Instead, reintroduce foods gradually over the first week after the fast. Start with lighter foods and small portions. Add things back one at a time so you can notice how your

body responds. You may discover that some of the foods you used to eat regularly actually make you feel worse than you realised. Many people who complete the Daniel Fast find that their taste buds have changed and they no longer crave the things they used to eat. Pay attention to that. Your body is telling you something.

## **Do Not Rush Back to Your Old Habits**

This is the bigger danger. The food is one thing, but the habits are what really matter. You spent 21 days away from social media, gossip, secular entertainment, anger, complaining, and all the other things you put down during the fast. Do not pick them all back up on Day 22.

Ask yourself honestly: which habits made your life worse, and which did you not even miss? Many people discover during the fast that they did not actually miss social media, that they slept better without their phone, that they were more productive without games and movies, that their relationships improved without gossip. If something made your life better by its absence, why bring it back?

Be intentional about what you allow back into your life. Not everything deserves to come back. Some things should stay gone permanently.

## **Keep the Prayer Life Going**

You spent 21 days building a prayer rhythm. Do not abandon it. You may not pray six times a day going forward, but keep at least a morning and evening prayer time. Keep reading your Bible daily. Keep using your journal. The relationship you built with God during the fast needs to be maintained, not archived.

## **Keep the Sabbath**

If you started keeping a day of rest during the fast and you experienced the benefits, continue. Your body needs it. Your mind needs it. Your spirit needs it. Do not go back to working seven days a week and wondering why you are exhausted and anxious.

## **Share Your Testimony**

Tell someone what God did for you during this fast. Share the guide with someone who needs it. Your testimony could be the thing that pushes someone else to try, and their life could change the way yours did. Matthew 28:19-20 says to go and teach. Do not keep what God gave you to yourself.

## **Consider Making It a Lifestyle**

The Daniel Fast was designed to be a starting point, not a once-a-year event. Many of the principles, eating clean, praying consistently, resting properly, letting go of destructive habits, being honest, forgiving others, trusting God with your finances, are meant to be lived daily. Take what worked and build it into your everyday life. You do not have to be perfect. Just keep moving forward, one day at a time.

## FREQUENTLY ASKED QUESTIONS

These are the questions I get asked the most. Please remember that this fast is between you and God. When in doubt, pray about it and let the Holy Spirit guide you.

### **1. I have diabetes or another health condition. Can I do the Daniel Fast?**

Please speak with your doctor or a dietitian who understands your health needs before you start. The Daniel Fast is plant-based, which is generally healthy, but it may need to be adjusted for your specific condition. For example, diabetics should be careful with fruits since many of them can spike blood sugar. Focus more on vegetables, legumes and foods with a low glycaemic index. Do your own research and work with a healthcare professional to find what works for you. The fast should improve your health, not put it at risk.

### **2. I am pregnant or breastfeeding. Can I do the fast?**

Please consult your doctor before making any significant changes to your diet during pregnancy or breastfeeding. You can still participate in the spiritual aspects of the fast, such as prayer, Bible reading, stepping away from social media, and letting go of bad habits, without changing your diet in a way that could affect your health or your baby's development.

### **3. Can children do the Daniel Fast?**

Children can participate in age-appropriate ways. Older teenagers who understand what the fast is about and want to do it voluntarily can join in, but please make sure they are eating enough. Younger children can be involved in the prayer and devotional aspects without the dietary restrictions. Do not force a child to fast.

### **4. Can I do a water-only fast or a fruits-and-vegetables-only fast instead?**

You can, but I would encourage you to think about the bigger picture. If you do water only or fruits and vegetables only and you start feeling tired and cannot carry on, please eat the Daniel Fast diet. The idea of this fast is also to train you in something you can sustainably use even after the fast, especially when you start to see the overall benefits on your body. If you do water only for 21 days, you might go right back to your previous diet afterwards, which may have been causing health issues in the first place. The Daniel Fast diet is designed to be something you can realistically continue as a lifestyle.

### **5. I cannot afford all the foods listed. What do I do?**

You do not have to have everything. Start with what you have. If you cannot afford brown rice, use white rice. If you cannot afford olive oil, use the cooking oil you have. The most important thing is to stay away from sugar, sugary foods and drinks,

processed foods, meat, and the other things on the list of what you cannot eat. God sees your heart, not your grocery bill.

**6. I share a pot of food with my family and cannot cook separately. What do I do?**

If your family is not joining the fast and there is a general pot of food, you can eat from the food and remove the meat or other items that are not part of the fast. It is not ideal, but it is better than not doing the fast at all. Start with what you have and do the best you can with your situation.

**7. Is the fast from 6am to 6pm or 6am to 12pm, and then I eat my regular food?**

No. The Daniel Fast is not a time-restricted fast. It is a 24-hour dietary fast for 21 consecutive days. You eat only Daniel Fast approved foods for the entire duration. There is no window where you go back to eating your regular food.

**8. I work on social media. How do I stay off it?**

If your work requires you to be on social media, you can still do the fast. Assign specific times to do your posting, respond to customers and handle your business. During those times, be mindful. Do the work without going to view other people's posts, chatting unnecessarily or getting distracted. Set a timer if you have to, do what you need to do, and get off. Also, doing work in the middle of the night instead of resting defeats the purpose of relying on God during this period.

**9. Can married couples have sex during the fast?**

This is a personal conviction between you and your spouse. It is not a sin. However, in Exodus 19:15, when God was about to come down on Mount Sinai, He told the Israelites to abstain for three days. If you and your spouse want to add that as a sacrifice during this period, you can. But it should be a mutual decision, not a one-sided one.

**10. What if I slip up and eat something I should not have?**

Get back up and continue. Do not let one mistake make you throw away the entire fast. The enemy wants you to believe that because you failed once, the whole thing is ruined. That is a lie. Confess it to God, ask for strength, and keep going. God is not looking for perfection. He is looking for persistence.

**11. What if I feel weak, dizzy or unwell during the fast?**

Your body is adjusting, especially in the first few days. Make sure you are drinking enough water, eating enough food and getting enough rest. If you were used to caffeine

or sugar, you may experience withdrawal symptoms like headaches, fatigue or irritability. These usually pass within the first week. However, if you feel genuinely unwell or if symptoms persist, please eat properly and consult your doctor.

## **12. Do I have to pray exactly three times a day?**

Three times a day is the minimum I recommend, but there is no rigid rule. The point is to be intentional and consistent about spending time with God. If you can do more, do more. Set your alarms, show up, and talk to God. Some days your prayers will be long and deep. Other days they might be short and simple. Both are valid.

## **13. Can I exercise during the fast?**

Yes, but listen to your body. Since you are eating differently and possibly eating less, your energy levels may be lower, especially in the first week. Light to moderate exercise like walking and stretching is generally fine. If you feel lightheaded or excessively tired during exercise, slow down.

## **14. Can I start the fast on any day, or does it have to be a specific date?**

You can start on any day. Some people like to start at the beginning of the year or on a Monday, but there is no biblical requirement for a specific start date. The most important thing is that you start. Pick a date, prepare, and begin.

## **15. What about events during the fast, like birthdays, weddings or social gatherings?**

You can still attend events. But be prepared. Eat before you go so you are not hungry and tempted. If there is food you can eat at the event, eat that. If not, politely decline. You do not have to explain your fast to everyone. A simple “no thank you” is enough. It is only 21 days.

## **16. What if I do not go to church or do not have a church?**

You do not need a church to do this fast. The fast is between you and God. You can pray at home, read your Bible, watch Christian content online, and do the fast exactly as outlined in this guide. If you do not have a church, this fast might be the season where God leads you to one.

## **17. What if I do not have an accountability partner?**

It is helpful but not compulsory. If you do not have someone to do the fast with, you can still do it on your own with God. You can also join online fasting communities or groups. But even if it is just you and God, that is more than enough.

## **18. What about taking medication during the fast?**



Do not stop taking any prescribed medication because of the fast. Your medication was prescribed for a reason, and stopping it without medical advice can be dangerous. If your medication needs to be taken with food, eat what you need to eat and take your medication. God does not want you to harm yourself in the name of fasting.

### **19. I have tried this fast before and failed. Should I try again?**

Absolutely. The fact that you failed before does not disqualify you from trying again. It simply means you now know where your weak points are, and you can prepare better this time. Go back to the preparation section and take it seriously. The fact that you want to try again tells me that something inside you knows this fast has the power to change your life. Trust that feeling. It is the Holy Spirit.

### **20. What happens after the 21 days?**

The fast is designed to be a starting point, not the finish line. After the 21 days, take stock of what has changed. Look at your journal. Some people continue with the Daniel Fast diet because of how much better they feel. Others gradually reintroduce certain foods but maintain the prayer life, the rest, the gratitude and the habits they built during the fast. The goal is that the 21 days plant seeds that grow into a lifestyle. Do not go back to everything you put down. Keep what God has given you during this time and build on it.

## **TESTIMONIES**

These are real testimonies from people who have done the Daniel Fast. Their experiences are shared here to encourage you and show you that this fast works. If God did it for them, He will do it for you.

### **Richard — Akwa Ibom, Nigeria**

*“The Daniel Fast was a truly transformative experience for me, spiritually, physically and mentally. It was a time of spiritual growth, self-reflection and renewal. I felt more connected to my faith and more focused on my spiritual journey. The discipline of prayer and fasting helped me to quiet my mind and seek God’s guidance. On the physical side, I experienced improved digestion, increased energy and a sense of clarity. I gained valuable insights and a deeper understanding of myself and my relationship with God.”*

### **Jennifer — Rivers, Nigeria**

*“Amazing. God answered the prayer requests I submitted on my form and even more. God healed me. This is one of the best ways to connect with God Almighty. I have been*

*sharing and encouraging my family members to join. In fact, anyone that would listen.”*

**NK — Abia, Nigeria**

*“It was a great experience. For the days I did it, I noticed a great improvement in my skin, not exaggerating. The devotionals, the prayers multiple times a day, hearing people share their experiences, and the wealth of knowledge as Christians was something I will always want to have. Also, for someone who struggles with fasting, I have started to have good control over food. I was able to do a three-day dry fast towards the end of the programme, which I had never done before. I strongly feel it was because I saw that I was able to abstain from processed foods for some days, and that pushed me into trying something I would have considered impossible.”*

**Bukky — Oyo, Nigeria**

*“I literally joined last minute, and even though it was impromptu, it was the most productive use of my days. I found the Bible plans very divinely timed, instructive and uplifting. I set out to stop all social media use and coffee intake. In all, I felt very blessed to have joined.”*

**Maureen — Rivers, Nigeria**

*“It was an experience of growth in God every single day. God led me and provided for me and performed miracles before our eyes and blessed my household even when we had nothing. Our pocket never got dry for us to begin worrying about food.”*

**Jane — Rivers, Nigeria**

*“I would say the fast was a life-changing experience for me. God gave me a new conscience. My prayers have been answered. Praise be to God.”*

**Arubisan — Delta, Nigeria**

*“It was a good one. It helped me to be more disciplined. I lost weight and I cut off sugary drinks and sugar itself. It also helped me to study the Bible every day.”*

**David — Rivers, Nigeria**

*“It was my first experience and it was worth doing. I feel better health-wise. God also answered my prayers and I wish to make it my lifestyle.”*

**Joy — Lagos, Nigeria**

*“It strengthened my prayer life. I received answers to my prayers. My confidence in God became strong. It was a wonderful experience.”*

## RESOURCES

These are tools and resources that have helped me in my journey and that I believe will help you during this fast and beyond. You do not need all of them. Even if you use just the Bible and nothing else during this period, that would be fantastic.

### The Bible

This is the most important resource you will ever need. During this fast, you can take a book of the Bible and read one chapter a day. You can follow a Bible-in-a-year reading plan. You can focus on the Psalms and Proverbs for daily wisdom and encouragement. You can study the book of Daniel since it is the foundation of this fast. Whatever approach you choose, spend time in God's Word every single day. A physical Bible is even better if you have access to one, as it removes the temptation of phone notifications and distractions. But if your phone is all you have, that is perfectly fine.

### Ellen G. White Library

If you have the physical books, that is great, but you can also use the audiobooks and the EGW Writings app, which gives you access to the entire library for free. Here are some suggestions:

**For new believers and those starting their walk with God:** Steps to Christ, The Desire of Ages.

**For understanding Bible prophecy and the bigger picture:** The Great Controversy, Patriarchs and Prophets, Prophets and Kings, The Acts of the Apostles.

**For young people:** Messages to Young People.

**For families and marriage:** The Adventist Home, Child Guidance.

**For deepening your prayer life:** Early Writings, Thoughts from the Mount of Blessing.

**For health and wellness:** The Ministry of Healing, Counsels on Diet and Foods.

### YouVersion Bible App

This app helped me at the beginning of my journey, especially the Bible reading plans they have. It helped me finish the Bible in one year, and I have done that about five times now. It has hundreds of reading plans, including 21-day fasting plans that align perfectly with the Daniel Fast.

### Sabbath School Study Guide

This is an underrated daily resource. You can use either the physical quarterly or the Sabbath School and Personal Ministries app. The app is the official resource from the General Conference of Seventh-day Adventists and includes the weekly lesson study, devotional content and audio versions.

## **AudioVerse**

Download this app to listen to sermons on the go. It has a large library of sermons, Bible studies and presentations from Adventist speakers and evangelists worldwide. It is free and is a great way to fill your commute or quiet moments with something spiritually nourishing.

## **Amazing Facts**

The Amazing Facts Ministry app gives you access to sermons, daily devotionals and Bible study guides from Pastor Doug Batchelor and other speakers. They also have a free online Bible study course that covers foundational topics of the Christian faith.

## **Hope Channel and 3ABN**

Hope Channel is the official television network of the Seventh-day Adventist Church, and Three Angels Broadcasting Network (3ABN) is another Adventist media ministry. Both are available as apps and on YouTube. They offer sermons, health programmes, cooking shows with plant-based recipes, Bible study series and family programming.

## **Bible Project**

Bible Project produces short animated videos that explain every book of the Bible, key biblical themes and important theological concepts. They are beautifully made, easy to understand and completely free. Available on their app, website and YouTube channel.

## **YouTube**

YouTube has been an amazing resource for me. I have found sermons, reviews, guides and teachings that have been a joy to discover. I also found Christian animations from Vision Video. They have a Torchlighters animation series that tells the stories of Christian heroes throughout history, and it was just inspiring. Also, whatever course you are studying, job you are in, or business you are running, use this time to do more research and discover more information in your field. I noticed God used this medium for me. I would open YouTube and what I needed to find would sometimes be the first suggestion on the screen.

# SCRIPTURE REFERENCES

All Bible texts referenced in this guide, written out in full (King James Version).

## What Is the Daniel Fast?

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**Daniel 1:8, 11-16** — 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank. 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. 14 So he consented to them in this matter, and proved them ten days. 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. 16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

**Daniel 10:2-3, 12-13** — 2 In those days I Daniel was mourning three full weeks. 3 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. 12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. 13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me.

**Jeremiah 9:24** — But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.

**Isaiah 1:16-18** — 16 Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; 17 Learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow. 18 Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

**Deuteronomy 26:16-17** — 16 This day the LORD thy God hath commanded thee to do these statutes and judgments: thou shalt therefore keep and do them with all thine heart, and with all thy soul. 17 Thou hast avouched the LORD this day to be thy God, and to walk in his ways, and to keep his statutes, and his commandments.

**Zechariah 3:7** — Thus saith the LORD of hosts; If thou wilt walk in my ways, and if thou wilt keep my charge, then thou shalt also judge my house, and shalt also keep my courts, and I will give thee places to walk among these that stand by.

**Deuteronomy 15:4-6** — 4 Save when there shall be no poor among you; for the LORD shall greatly bless thee in the land which the LORD thy God giveth thee. 5 Only if thou carefully hearken unto the voice of the LORD thy God, to observe to do all these

commandments. 6 For the LORD thy God blesseth thee, as he promised thee: and thou shalt lend unto many nations, but thou shalt not borrow.

**1 Thessalonians 4:11-12** — 11 And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; 12 That ye may walk honestly toward them that are without, and that ye may have lack of nothing.

**Exodus 15:26** — If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee: for I am the LORD that healeth thee.

**Deuteronomy 7:15** — And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.

**Jeremiah 33:3** — Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.

**2 Timothy 2:26** — And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

**John 8:36** — If the Son therefore shall make you free, ye shall be free indeed.

**Isaiah 59:1-2** — 1 Behold, the LORD's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: 2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

**Matthew 28:19-20** — 19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: 20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world.

## Social Media, Movies, Games and Music

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**Malachi 1:8** — And if ye offer the blind for sacrifice, is it not evil? and if ye offer the lame and sick, is it not evil? offer it now unto thy governor; will he be pleased with thee, or accept thy person? saith the LORD of hosts.

**Luke 19:42** — Saying, If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes.

## Rest and the Sabbath

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**Jeremiah 17:21-22** — 21 Thus saith the LORD; Take heed to yourselves, and bear no burden on the sabbath day, nor bring it in by the gates of Jerusalem; 22 Neither carry forth a burden out of your houses on the sabbath day, neither do ye any work, but hallow ye the sabbath day, as I commanded your fathers.

**Ezekiel 20:19-20** — 19 *I am the LORD your God; walk in my statutes, and keep my judgments, and do them; 20 And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the LORD your God.*

**Isaiah 58:13-14** — 13 *If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth.*

**Hebrews 4:9-10** — 9 *There remaineth therefore a rest to the people of God. 10 For he that is entered into his rest, he also hath ceased from his own works, as God did from his.*

**Psalms 127:2** — *It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*

## Gossiping

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**James 4:11** — *Speak not evil one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law.*

**Ephesians 4:29** — *Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.*

**Exodus 23:1** — *Thou shalt not raise a false report: put not thine hand with the wicked to be an unrighteous witness.*

**James 1:26** — *If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.*

**Proverbs 16:28** — *A froward man soweth strife: and a whisperer separateth chief friends.*

**Proverbs 18:8** — *The words of a talebearer are as wounds, and they go down into the innermost parts of the belly.*

**Romans 1:29-30** — 29 *Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers, 30 Backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents.*

**2 Corinthians 12:20** — *For I fear, lest, when I come, I shall not find you such as I would, and that I shall be found unto you such as ye would not: lest there be debates, envyings, wraths, strifes, backbitings, whisperings, swellings, tumults.*

**Matthew 7:1-2** — 1 *Judge not, that ye be not judged. 2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.*

## Sexual Sins

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**Exodus 20:14** — *Thou shalt not commit adultery.*

**1 Corinthians 6:18** — *Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.*

**Jeremiah 13:27** — *I have seen thine adulteries, and thy neighings, the lewdness of thy whoredom, and thine abominations on the hills in the fields. Woe unto thee, O Jerusalem! wilt thou not be made clean? when shall it once be?*

**Exodus 19:15** — *And he said unto the people, Be ready against the third day: come not at your wives.*

**1 Thessalonians 4:3** — *For this is the will of God, even your sanctification, that ye should abstain from fornication.*

**Matthew 5:28** — *But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*

**Ephesians 5:3-6** — *3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; 4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. 5 For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God. 6 Let no man deceive you with vain words.*

## **Anger and Mistreating People**

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**Ephesians 4:26** — *Be ye angry, and sin not: let not the sun go down upon your wrath.*

**Psalms 37:8** — *Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.*

**Proverbs 12:16** — *A fool's wrath is presently known: but a prudent man covereth shame.*

**Proverbs 14:29** — *He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.*

**Proverbs 15:18** — *A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.*

**Proverbs 15:1** — *A soft answer turneth away wrath: but grievous words stir up anger.*

**Ephesians 4:31** — *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.*

**James 1:19-20** — *19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20 For the wrath of man worketh not the righteousness of God.*

**Ecclesiastes 7:9** — *Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*

## Bad Language and Taking God's Name in Vain

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**Exodus 20:7** — *Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.*

**Colossians 3:8** — *But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.*

**James 3:10** — *Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.*

**Proverbs 10:11** — *The mouth of a righteous man is a well of life: but violence covereth the mouth of the wicked.*

**Proverbs 18:21** — *Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.*

## Lying and Stealing

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**Exodus 20:15-17** — *15 Thou shalt not steal. 16 Thou shalt not bear false witness against thy neighbour. 17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.*

**Proverbs 12:22** — *Lying lips are abomination to the LORD: but they that deal truly are his delight.*

**Proverbs 20:23** — *Divers weights are an abomination unto the LORD; and a false balance is not good.*

**Jeremiah 17:9** — *The heart is deceitful above all things, and desperately wicked: who can know it?*

**Ephesians 4:25** — *Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.*

**Ephesians 4:28** — *Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.*

**John 8:44** — *Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him.*

**James 5:4** — *Behold, the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of sabaoth.*

**Romans 6:1-2** — *1 What shall we say then? Shall we continue in sin, that grace may abound? 2 God forbid. How shall we, that are dead to sin, live any longer therein?*

## Complaining

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**Numbers 11:1** — *And when the people complained, it displeased the LORD: and the LORD heard it; and his anger was kindled; and the fire of the LORD burnt among them, and consumed them that were in the uttermost parts of the camp.*

**Exodus 16:2-3** — *2 And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: 3 And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger.*

**Numbers 14:28-30** — *28 Say unto them, As truly as I live, saith the LORD, as ye have spoken in mine ears, so will I do to you: 29 Your carcasses shall fall in this wilderness; and all that were numbered of you, according to your whole number, from twenty years old and upward, which have murmured against me, 30 Doubtless ye shall not come into the land, concerning which I sware to make you dwell therein, save Caleb the son of Jephunneh, and Joshua the son of Nun.*

**Romans 8:28** — *And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

**Isaiah 41:10** — *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*

**Psalms 46:1** — *God is our refuge and strength, a very present help in trouble.*

**Philippians 4:19** — *But my God shall supply all your need according to his riches in glory by Christ Jesus.*

**Philippians 2:14-15** — *14 Do all things without murmurings and disputings: 15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world.*

**1 Thessalonians 5:18** — *In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

## Forgiveness

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**Ephesians 4:31-32** — *31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: 32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

**Mark 11:25** — *And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.*

**Luke 23:34** — *Then said Jesus, Father, forgive them; for they know not what they do.*

**Colossians 3:13** — *Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.*

**Matthew 6:14-15** — *14 For if ye forgive men their trespasses, your heavenly Father will also forgive you: 15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.*

## **Tithes and Offerings**

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**Malachi 3:8-12** — *8 Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. 9 Ye are cursed with a curse: for ye have robbed me, even this whole nation. 10 Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. 11 And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground. 12 And all nations shall call you blessed: for ye shall be a delightful land, saith the LORD of hosts.*

**Psalms 24:1** — *The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein.*

**Haggai 2:8** — *The silver is mine, and the gold is mine, saith the LORD of hosts.*

**2 Corinthians 9:6-7** — *6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully. 7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.*

**Matthew 6:33** — *But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

**Luke 14:33** — *So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple.*

**Isaiah 29:15** — *Woe unto them that seek deep to hide their counsel from the LORD, and their works are in the dark, and they say, Who seeth us? and who knoweth us?*

**1 Kings 17:13-16** — *13 And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son. 14 For thus saith the LORD God of Israel, The barrel of meal shall not waste, neither shall the cruse of oil fail, until the day that the LORD sendeth rain upon the earth. 15 And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days. 16 And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah.*

**Genesis 14:18-20** — *18 And Melchizedek king of Salem brought forth bread and wine: and he was the priest of the most high God. 19 And he blessed him, and said, Blessed be Abram of the most high God, possessor of heaven and earth: 20 And blessed be the most high God, which hath delivered thine enemies into thy hand. And he gave him tithes of all.*

**Genesis 28:20-22** — 20 And Jacob vowed a vow, saying, If God will be with me, and will keep me in this way that I go, and will give me bread to eat, and raiment to put on, 21 So that I come again to my father's house in peace; then shall the LORD be my God: 22 And this stone, which I have set for a pillar, shall be God's house: and of all that thou shalt give me I will surely give the tenth unto thee.

**Mark 12:41-44** — 41 And Jesus sat over against the treasury, and beheld how the people cast money into the treasury: and many that were rich cast in much. 42 And there came a certain poor widow, and she threw in two mites, which make a farthing. 43 And he called unto him his disciples, and saith unto them, Verily I say unto you, That this poor widow hath cast more in, than all they which have cast into the treasury: 44 For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living.

**Haggai 1:5-6, 9** — 5 Now therefore thus saith the LORD of hosts; Consider your ways. 6 Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes. 9 Ye looked for much, and, lo, it came to little; and when ye brought it home, I did blow upon it. Why? saith the LORD of hosts. Because of mine house that is waste, and ye run every man unto his own house.

## Confession and Self-Accountability

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**Daniel 9:3-6, 18-19** — 3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: 4 And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; 5 We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments: 6 Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land. 18 O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. 19 O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God.

**Nehemiah 1:4-7** — 4 And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven, 5 And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments: 6 Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned. 7 We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandedst thy servant Moses.

**Luke 18:13-14** — *13 And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. 14 I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.*

**Psalms 51:10-12** — *10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy holy spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.*

**Proverbs 28:13** — *He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.*

**1 John 1:9** — *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

**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.*

**John 14:15** — *If ye love me, keep my commandments.*

**John 14:21** — *He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.*

**Psalms 34:8** — *O taste and see that the LORD is good: blessed is the man that trusteth in him.*

## **When Temptation Comes**

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**Philippians 4:13** — *I can do all things through Christ which strengtheneth me.*

**2 Timothy 1:7** — *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

**1 Corinthians 10:13** — *There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*

**James 4:7** — *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

**Psalms 28:7** — *The LORD is my strength and my shield; my heart trusted in him, and I am helped.*

### **Pride**

**Proverbs 16:18** — *Pride goeth before destruction, and an haughty spirit before a fall.*

**Proverbs 6:16-17** — *16 These six things doth the LORD hate: yea, seven are an abomination unto him: 17 A proud look, a lying tongue, and hands that shed innocent blood.*



James 4:6 — But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

1 Peter 5:5-6 — 5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. 6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.

Philippians 2:3-4 — 3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. 4 Look not every man on his own things, but every man also on the things of others.

Fear, Worry and Anxiety

Philippians 4:6-7 — 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Matthew 6:25-26 — 25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

1 Peter 5:7 — Casting all your care upon him; for he careth for you.

Psalm 55:22 — Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalm 94:19 — In the multitude of my thoughts within me thy comforts delight my soul.

Envy and Jealousy

Proverbs 14:30 — A sound heart is the life of the flesh: but envy the rottenness of the bones.

James 3:16 — For where envying and strife is, there is confusion and every evil work.

Romans 12:15 — Rejoice with them that do rejoice, and weep with them that weep.

Galatians 6:4 — But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

1 Corinthians 13:4 — Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up.

## Closing

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**3 John 1:2** — *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*



## CONTACT INFORMATION

If you need to contact me to ask questions or for prayers, please use the following information:

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*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”*

*3 John 1:2*