

What is a Daniel Fast?

A short time of consecration to God by severely limiting our food consumption, The time spent in consuming and preparing food should be replaced with prayer.

A fast typically is related to the food you choose not to eat.

Other ways to fast

When to fast

Share your answers to prayer or thoughts about the 40 Day Prayer Challenge on the Grace Facebook page or Tweet @TheGraceAG #40DPC

MY NEXT STEP TODAY IS TO...

- Participate in the week of fasting and prayer
- Attempt to pray at least three times per day this week as Daniel did
- Attend a CIRCLE MAKER Small Group tonight
- Purchase the book DRAW THE CIRCLE: The 40 Day Prayer Challenge
- Purchase the PRAYER BOOK to help you build the regular habit of prayer



Stop Drop And Pray

The 40 Day Prayer Challenge Part 6

Pastor Wayne Murray

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@TheGraceAG

#40DPC

@waynemurray777

How has the 40 Day Prayer Challenge helped you?

Scripture Text

“Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. ¹³ But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.

- Daniel 10:12-13 NIV

What if Daniel had quit praying on day 20?

The angel reveals the importance of praying _____

Daniel shows us the power of a

Prayer life

“He went to pray in an upstairs room in his house, which had windows that opened toward Jerusalem. Three times each day Daniel would kneel down to pray and thank God, just as he always had done.”

- **Daniel 6:10**

Daniels’ habit of prayer

He had a . . .

He had a . . .

He had a

The habit of prayer brought him **supernatural** _____

“Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom.”

- **Daniel 6:3 NIV**

“He wanted to save Daniel, and he worked hard until sunset trying to think of a way to save him.”

- **Daniel 6:14 NCV**

“Daniel was successful during the time Darius was king and when Cyrus the Persian was king.”

- **Daniel 6:28 NCV**

The habit of prayer brought him **supernatural** _____

“In the third year of Cyrus king of Persia, a revelation was given to Daniel.”

- **Daniel 10:1**

The habit of prayer brought him **supernatural** _____

“My God sent his angel to close the lions’ mouths. They have not hurt me, because my God knows I am innocent. I never did anything wrong to you, O king. ²³ King Darius was very happy and told his servants to lift Daniel out of the lions’ den. So they lifted him out and did not find any injury on him, because Daniel had trusted in his God.”

- **Daniel 6:22-23 NCV**

Daniel shows us the power of a

Prayer life

“At that time I, Daniel, mourned for three weeks. ³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”

- **Daniel 10:2**

“Please give us this test for ten days; Don’t give us anything but vegetables to eat and water to drink. After ten days compare how we look with how the other young men look who eat the king’s food.”

- **Daniel 1:12-13**