JARS OF CLAY

COUNSELING + WELLNESS

21 Day Daniel Fast Menu + Prayer Guide

Day 1

SCRIPTURE

Come near to God and he will come near to you.
James 4:8

PRAYER

Dear Father, thank you that you are never far away, even if it feels that way. I ask for strength to draw near to you during this fast. Help me to prioritize seeking you when I'd rather be eating differently. I pray you would supernaturally transform my cravings for unhealthy food, to a spiritual craving for your presence in my life. Father I eagerly look forward to walking in closer relationship with you and experiencing a spiritual reset during these next three weeks. I pray for your strength and your wisdom in my life as I make different food choices and seek after you. Amen.

Day 2

SCRIPTURE

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
Psalm 139:23-34

PRAYER

God, it is amazing that you know my thoughts even better than I do. When I feel alone, unseen, and weary, it is no small comfort to know that you see every part of my being. You know my anxious thoughts, and you also know the answers you have prepared for each of them. When others misinterpret my words or actions, God, you know my heart, and you love me completely. I pray that as I seek you in this time of prayer and fasting, you would soften my heart and reveal blind spots in my character that I am missing. Show me what in me is offensive to you and transform me in the way everlasting. Amen.

Day 3

SCRIPTURE

But seek first His Kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

PRAYER

Lord, I confess how very often I don't seek your Kingdom and your righteousness first, but rather as an afterthought. I seek after position, power, appearance, and the praise of others. Forgive me for getting things upside down. I ask during this special time of prayer and fasting, that you would do a new work in my heart and

priorities. Give me kingdom eyes and perspective to see how you want to use me in this world. Prompt me when my focus gets off of you and give me power by the Holy Spirit to seek first Your Kingdom, and to rest knowing you are already taking care of all the other things. Amen.

Day 4

SCRIPTURE

Humble yourselves before the Lord, and He will lift you up.
James 4:10

PRAYER

Dear Lord, you know humility is hard for me. I fear if I bow too low, I will get stepped on or lose all confidence in myself. But your ways are higher than mine! Thank you that when I humble myself, and acknowledge my weaknesses and need for you, you don't say "I told you so", but rather you lift me higher. Help me to understand humility is not thinking less of myself, but rather thinking of myself less often. Empower me by your Holy Spirit to be more focused on others, rather than self-absorbed. When I talk to others, help me to show them their worth by being genuinely curious and asking questions, and to listen more than I share. I don't need to lift myself up, I trust you to do it. Amen.

Day 5

SCRIPTURE

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
2 Timothy 1:7

PRAYER

God you know I need power, love, and self-discipline on this fast! Thank you I don't have to manufacture those myself, but I can trust in your Spirit to provide them in ample supply. I confess I am often timid about speaking your name, either because I am afraid of what others will think, or I won't know the right thing to say. Thank you that your Spirit does NOT make me timid, but you give me boldness to speak with love to those in my circle of influence. And Lord, I receive your spirit of self-discipline today as I continue on this Daniel Fast. Amen.

Day 6

SCRIPTURE

And we know that in all things God works for the good of those who love Him, who

have been called according to His purpose.
Romans 8:28

PRAYER

Heavenly Father, I praise you that I have been called according to your purpose! What a privilege that is. Because I am your child, no matter what comes my way, even if my worst fears come to pass, I have confidence knowing you will work every bit of it for my good. You don't waste one ounce of my pain, and you use it all. That is miraculous. Thank you for the ways you have worked my pain for good in the past. There is truly no one like you God! Amen.

Day 7

SCRIPTURE

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.
Psalm 62:8

PRAYER

Thank you God, for being a safe place for me. I love knowing I can pour out my heart, every shameful, overwhelmed, messy part of my heart, and still I can trust you with it. You are my refuge, my shelter when the storms of life pick up. You are like the perfect best friend, always trustworthy, always willing to listen as I pour out my worries and celebrate wins, and always a safe place for my soul to land. Amen.

Day 8

SCRIPTURE

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.
Deuteronomy 28:12

PRAYER

God, I confess how small my view of your resources for me is, and how often I focus my thoughts on everything I don't have, rather than your never-ending bounty. I imagine sometimes you lovingly laugh at the way I get desperate and complain, when you hold the storehouses of heaven, ready to send rain and blessing in due season and in step with the work I do. Lord, I pray you would prompt me by your Holy Spirit, next time I wallow in a "neverenough" mentality, to remember you are God of the universe, and I am your child. I pray for a spiritual breakthrough of bounty and blessings on the work of my hands, but I may I seek you more than I seek your gifts. Amen.

Day 9

SCRIPTURE

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
Romans 8:38-39

PRAYER

Jesus, sometimes I get stuck on the little things. Pressure from my boss, the toilet paper roll missing when it's needed most, kids complaining, the in-law's quirky habits, and forgetting milk at the store. These small things can feel like mountains in the moment. But what I need is perspective. Thank you Jesus, that even if I bomb at work, yell at the kids, or forget to call on Mother's Day, the love of the Father is never gone. Even in death, spiritual attack, my highest mountain and lowest points, there is not a single circumstance or person who could separate me from your love. Next time I stress over the small stuff, please remind me your love is with me no matter what. Amen

Day 10

SCRIPTURE

"No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.
Isaiah 54:17

PRAYER

Lord, your word tells me the enemy prowls around like a lion, seeking to destroy me. Even now he devises evil plans against me. And even now, you fight for me Lord! Thank you Father, for my heritage of victory in you! Because you fight my battles for me, I only need to be still, and seek after you. I praise you for situations past where you have refuted, prevailed, and vindicated me. Lord you get all my praise and adoration! Amen.

Day 11

SCRIPTURE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7

PRAYER

Jesus, I confess my anxious, worried thoughts to you. Some days they overwhelm me, and during this time of fasting and prayer, I want to bring them to you and lay them at your feet. I want to experience your peace which is greater than I can comprehend. So I'm starting today with thanksgiving. I thank you for all the blessing in my life. Everyday miracles I easily forget about. Thank you for all the good you have and are working even now in my life. I humbly ask for your help, and your peace over my worries, and I thank you for answering them. Amen.

Day 12

SCRIPTURE

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."
Jeremiah 29:11-13

PRAYER

Lord, you knew I would be on this Daniel Fast long before I began. It was part of your good plans for me, and you intended it to give me a fresh hope and future. I want to use this time to come near and pray. Thank you for listening to me. I know my prayers are heard. Right now, God, I give you all my heart, and thank you I'm finding you in new, and deeper ways in this fast. I pray your blessing over my future and ask for your help in leaning into your plans and ways, instead of my own. Amen.

Day 13

SCRIPTURE

"Never will I leave you; never will I forsake you."
Hebrews 13:5

PRAYER

Right now, Jesus, I can think of some people who have left me. With pain I recall relationships where I have been forsaken, misunderstood, and left behind. I can also remember relationships I made mistakes in and wish I could go back and redo. The broken human relationships of my life only remind me of your perfect relationship with me. YOU Jesus have never left me. And you never will. You are that one true friend I can always lean on and there is no tragedy I can suffer, that you wouldn't be right there by my side. Jesus, when I feel down about some of the relationships in my life, I ask you would bring to mind your perfect presence that is always with me. Amen.

Day 14

SCRIPTURE

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
Matthew 11:28-30

PRAYER

for fasting and prayer. In this moment, and the other weary moments of my life, help me to come to you first, rather than to food, for my comfort. Help me to drop the busy activities I've picked up that seem good but aren't your best for me. Give me supernatural wisdom to know how to simplify my life going forward, so I can make time for you, and rest for my soul. Amen.

Day 15

SCRIPTURE

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."
Psalm 91:1-2

PRAYER

Almighty God, thank you for being a safe, quiet place to rest and trust in you. Sometimes I like to control things around me. I worry and feel like if I can make things just so, everything will be okay. But this always leaves me, and those around me, with more stress and less peace. My desire to do it myself, and control my world, can never satisfy me like you can God. I say of you today God, that YOU are my refuge and fortress, and I'm choosing to trust in you and not in myself today. Amen.

Day 16

SCRIPTURE

The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.
Psalm 145:13-1

PRAYER

God, there have been times on this fast where I have fallen on the floor. I've messed up on my diet, or forgotten to pray, or taken out my frustrations on those around me. One thing this fast has taught me is that I am not enough by myself. Eventually,

will always mess things up. But you Lord are enough! You are trustworthy and faithful. I can lean on that. And when I fall flat, thank you for taking me by the hand, gently lifting me, and walking with me as I take the next right step. I couldn't do this without you God. Amen.

Day 17

SCRIPTURE

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.
Psalm 23

PRAYER

God, it's not my work or my family that provide for all my needs. It all comes from you and I have all that I need, so I don't need to live in fear. You want good things for me. You feed me, quiet me, and renew me. I can depend on you for these things because you are my Shephard. Even when I'm confused about which way to go, or I'm barely stumbling through dark, painful days, I don't have to be afraid because you are always with me, guiding me each step. When people have let me down and made me feel small and unworthy, God you provide me with honor and all good things, for your glory. Every step I take on this earth, and into eternity, your goodness and love will always be there. Amen.

Day 18

SCRIPTURE

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
2 Corinthians 10:4-5

PRAYER

Heavenly Father, sometimes my own thoughts are my worst enemy. I tend to look at things in worst case scenario, or the ways I am not enough. I can't be a bully in my own head. I can harshly judge others, so I feel better about how they let me down, or what they have that I don't. It's not always pretty in my mind! But God you have

not left me without weapons to fight this brutal war in my thoughts. The weapons you give me, your Word, prayer, and fasting, these are no small things. They are powerful to destroy these evil thoughts! When the enemy whispers, "you're no good" God says, "You are my treasured creation." Father, I pray today you would help me notice these toxic thoughts, and submit them to your truth about me. Amen.

Day 19

SCRIPTURE

But the Lord is faithful, and He will strengthen you and protect you from the evil one.
2 Thessalonians 3:3

PRAYER

Thank you for being faithful God! This fast has taught me that I am not always faithful, but that your mercy and grace is more than enough to cover it all. Thank you for strengthening me. This fast has taught me how very human and week I am. I don't always do the thing I want to do, but the thing I don't want to do, is what I do instead! When I am weak though, I am more aware of my need for your strength and you are always faithful to provide it. Thank you God for protecting me from the evil one. You often fight battles for me, in the background, orchestrating things even years in advance, that I'm not even aware of. Amen.

Day 20

SCRIPTURE

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 John 1:9

PRAYER

Today Jesus, I confess my sins to you. There are more than I can even say in a simple prayer, but these are the ones on my heart, and I confess them to you. You know I am a sinner and not a day goes by where I don't fall short of your glory. But you God, are consistent and always forgive me. But you don't stop there. Not only do you forgive me, you help me grow and become more like you. I am so grateful for this supernatural, Holy Spirit empowered, grace covered, growth in my life! I can grow because you paid it all for me on the cross. You get all my praise and glory. Amen

Day 21

SCRIPTURE

For if you forgive other people when they sin against you, your heavenly Father will

also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.
Matthew 6:14-1

PRAYER

Thank you God for walking with me these past three weeks! Thank you for delivering on your promise to draw near to me, as I have drawn near to you. Thank you for the gift of your peace and presence in my life. Thank you for the renewed sensitivity I have for your Spirit. Thank you for supernatural breakthrough over my circumstance. I know you are moving even now.

As I close this time, I reflect on your forgiveness for my oceans of mistakes. Yet sometimes I still struggle to forgive other people who have hurt me. I pray right now, you would give me the strength to forgive those people, the same way you have forgiven me. Help me to experience a new understanding of your great grace for me, so I can extend it to others. Even if I don't experience reconciliation with those I'm forgiving, I pray for forgiveness in my heart, so I can be truly free. Amen.

For recipes in this meal plan, and a complete guide to the Daniel Fast, please visit https://jarsofclayhealing.com/daniel-fast-recipes/

Jars of Clay Counseling + Wellness

Daniel Fast WEEK 1

	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Creamy Avocado banana green smoothie	Guacamole tacos	Hummus + veggies	Lentil Soup
Tuesday	Creamy Avocado banana green smoothie	Lentil Soup	Nut butter + banana toast	Burrito stuffed sweet potatoes
Wednesday	Creamy Avocado banana green smoothie	Burrito stuffed sweet potatoes	Edamame	Vegan sloppy Joes
Thursday	Creamy Avocado banana green smoothie	Vegan sloppy Joes	Almonds	Vegan enchilladas
Friday	Creamy Avocado banana green smoothie	Vegan enchilladas	Rice cake peanut butter + apple slices	Balsamic roasted veggies
Saturday	Apple cinnamon oatmeal	Balsamic roasted veggies	Avocado Ezekiel toast	Slow cooker black bean soup
Sunday	Apple cinnamon oatmeal	Slow cooker black bean soup	Popcorn	Vegan Alfredo

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Daniel Fast WEEK 2

	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Mango green smoothie	Vegan Alfredo	Hummus + veggies	Butternut squash chili
Tuesday	Mango green smoothie	Butternut squash chili	Nut butter + banana toast	Hummus quesadillas
Wednesday	Mango green smoothie	Hummus quesadillas	Edamame	Burrito stuffed peppers
Thursday	Mango green smoothie	Burrito stuffed peppers	Almonds	Creamy vegan brocoli soup
Friday	Mango green smoothie	Creamy vegan brocolli soup	Rice cake peanut butter + apple slices	Easy Minestrone
Saturday	Low carb cinnamon bread	Easy Minestrong	Avocado Ezekiel toast	Chipotle portobello fajitas
Sunday	Low carb cinnamon bread	Chipotle portobello fajitas	Popcorn	Spinach artichoke pasta

Jars of Clay Counseling + Wellness **Daniel Fast** WEEK 3

	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Banana oat smoothie	Spinach artichoke pasta	Hummus + veggies	Thai peanut quinoa salad
Tuesday	Banana oat smoothie	Thai peanut quinoa salad	Nut butter + banana toast	Butternut squash tacos
Wednesday	Banana oat smoothie	Butternut squash tacos	Edamame	Easy quinoa bowl
Thursday	Banana oat smoothie	Easy quinoa bowl	Almonds	Vegan shepherds pie
Friday	Banana oat smoothie	Vegan shepherds pie	Rice cake peanut butter + apple slices	Quinoa black bean tacos
Saturday	Low carb pancakes	Quinoa black bean tacos	Avocado Ezekiel toast	Chickpea noodle soup
Sunday	Low card pancakes	Chickpea noodle soup	Popcorn	Butternut mac+cheese with brocoli