

LIFE IN CHRIST CHURCH

# 2025 DANIEL FAST PRAYER GUIDE

*21 DAYS OF PRAYER & FASTING  
JANUARY 12 - FEBRUARY 1, 2025*

[WWW.LICCMN.ORG](http://WWW.LICCMN.ORG)



# 21 DAYS OF PRAYER & FASTING

As we begin a new year at Life in Christ Church, we want to make it a priority to seek God first in prayer and fasting. We do this corporately as a church through the 21-day Daniel Fast. Together, we faithfully seek God first, trusting His power alone to create a lasting impact in and through our lives.

Fasting is voluntarily going without food - or any other regularly enjoyed, good gift from God - for the sake of a spiritual purpose. Jesus invites His followers to fast, and we fast in this life because we believe in the life to come. We fast from what we can see and taste, because we have tasted and seen the goodness of God and are desperately hungry for more of Him. So, take a step of faith, pray without ceasing, and watch God move in your life, our church, and the world! (Matthew 6:6-18, Matthew 9:14-15, Luke 18:9-14, Acts 27:33-37, Nehemiah 9:1-3)

This resource is designed to help us walk together for these 21 days. We encourage you to use this resource as a guide on what to pray for each day. You'll also find some helpful tips on prayer, fasting, and the Daniel Fast.

Thank you for joining together as we seek God intentionally for 21 days!

*Note: Before doing the Daniel Fast, please first consult with your medical provider. If you are unable to do the Daniel Fast, consider fasting something else (e.g. social media, television, rice, etc.).*



# What is the Daniel Fast?

The Daniel Fast is a biblically-based partial fast based on two accounts of the prophet Daniel's fasting experiences (see Daniel 1 & 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast food list at [www.daniel-fast.com](http://www.daniel-fast.com) for a more complete outline of foods to include and foods to avoid. You can also visit [www.liccmn.org/daniel-fast](http://www.liccmn.org/daniel-fast) for more information!

## What foods can I eat?

- All fruits and vegetables. These can be fresh, frozen, dried, juiced, or canned.
- Whole grains. This includes brown rice.
- Nuts & seeds.
- Legumes. These can be canned or dried.
- Quality oils - Olive, canola, grapeseed, peanut, & sesame.
- Other - Tofu, soy products, vinegar, seasonings, salt, herbs, & spices
- Beverages - Water only

## What foods should I avoid?

- All meat and animal products
- All dairy products
- All sweeteners
- All leavened bread, including leavening agents (yeast, baking soda, baking powder)
- All refined and processed foods
- All deep fried foods
- All solid fats (shortening, margarine, lard)
- Beverages that are not water. This includes coffee, tea, herbal teas, carbonated drinks, energy drinks, and alcohol.



# WEEK 1 - PREPARE OUR HEARTS TO RECEIVE WHAT GOD HAS FOR US

DAILY PRAYER FOCUS | YAM UAS PEB YUAV THOV VAJT SWV UAKE RAU

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**BEGIN THE FAST AT SUNRISE TODAY.  
KEV CAI YOO MOV PIB HNUB NO THAUM LUB HNUB TUAJ.**

- January 12** Humble yourself (James 4:10)  
*Txo hwjchim (Yakasnpaus 4:10)*
- January 13** Repent (Acts 3:19-20)  
*Lees yus tej kev txhaum (Cov Tub Txib 3:19-20)*
- January 14** Surrender your life to God (Romans 12:1-2)  
*Muaj yus lub neej tso plhuav rau Vajtswv (Loos 12:1-2)*
- January 15** Acknowledge God's authority (1 Chronicles 29:10-20)  
*Nco ntsoov tias Vajtswv yog tus kav txhua yam (1 Xwmtxheej 29:10-20)*
- January 16** Pursue holiness (Hebrews 12:14)  
*Ua lub neej dawb huv (Henplais 12:14)*
- January 17** Forgive those who have sinned against you (Colossians 3:13)  
*Zam txiv rau tus uas ua txhaum rau yus (Kaulauxais 3:13)*

**PRAYER NIGHT AT CHURCH - CAFE ROOM | 7:00 P.M.-8:00 PM.**

- January 18** Give thanks to God (Psalm 107:15)  
*Ua Vajtswv tsaug (Nkauj Qhuas Vajtswv 107:15)*



# WEEK 2 - REMEMBER & DECLARE WHO OUR GOD IS

## DAILY PRAYER FOCUS | YAM UAS PEB YUAV NCO TXOG VAJT SWV & QHUAS TXOG NWS UAKE

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**January 19** God is Omnipotent (All-Powerful) (Matthew 10:26; Jeremiah 32:27)  
*Vajtswv muaj hwjchim loj tshaj plaws (Mathais 10:26; Yelemis 32:27)*

**January 20** God is Immutable (Unchanging) (Hebrews 13:8; James 1:17)  
*Vajtswv yuav tsis hloov (Henplais 13:8; Yakasnapus 1:17)*

**January 21** God is Omnipresent (Everywhere) (Jeremiah 23:23-24; Psalm 139:7-10)  
*Vajtswv nyob txhua qhov chaw (Yelemis 23:23-24; Nkauj Qhuas Vajtswv 139:7-10)*

**January 22** God is Omniscient (All-Knowing) (1 John 3:20; Hebrews 4:13)  
*Vajtswv paub txhua yam (1 Yauhas 3:20; Henplais 4:13)*

**January 23** God is Infinite (Limitless) (Romans 11:33-36; Isaiah 40:28)  
*Tsis muaj dabtsi txwv tau Vajtswv (Loos 11:33-36; Yaxayas 40:28)*

**January 24** God is Holy (Separate from, different, above His creation) (Revelation 4:8)  
*Vajtswv dawb huv & tsis muaj leejtwg zoo li Nws (Tshwmsim 4:8)*

### **PRAYER NIGHT AT CHURCH - YOUTH ROOM | 7:00 P.M.-8:00 PM.**

**January 25** God is Good (Psalm 34:8)  
*Vajtswv yog tus zoo (Nkauj Qhuas Vajtswv 34:8)*



# WEEK 3 - INTERCESSION

## DAILY PRAYER FOCUS | YAM UAS PEB YUAV THOV KOM VAJTSWV PAB

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- January 26** Pray for our families and marriages.  
*Thov rau peb cov tswvcuab tsev neeg thiab cov niam & txiv uas yog txijnkawm.*
- January 27** Pray for the next generation.  
*Thov rau cov hluas uas yuav los koj rau yam tom ntej.*
- January 28** Pray for unity in LICC.  
*Thov kom LICC muaj kev sib koom siab thiab koom tes.*
- January 29** Pray for God to financially provide for LICC to purchase our own building.  
*Thov kom Vajtswv pab peb yuav tau church.*
- January 30** Pray for our neighbors.  
*Thov rau cov neeg zej zog ua nyob puag ncig koj lub vaj tsev.*
- January 31** Pray for our city and state.  
*Thov rau peb lub zov St. Paul/Maplewood thiab lub xeev Minnesota.*
- PRAYER NIGHT AT CHURCH - YOUTH ROOM | 7:00 P.M.-8:00 PM.**
- February 1** Pray for people who are far from God and specifically for the Hmong who do not know Jesus.  
*Thov rau cov neeg uas nyob dej Vajtswv thiab rau peb Hmoob uas tsis tau los ntseeg Yexus.*

**BREAK FAST TODAY AT SUN DOWN.  
KEV CAI YOO MOV XAUS HNUB NO THAUM LUB HNUB POOB.**

