

The Daniel Way

Seeking Deeper Intimacy with God



Daily Journal

Day 1

Scripture: "But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." — **Matthew 6:17-18**



Day 2

Scripture: "So we fasted and petitioned our God about this, and he answered our prayer." — Ezra 8:23

Day 3

Scripture: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" — **Isaiah 58:6**

Day 4

Scripture: "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." — **Joel 2:12**



Day 5

Scripture: "And when they had fasted and prayed, and laid their hands on them, they sent them away." — **Acts 13:3**

Day 6

Scripture: "Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I." — **Isaiah 58:9**

Day 7

Scripture: "Man shall not live by bread alone, but by every word that comes from the mouth of God." — Matthew 4:4

Day 8

Scripture: "I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes." — **Daniel 9:3**



Day 9

Scripture: "Then shall your light break forth like the dawn, and your healing shall spring up speedily." — **Isaiah 58:8**

Day 10

Scripture: "But I, when they were sick—I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest." — **Psalm 35:13**

Day 11

Scripture: "And Jesus said to them, 'Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.'" — **Matthew 9:15**

Day 12

Scripture: "She never left the temple but worshiped night and day, fasting and praying." — Luke 2:37

Day 13

Scripture: "The Lord is near to all who call on him, to all who call on him in truth." — **Psalm 145:18**

Day 14

Scripture: "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you." — **1 Peter 5:6**

Day 15

Scripture: "Draw near to God, and he will draw near to you." — James 4:8



Day 16

Scripture: "O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water." — **Psalm 63:1**

Day 17

Scripture: "When you seek me with all your heart, you will find me." — **Jeremiah 29:13**



Day 18

Scripture: "This kind can come out by nothing but prayer and fasting." — **Mark 9:29**

Day 19

Scripture: "My knees are weak through fasting; my body has become gaunt, with no fat." — **Psalm 109:24**

Day 20

Scripture: "In those days I, Daniel, was mourning for three full weeks. I ate no delicacies, no meat or wine entered my mouth..." — **Daniel 10:2-3**

Day 21

Scripture: "The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame." — **Isaiah 58:11**





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