

Print a copy and use this Daniel Fast Journal to write notes on how you feel spiritually, mentally and physically each day throughout your Daniel Fast. Get inspired with the daily bible verses listed at the beginning of each day.

7 Day Daniel Fast Meal Plan PDF

Visit <https://daileyfoods.com/category/7-day-daniel-fast-meal-plan/> to download the free 7 Day Daniel Fast Meal Plan, shopping list, and find recipes.

Bible Verses on Fasting

Visit <https://daileyfoods.com/daniel-and-fasting/> to read more bible verses on fasting, get cookbook recommendations, and more.

Day 1

Daniel 1:8

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank...”

Daniel 1:15

“And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies.”

Spiritual: _____

Mental: _____

Physical: _____

Day 2

Daniel 10:3

“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Spiritual: _____

Mental: _____

Physical: _____

Day 3

Matthew 6:17-18

“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.”

Spiritual: _____

Mental: _____

Physical: _____

Day 4

Proverbs 13:25

*“The righteous eats to the satisfying of his soul,
But the stomach of the wicked shall be in want.”*

Spiritual: _____

Mental: _____

Physical: _____

Day 5

James 4:7

“Therefore submit to God. Resist the devil and he will flee from you.”

Spiritual: _____

Mental: _____

Physical: _____

Day 6

Matthew 6:13

*“And do not lead us into **temptation**, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.”*

Spiritual: _____

Mental: _____

Physical: _____

Day 7

James 1:12

*“Blessed is the man who endures **temptation**; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.”*

Spiritual: _____

Mental: _____

Physical: _____