

# Daniel Fast



## Fasting Guidelines for 2023

Matthew 6:17-18

17 But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Union Grove Missionary Baptist Church

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## **Fasting Guidelines...**

For many years, Christians have fasted from food and observed other self-denying acts. The Bible teaches that some things come only by fasting and praying (Mark 9:29). Remember, you can pray without fasting; however, you cannot truly fast without praying. Combining prayer with fasting connects the natural to the supernatural.

Before Jesus started His earthly ministry, he went away and fasted for 40 days and 40 nights.

So, if Jesus in all His deity fasted, being that He is:

- Omnipresent – is everywhere at all times
- Omniscient – is all knowing in every situation
- Omnipotent – is all powerful in every fight

How much more should fasting be a common practice in our lives?

When we deny ourselves the comforts, we are accustomed to—whether a full plate of food, or some other part of our daily routine (TV, coffee, Internet, etc.)— we are more mindful of our great need for God. Also, when we deny our sinful desires, we become more acutely aware of them, for when they are not fed, they tend to surface in more noticeable ways. Most importantly, these practices make us mindful of our need for salvation by Jesus' death on the cross.

The “Daniel’s Fast” is a great way to begin each year with the expectation of miracles and blessings throughout the entire year. Family and Friends, we will begin our fast Wednesday, Feb. 22<sup>nd</sup> and end Friday, Apr. 7<sup>th</sup>. Watch and see what God does as we come together in unity and show love for Him through fasting.

As we think about God’s purpose for Fasting, I want to draw your attention to a passage of scripture (Isaiah 58:3-9).

This passage gives a plenty of warnings as well as positive results that can occur when we submit ourselves to the discipline of fasting.

God’s people in Isaiah’s day had been fasting, but without results. The reason, God says, is that they ignored the way fasting should change their lives, treating it as an empty ritual. God’s people considered worship (fasting) to be merely a private, inward

act. All the focus on fasting was on the personal dimension. So, the Lord issued a word of rebuke in verse 5.

Let's not be like the people of Isaiah's day. Please note that the purpose of all worship, including fasting, is to change the worshiper in ways that have social and interpersonal impact. We worship not just to gratify ourselves, but also to become empowered to change the world!

### **Some Benefits of Prayer and Fasting**

Fasting and prayer helps to focus your heart on God who alone can release his supernatural power in your life. He will give you wisdom and direction.

- Jesus encourages fasting and prayer for deliverance from evil spirits.
- Fasting and prayer breaks the darkness that overwhelms and hinders the nations and defeats the territorial spirit that hinders world evangelism (Daniel 10:13).
- God will take our problems as we fast and pray in humility. Our battle becomes God's battle (2 Chronicles 20:15)

### **THE DANIEL FAST**

Simply stated, biblical fasting is refraining from food for a spiritual purpose.

According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving you set the course for the entire year.

### **Why Should I Fast?**

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

## **Fasting Focus**

You should decide personally what the focus of your fast is and pray on it daily.

## **Starting The Daniel Fast**

### **Step One: Be Specific**

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

### **Step Two: Fast as a Spiritual Commitment**

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

### **Step Three: Reflect Inner Desire by Outer Discipline**

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

- Your food choices.
- The level of your spiritual commitment as reflected in constant prayer during the fast.
- Your time commitment. If you determine too fast for a certain time, keep it. For example, if you determine to fast 40 days, don't stop on Day 21.
- Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

### **Step Four: Pray to Perceive Sin's Role in Poor Health Notice James 5:13-16:**

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
  1. Medicine for healing,
  2. Symbolic of the Holy Spirit, or
  3. It could be baptism
- Prayer alone may not gain healing; faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

### **Step Five: Fast as a Statement of Faith to Others**

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

### **Step Six: Learn the Effects of the Food You Eat**

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

### **Step Seven: Yield All Results to God**

Daniel said, "as you see fit, deal with your servants" (Dan. 1:13). Remember:

- The Daniel Fast will lead to spiritual insight. "To those four young men God gave knowledge".
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

## **Food Guidelines for a Daniel Fast**

### **Foods You May Eat:**

#### **•Whole Grains:**

Brown Rice, Oats, Barley

#### **• Legumes:**

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

#### **• Fruits:**

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

#### **• Vegetables:**

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Veggie Burgers are an option if you not allergic to soy.

#### **• Liquids:**

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices.

## **You may also drink protein drinks**

### **• Others:**

Seeds, Nuts, Sprouts

### **Foods to Avoid:**

- All Refined or Processed Food Products
- All Animal Products (Meat, Dairy, Fish, Etc.)
- Meat (Beef, Poultry, Lamb, Etc.)
- Bread And Other Baked Goods
- Dairy Products, Including Eggs, Milk, Cream, Butter, Etc.
- White Rice
- Fried Foods
- Caffeine (including coffee of all kinds and herbal teas as they usually contain caffeine)
- Carbonated Beverages
- Foods Containing Preservatives Or Additives
- Refined Sugar
- Sugar and Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

### **Please Fast and Pray:**

Lent is a time of reflection and renewed faith as we focus on the life, death, and resurrection of Jesus Christ. Let our prayers together as The Grove, help us. as we take time to sacrifice in order to clear ourselves from distractions and recommit our life to Jesus.

*2 Thessalonians 1:3* (New International Version)

We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

**Prayer 1:** That our faith as a church grow as well as our love for one another. Prayer Meetings and Bible Study

**Prayer 2:** We become more committed to Christ and His Mission. That we create more disciples for Christ

**Prayer 3:** For more young people to submit to Christ as LORD and serve in Ministry.

**Prayer 4:** We as a Church have a great impact in our community and world. Develop more Ministers, Deacons, Servant Leaders, Teachers, Youth Pastors, Missionaries, and Church work in other countries.

**Prayer 5:** New Church Building and Developments to do outreach Ministry.

**Prayer 6:** Hire more full-time staff for the growth of the Church.

## **Those in Authority**

- Our Spiritual leaders
- Our President and Government (Federal, State & Local)
- Law Enforcement
- Military
- Employers, School Officials, Administration & Staff

### Peace in Jerusalem

- For the veil to be removed from the eyes of the Jewish People-Salvation for the Children of Israel
- Conversion of Muslim believers to covenant relationship with Jehovah God The Body of Christ
- To love the Lord our God with all our heart, soul, strength, and mind. And to love our neighbors as much as we love ourselves.
- To walk in covenant relationship with the Father, growing in Christ. Living in peace and harmony with the body of Christ. Being light and salt in the world.
- To have a spirit of discernment and wisdom. To let thankfulness, rule our hearts. And praise to continually be on our lips. Teach us to fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.
- Produce the fruit of the Spirit in our lives: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control.
- To walk in God's perfect will
- Prepare our minds for action be self-controlled: set our hope fully on the grace to be given us.
- Delight ourselves in the law of the Lord and to meditate on it day and night then whatever we do shall prosper!
- Our Prayers are always turned toward the church concerning truth and unity. We walk in wisdom and are not deceived by wolves in sheep's clothing.

## **Salvation/Missions**

- God to expand our territory for sharing the Gospel & that we will be fisher of men.
- For God to draw all men unto himself.
- For the labors of the harvest to be working knowing our time is limited and the harvest is ripe.

## **Healing**

- May the Spirit of the Lord be on us and anoint us, to proclaim good news to the poor, send us to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free and to proclaim the year of the Lord's favor.
- Healing for all those looking to the Lord for his manifested healing of their bodies and minds.
- Healing for broken families and marriages.

## **Deliverance**

- For those struggling with their flesh
- Freedom from the spirit of fear, worry, depression, pride and laziness.
- From “It’s all about me” mentality let it be all about God!

## **Provision**

- For finances to be blessed in order that we imitate our Father in our generosity. That we can be lenders, givers to the poor and needy. Able to physically sow into the Kingdom locally and abroad.
- Open doors for those looking for employment, promotion, better benefits, hours etc.
- Give us our daily bread-met our physical needs. Let our “wants” line up with the word of God.
- Self-discipline for Students in studying, preparing for test and time management
- Those trying to lose weight and for all of us in maintaining these temples of the Lord
- Those trying to develop better habits