

City Genesis

Healthy Direction for Healthy Living

Daniel Fast: Scripture Readings

Day 1. “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning;” Joel 2:12 ESV

“Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.”
Ezra 8:21 ESV

“In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.” Daniel 10:2-3 ESV

Day 2. “My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up.” Psalms 5:3 NKJV

“Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.” Psalms 139:23-24 NASB1995

Day 3. “And let them make Me a sanctuary, that I may dwell among them.” Exodus 25:8 NKJV

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.” Galatians 5:16-17 NIV

Day 4. “Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Matthew 4:4 NIV

Day 5. “Jesus said, “I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. The true bread of God is the one who comes down from heaven and gives life to the world.” “Sir,” they said, “give us that bread every day.” Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.” John 6:32-35 NLT

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Day 6. “for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” 1 Timothy 4:8 ESV

“you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.” 1 Peter 2:5 BSB

Day 7. “Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.” 2 Corinthians 7:1 NIV

Day 8. “And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.” Genesis 1:29 ESV

Day 9. “Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore glorify God with your body.” 1 Corinthians 6:19-20 BSB

Day 10. “And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” Galatians 6:9 NKJV

“I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.” Philippians 4:12-13 ESV

Day 11. “Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.” 1 Timothy 6:6-8 NKJV

Day 12. “The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.” Isaiah 58:11 NKJV

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Day 13. “Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; for our God is a consuming fire.”
Hebrews 12:28-29 NASB

Day 14. “And what union can there be between God’s temple and idols? For we are the temple of the living God. As God said: “I will live in them and walk among them. I will be their God, and they will be my people.” 2 Corinthians 6:16 NLT

Day 15. “So if anyone cleanses himself of what is unfit, he will be a vessel for honor: sanctified, useful to the Master, and prepared for every good work.” 2 Timothy 2:21 BSB

Day 16. “Accept other believers who are weak in faith, and don’t argue with them about what they think is right or wrong. For instance, one person believes it’s all right to eat anything. But another believer with a sensitive conscience will eat only vegetables. Those who feel free to eat anything must not look down on those who don’t. And those who don’t eat certain foods must not condemn those who do, for God has accepted them.” Romans 14:1-3 NLT

“A joyful heart is good medicine, But a broken spirit dries up the bones.”
Proverbs 17:22 NASB

Day 17. “Whatever you do, work heartily, as for the Lord and not for men,” Colossians 3:23 ESV

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” 1 Corinthians 10:31 ESV

Day 18. “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Romans 12:1-2 ESV

Day 19. “Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words.” Daniel 10:12 NKJV

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Day 20. “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off every encumbrance and the sin that so easily entangles, and let us run with endurance the race set out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such hostility from sinners, so that you will not grow weary and lose heart.” Hebrews 12:1-3 BSB

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” 1 Corinthians 9:24-27 ESV

Day 21. “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 ESV