



**DANIEL FAST: 2.10.25 to 3.2.25**  
**SUPPLEMENTAL SCRIPTURES AND MEDITATIONS**

I have made it a practice to ask God for insight on a theme for each new year. For 2025, He told me it would be **THE YEAR OF THE KEPT: Keeping our Eyes on the Promises of The Father**. It is based on the following scriptures: Genesis 12:4, 21:5, Jude 1:24-25, and Numbers 23:19. The Bible also teaches that the promises of God are yes and amen (2 Corinthians 1:20), and the Bible is full of promises. We must keep in mind, however, that some promises are conditional: if you do this, God will do this. It is comforting and reassuring to know that God will ALWAYS do His part. It is up to us to do ours. As we engage ourselves in the Daniel Fast, I earnestly hope and pray that you will be blessed by these promises, scriptures, meditations, and affirmations.

Peace & Blessings,



**DR. ALONIA**  
*The Prolific Voice*

| <b>Day</b> | <b>Date</b> | <b>Promise</b>           | <b>Scripture</b>  | <b>Meditation/Affirmation</b>  |
|------------|-------------|--------------------------|---|--|
| 1          | 2.10        | <b>Strength and Help</b> | <b>Isaiah 41:10</b> – Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. | <i>I am grateful for the Lord's promise to strengthen and help me. He will prop me up. I have no need to fear.</i> |
| 2          | 2.11        | <b>Restoration</b>       | <b>Joel 2:25</b> – And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar,   | <i>I acknowledge that some things that have been destroyed unjustly and/or</i>                                     |

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|   |      |                   | and the palmerworm, my great army which I sent among you.   | <i>unnecessarily. Today, I rejoice over the promise of restoration.</i>  |
| 3 | 2.12 | <b>Healing</b>    | <b>Jeremiah 30:17</b> - For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.                      | <i>I receive my healing today in the name of Jesus Christ. I praise God for showing up and proving Himself to be Jehovah Rapha, as He proclaims in Exodus 15:26.</i> |
| 4 | 2.13 | <b>Peace</b>      | <b>Isaiah 26:3</b> - Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.  | <i>I have perfect peace. I choose to keep my mind stayed on God. Distractions and disturbances serve no valid purpose in my life.</i>                                |
| 5 | 2.14 | <b>Love</b>       | <b>John 15:13-14</b> - Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you.  | <i>Thank you, Lord, for loving me. Help me to reciprocate by making an earnest effort to be obedient to You. That's the least I can do.</i>                          |
| 6 | 2.15 | <b>Protection</b> | <b>Deuteronomy 31:8</b> - And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.  | <i>I am protected. God goes before me. He is with me. He never fails. Therefore, I am not afraid.</i>  |
| 7 | 2.16 | <b>Rest</b>       | <b>Matthew 11:28-29</b> - Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. | <i>Thank you, dear Lord, for rest. You know how I feel. I'm so glad that I can find rest in You.</i>   |
| 8 | 2.17 | <b>Prosperity</b> | <b>Jeremiah 29:11</b> - For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.   | <i>I am grateful that God has a plan for my life. Lord, because You want me to win, it only makes sense for me to subscribe to this desire as well.</i>              |

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| 9  | 2.18 | <b>Long life</b>   | <b>Exodus 20:12</b> - Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.  | <i>Regardless of my relationship with my parents – good, bad, indifferent – please help me to honor them. I want to live a good, long life.</i>  |
| 10 | 2.19 | <b>Wisdom</b>      | <b>James 1:5</b> - If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.   | <i>Like Solomon, it is my desire to have wisdom. Therefore, I humbly ask this of You today. And, Lord, when you grant it, please give me the courage to use it.</i>  |
| 11 | 2.20 | <b>Provision</b>   | <b>Philippians 4:19</b> - But my God shall supply all your need according to his riches in glory by Christ Jesus.  | <i>God is my source. Everything and everyone else? They are RESources. I thank God for being THEE Source!</i>  |
| 12 | 2.21 | <b>Forgiveness</b> | <b>1 John 1:9</b> - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.  | <i>Rid me of my ego so that I may come face to face with my sins, acknowledge them, and turn from them. I want to be forgiven. And help me to forgive others, even if they feel forgiveness on their end is unnecessary.</i>               |
| 13 | 2.22 | <b>Deliverance</b> | <b>John 8:36</b> - If the Son therefore shall make you free, ye shall be free indeed.  | <i>Thank You, Lord, for delivering me. And thank you for reminding me that You are big enough to deliver anybody from anything if that is their desire. We remember when You asked the question, “Will thou be made whole?” (John 5:6)</i> |
| 14 | 2.23 | <b>Overflow</b>    | <b>Malachi 3:10</b> - Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. | <i>Lord, help me to put my whole trust in You that I may be a willing tither. Help me to not seek the benefit without the willingness to do that which you ask of me.</i>  |

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| 15 | 2.24 | <b>Answered prayers</b>      | <b>John 15:7</b> - If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.  | <i>Today, I make a conscious effort to get in the will of God and stay there. I desire for my prayers to be answered as they align with Your will and Your way.</i>  |
| 16 | 2.25 | <b>Favor</b>                 | <b>Psalm 84:11</b> - For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.  | <i>Help me, Heavenly Father, to walk upright. I desire the favor of the Lord to rest upon my life each and every day.</i>  |
| 17 | 2.26 | <b>Good success</b>          | <b>Joshua 1:8</b> - This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. | <i>Thank you for reminding me, dear Lord, that not all success is good success. Give me the discipline to meditate in Your Word day in and day out. I don't merely want success. Lord, I desire good success. This, I ask in Jesus' mighty name.</i> |
| 18 | 2.27 | <b>Courage</b>               | <b>Psalm 27:1</b> - The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?   | <i>Although there may be concerns for fear, I declare and decree that I am not afraid. I will not walk in fear, neither will I live in fear.</i>   |
| 19 | 2.28 | <b>God's attention</b>       | <b>Psalm 34:17</b> - The righteous cry, and the LORD heareth, and delivereth them out of all their troubles.  | <i>Lord, I desire righteousness. Hear me. Deliver me. I humbly ask this in Your son Jesus' name.</i>   |
| 20 | 3.1  | <b>My heart's desire</b>     | <b>Psalm 37:4</b> - Delight thyself also in the LORD: and he shall give thee the desires of thine heart.  | <i>It makes me happy to know that You want to give me the desires of my heart. Please help me to delight myself in You.</i>  |
| 21 | 3.2  | <b>My family's salvation</b> | <b>Acts 16:31</b> - And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.  | <i>Lord, I thank you for saving me. I desire to see my family saved as well. Help them to confess You and know You for themselves.</i>   |