

2025 Daniel Fast Daily Verses

Day 1– Matthew 11:28 ISV

Come to me, all of you who are weary and loaded down with burdens, and I will give you rest.

Day 2 – 1 John 1:8-9 NLT

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Day 3 – Psalm 62:5-6 HCSB

Rest in God alone, my soul, for my hope comes from Him. He alone is my rock and my salvation, my stronghold; I will not be shaken.

Day 4 – 1 Peter 5:6

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.

Day 5 – 1 John 2:15-16 GNT

Do not love the world or anything that belongs to the world. If you love the world, you do not love the Father. Everything that belongs to the world—what the sinful self desires, what people see and want, and everything in this world that people are so proud of—none of this comes from the Father; it all comes from the world.

Day 6 – John 15:5 GW

I am the vine. You are the branches. Those who live in me while I live in them will produce a lot of fruit. But you can't produce anything without me.

Day 7 – Psalm 25:4-5

Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Day 8 – Exodus 20:3 CEV

Do not worship any god except me.

Day 9 – Matthew 16:24

Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me.”

Day 10 – Psalm 9:10 GNT

Those who know you, LORD, will trust you; you do not abandon anyone who comes to you.

Day 11 – John 4:34

Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.”

Day 12 – Galatians 2:20 ISV

I no longer live, but the Messiah lives in me, and the life that I am now living in this body I live by the faithfulness of the Son of God, who loved me and gave himself for me.

Day 13 – Romans 6:13 NLT

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.

Day 14 – Psalm 119:111-112

Your laws are my treasure; they are my heart's delight. I am determined to keep your decrees to the very end.

Day 15 – James 4:7 NLT

So humble yourselves before God. Resist the devil, and he will flee from you.

Day 16 – Proverbs 3:5-6 GNT

Trust in the LORD with all your heart. Never rely on what you think you know. Remember the LORD in everything you do, and he will show you the right way.

Day 17 – Psalm 56:3-4a

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid.

Day 18 – Heb. 4:16 NLT

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Day 19 – 1 Cor.6:18-20 NLT

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

Day 20 – Colossians 3:23 GNT

Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people.

Day 21 – Psalm 105:1-2 NLT

Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done. Sing to him; yes, sing his praises. Tell everyone about his wonderful deeds.

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