



Daniel Fast

Fasting Guidelines for 2025

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.

March 5th – April 18th, 2025

Fasting Options

Please choose 1 Fasting Option and review the description on last page

1. Daily: 6am – 6pm
2. 40 Days
3. Daniel Diet

Union Grove Missionary Baptist Church

Rev. Frederick Crawford, Senior Pastor

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 Ash Wednesday, March 5th and end 3pm Good Friday, April 18th, 2025.***

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 us 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?

Are you in need of healing or a miracle?

Do you need the tender touch of God in your life?

Is there a dream inside you that only He can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with the Lord?

Are you ready to have heightened sensitivity to the desires of God?

Do you need to break away from bondages that have been holding you hostage?

Is there a friend or loved one that needs Salvation?

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
Medicine for healing,
Symbolic of the Holy Spirit, or
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.

1. Spiritual Renewal and Growth

- Pray for personal and communal spiritual revival, asking God to deepen the faith, discipline, and devotion of our congregation.
- Seek guidance for individuals to draw closer to Christ and embrace His sacrifice fully.

2. Unity in the Church

- Ask for God's help in fostering unity among our church members, healing divisions, and strengthening bonds of love and collaboration.
- Pray for the global Church to stand as a witness of peace and reconciliation.

3. Guidance for the Year Ahead

- Lift up the church's vision, ministries, and leadership to align with God's will.
- Pray for wisdom in decisions, strength for upcoming initiatives, and clarity in pursuing God's purpose.
- Pray for your pastor and his family, asking God to keep them aligned with His plans and purpose, providing strength, wisdom, and protection as they lead and serve.

4. Outreach and Community Impact

- Pray for our church to be a beacon of light in the community, reaching the lost, meeting needs, and sharing the Gospel effectively.
- Pray for our children, youth church events and all of our upcoming outreach and community events.

5. Families and Relationships

- Lift up families in our congregation, praying for restored relationships, strengthened marriages, and the nurturing of children in faith.
- Pray for those who are single to find their purpose and identity in Christ.

6. Global and Local Needs

- Pray for peace in troubled regions, relief for those impacted by poverty, and healing for the sick.
- Focus on specific issues like natural disasters, human trafficking, or violence, asking God to intervene.
- Pray for our Government, President, elected officials and the world

7. 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

Fasting Options

1. Daily: 6am – 6pm
 - Fasting daily for a 12-hour period
 - Please make sure you take your medications as directed by your Medical professional
2. 40 Days
 - You choose what it is that you would like to give up for the time period
3. Daniel Fast
 - Follow the diet outlined above