



DANIEL FAST

21 Days of Consecration and Meditation

The fast will commence on
and will finish on

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Daniel Fast | 21 Days of Consecration and Meditation

In preparation for the fast, please read the following passages of Scripture:

Daniel 1:5-20 / Numbers 6:1-4 / 1 Corinthians 10:21 / Isaiah 58 / Acts 13:1-4 / Psalms 35 / Psalms 69 / Daniel 9:3 / Joel 2:12

Matthew 17:21 / Mark 9:29 / 1 Corinthians 7:5

If you want to read some quality Christian Literature on the experience of fasting:

"God's Chosen Fast" by: Arthur Wallis

The Scripture admonishes us to pray without ceasing (1 Thess. 5:17), and it also encourages us to be "stretched out" in our prayers unto God (Acts 12:12 – the word here for "praying" implies being "stretched out").

Therefore, we are encouraging you to make a concerted effort to diligently and moment-by-moment develop a rhythm of practicing the presence of God. Careful examination of John 15 reveals that the life of God is in the Vine of God (Christ) and that as branches, we are to ABIDE. The Lord Jesus encourages ABIDING in Him.

1- A setting of your will is essential to abiding.

Psalms 16:8 "I have set the Lord continually before me: because He is at my right hand, I shall not be moved."

2- A setting of your words is essential to abiding.

Psalms 19:14 "Let the words of my mouth and the meditation of my Heart be acceptable in Your sight, O Lord, my Rock and my Redeemer"

3- A setting of your walk is essential to abiding.

Psalms 1:1 "Blessed is the man who walks not in the council of the ungodly..."

4- A setting of your works as the outcome of your abiding in the Father is necessary for others to be touched by the life of Christ.

Matthew 5:16 "Let your light so shine before men that they may see your good Works and glorify your Father which is in Heaven"

Times of corporate prayer will take place during the Thursday service at 8:00 PM. In addition, we are seeking to "lock in" on certain times throughout the day when we will all take the time to pray wherever we are, whether it be at work, home, school, or travel. These will be daily prayer times, and we ask that all of us be faithful to our covenant of prayer with God to preserve in the matter.

Daily prayer time will be as follows:

- 1- Early morning between 6:00 AM and 9:00 AM, depending upon your work schedule. We ask that you take 15 minutes daily to seek the face of God.
- 2- During your lunch hour, between the hours of 11:30 AM and 1:30 PM, we ask that you take 15 minutes to approach the throne of grace in intercession.
- 3- Finally, we ask that the period of time from 7:30 PM to 8:00 PM be a time of prayer in every household on a nightly basis.

This will be a season for refreshing in the awareness of the power of prayer and its wide reaching scope of effect in the overall plan of God.

During this entire season of prayer, we will be seeking the face of God for His mercy and favor, His input and His promises, His assurance and His wonder-working power, as well as His Divine Confirmation on that which He ordains for His people.

If you have an urgent prayer request, please fill out the prayer request forms which will be distributed by the ushers during this period.

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I want to personally encourage you to pray and seek the presence of the Holy Spirit during this special season.

In the next few days, you will want to establish a "rhythm" for the fast. The first thing you will want to begin immediately is to drink at least 8, 8 ounce glasses of pure water spaced throughout the day.

Eliminate all caffeine and sugar from your diet. Eliminate from your diet all white flour and white flour products, which turn to sugar and fat in your system.

If you are able and have no major medical problems, begin to take brisk walks on a daily basis. You may want to get up earlier and take your morning prayer time as a prayer walk for your morning devotional. Walking and praying is very stimulating for intimacy with the Lord.

The reason you need to wean yourself off caffeine is because it is toxic and remains in your system long after you have ingested coffee, Coke, Pepsi, Fresca, Mountain Dew, ect. It takes time for your liver and kidneys to detox from all that poison. Be kind to your temple and prepare it for the time of the Daniel Fast and the coming of Jesus.

Commencing on your time of eating will be consistent and focused. This will provide increased effectiveness in terms of concentration and wareness of the Presence and Person of the Holy Spirit, the indwelling ever-living Witness and Observer of your life.

If you are someone who can eat fruit for breakfast without any problem, then you will pick one you can handle early in the morning, then obtain some white grain cereal at a Health Food Store as a breakfast starter. If you prefer, you can have 2 slices of Ezequiel Bread or a small piece of Essene Bread in any flavor (this bread is sold at Publix).

Essene Bread and Ezekiel Bread will provide the grains you will need in your diet as well as dietary fiber. Also, if you do not take any extra dietary fiber, it will be beneficial to obtain a good dietary fiber product and take it twice daily according to the directions (in the AM and PM). This dietary fiber is essential for cleaning your digestive tract and it promotes good health.

Some products worth considering are:

- Yerba Prima Psyllium Husos
- Yerba Prima has a complete detox program that is worth doing if you have never really taken the time to clean our your system.
- Ultimate Fiber
- Sonne's Cleansing Products
- Colon Cleanser
- There are also certain herbal formulas that provide an additional cleanser for the liver, kidneys and lymph glands.

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Your lunch ideally needs to be fresh greens and perhaps a piece of Ezekiel or Essene Bread. AVOID ICEBURG LETTUCE. It is one of the worst things you can put in your body. Instead, have Romaine lettuce, green or red head lettuce, Hydroponic Bib Lettuce, Endives, Radicchio, red or green cabbage, sweet peppers, tomatoes, carrots, celery.

If you need a snack during the day, consider making carrot and celery sticks, soaking them in distilled water in your refrigerator at night.

For your evening meal, have a large salad with at least 8 different vegetables in it.

If you feel you are desperate for protein add some almonds or walnuts (in moderation). Season your salads with olive oil, balsamic vinegar, or lemon juice.

NO CREAMY DRESSING OR OTHER CONDIMENTS ARE ALLOWED.

You can obtain "Polaner All Fruit spread" for your morning toast or for an after dinner evening snack. You are however, enhancing your health if you eat a piece of fruit for your night time snack, about 2 hours after your evening meal. Try not to eat after 9 PM.

Food permitted during the fast:

Fruit – apples, grapes, oranges, grapefruit, strawberries, peaches, plums, carrots, celery, cantaloupe, tomatoes. Dry fruits are allowed.

- **Breads** – Essene or Ezequiel
- **Dairy Products** – Almond or rice milk
- **Vegetables** - romaine lettuce, cucumbers, pumpkin, spinach, zucchini, carrots, peppers, eggplant, beans – red, white, black, broccoli, cabbage, green beans, chick peas, lentil and all kinds of green vegetables.

We recommend vegetable creams or soups such as: lentil, split pea, vegetable creams.

You should not eat any type of meat, fish or poultry during the fast.

Requirements:

- Get plenty of rest
- Drink lots of water
- Keep a prayer journal
- Keep a dream journal. (Put it by your bed and remind yourself to wake up after you have a dream. Write it down in detail, then go back to sleep)
- Pray often in the spirit
- Stir up your prayer language
- Choose a portion of scripture on a daily basis to be your meditation for the day and stay in that scripture. Chew on it and digest it until you receive insight and application to your personal journey.
- Ask God to help you identify those areas in your life He wants to work on.
- Ask Him to help you identify those obstacles that are impeding your progress in Him.
- Ask Him to help you identify what issues are yet unfinished at this season that need to be finished.
- Ask God to sensitize you to the things that distract you so that you can stay focused.
- Seek Him to keep you from temptation and the snares from the forces of darkness
- Spend time singing in the Spirit and worshipping in song
- Make a melody in your Heart as a discipline towards a focused imagination

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- Remember God keeps an individual in perfect peace when their imagination is stayed on Him.

Prayer of agreement:

- 1- God's will for His church in 2026.
- 2- New Generations/Generational Expansion Project provision.
- 3- Establishment of daughter church in Georgia.
- 4- Bringing new births to Christ. Reinforce evangelism and missions.
- 5- Expansion of virtual biblical ministerial school "The Master's Voice," and virtual "Isow.org".
- 6- Manifestation of the Gifts of the Holy Spirit (1. Speaking in tongues, 2. Interpretation of tongues, 3. Miracles, 4. Healing, 5. Special Faith, 6. Prophecy, 7. Discernment of spirits, 8. Word of Science, 9. Word of Wisdom)
- 7- Other local churches.
- 8- God's mercy facing natural disasters.
- 9- The President and every branch of government.
- 10- Our military.
- 11- To prevent nuclear attacks and terrorism.
- 12- The peace of Israel.
- 13- Against abortion.
- 14- Nations in the 10/40 window (where preaching the gospel is forbidden).
- 15- Personal petitions.

Together we will obtain the Lord's purpose for our lives. I love you and pray that this time of fasting will be an unforgettable spiritual experience which can solidify our foundation, shake the satanic powers that try to prevent the blessing open every door the enemy has closed, and increase your spiritual hearing and sight.



FAST - PASSAGES TO READ

Daniel 1:5-20 (NIV)

⁵ The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

⁶ Among those who were chosen were some from Judah: Daniel, Hananiah, Mishael and Azariah. ⁷ The chief official gave them new names: to Daniel, the name Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abednego.

⁸ But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. ⁹ Now God had caused the official to show favor and compassion to Daniel, ¹⁰ but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." ¹¹ Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹² "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³ Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." ¹⁴ So he agreed to this and tested them for ten days. ¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. ¹⁶ So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. ¹⁷ To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds. ¹⁸ At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. ¹⁹ The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. ²⁰ In every

matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

Numbers 6:1-4

¹ The Lord said to Moses, ² "Speak to the Israelites and say to them: 'If a man or woman wants to make a special vow, a vow of dedication to the Lord as a Nazirite, ³ they must abstain from wine and other fermented drink and must not drink vinegar made from wine or other fermented drink. They must not drink grape juice or eat grapes or raisins. ⁴ As long as they remain under their Nazirite vow, they must not eat anything that comes from the grapevine, not even the seeds or skins.'

1 Corinthians 10:21

²¹ You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord's table and the table of demons.

Isaiah 58

¹ "Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. ² For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ³ 'Why have we fasted,' they say,

'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' "Yet on the day of your fasting, you do as you please and exploit all your workers." ⁴ Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. ⁵ Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? ⁶ "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷ Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? ⁸ Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. ⁹ Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, ¹⁰ and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. ¹¹ The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. ¹² Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. ¹³ "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, ¹⁴ then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob." For the mouth of the Lord has spoken.

Acts 13:1-4

¹ Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. ² While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off. ⁴ The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus.

Psalmo 35

¹ Contend, Lord, with those who contend with me; fight against those who fight against me. ² Take up shield and armor; arise and come to my aid. ³ Brandish spear and javelin against those who pursue me. Say to me, "I am your salvation." ⁴ May those who seek my life be disgraced and put to shame; may those who plot my ruin be turned back in dismay. ⁵ May they be like chaff before the wind, with the angel of the Lord driving them away; ⁶ may their path be dark and slippery, with the angel of the Lord pursuing them. ⁷ Since they hid their net for me without cause and without cause dug a pit for me, ⁸ may ruin overtake them by surprise— may the net they hid entangle them, may they fall into the pit, to their ruin. ⁹ Then my soul will rejoice in the Lord and delight in his salvation. ¹⁰ My whole being will exclaim, "Who is like you, Lord? You rescue the poor from those too strong for them, the poor and needy from those who rob them." ¹¹ Ruthless witnesses come forward; they question me on things I know nothing about. ¹² They repay me evil for good and leave me like one bereaved. ¹³ Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, ¹⁴ I went about mourning

as though for my friend or brother. I bowed my head in grief as though weeping for my mother.¹⁵ But when I stumbled, they gathered in glee; assailants gathered against me without my knowledge. They slandered me without ceasing.¹⁶ Like the ungodly they maliciously mocked; they gnashed their teeth at me.¹⁷ How long, Lord, will you look on? Rescue me from their ravages, my precious life from these lions.¹⁸ I will give you thanks in the great assembly; among the throngs I will praise you.¹⁹ Do not let those gloat over me who are my enemies without cause; do not let those who hate me without reason maliciously wink the eye.²⁰ They do not speak peaceably, but devise false accusations against those who live quietly in the land.²¹ They sneer at me and say, "Aha! Aha! With our own eyes we have seen it."²² Lord, you have seen this; do not be silent. Do not be far from me, Lord.²³ Awake, and rise to my defense! Contend for me, my God and Lord.²⁴ Vindicate me in your righteousness, Lord my God; do not let them gloat over me.²⁵ Do not let them think, "Aha, just what we wanted!" or say, "We have swallowed him up."²⁶ May all who gloat over my distress be put to shame and confusion; may all who exalt themselves over me be clothed with shame and disgrace.²⁷ May those who delight in my vindication shout for joy and gladness; may they always say, "The Lord be exalted, who delights in the well-being of his servant."²⁸ My tongue will proclaim your righteousness, your praises all day long.

Psalms 69

¹ Save me, O God, for the waters have come up to my neck. ² I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. ³ I am worn out calling for help; my throat is parched. My eyes fail, looking for my God. ⁴ Those who hate me without reason outnumber the hairs of my head; many are my enemies without cause, those who

seek to destroy me. I am forced to restore what I did not steal. ⁵ You, God, know my folly; my guilt is not hidden from you. ⁶ Lord, the Lord Almighty, may those who hope in you not be disgraced because of me; God of Israel, may those who seek you not be put to shame because of me. ⁷ For I endure scorn for your sake, and shame covers my face. ⁸ I am a foreigner to my own family, a stranger to my own mother's children; ⁹ for zeal for your house consumes me, and the insults of those who insult you fall on me. ¹⁰ When I weep and fast, I must endure scorn; ¹¹ when I put on sackcloth, people make sport of me. ¹² Those who sit at the gate mock me, and I am the song of the drunkards. ¹³ But I pray to you, Lord, in the time of your favor; in your great love, O God, answer me with your sure salvation. ¹⁴ Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters. ¹⁵ Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me. ¹⁶ Answer me, Lord, out of the goodness of your love; in your great mercy turn to me. ¹⁷ Do not hide your face from your servant; answer me quickly, for I am in trouble. ¹⁸ Come near and rescue me; deliver me because of my foes. ¹⁹ You know how I am scorned, disgraced and shamed; all my enemies are before you. ²⁰ Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none. ²¹ They put gall in my food and gave me vinegar for my thirst. ²² May the table set before them become a snare; may it become retribution and a trap. ²³ May their eyes be darkened so they cannot see, and their backs be bent forever. ²⁴ Pour out your wrath on them; let your fierce anger overtake them. ²⁵ May their place be deserted; let there be no one to dwell in their tents. ²⁶ For they persecute those you wound and talk about the pain of those you hurt. ²⁷ Charge them with crime upon crime; do not let them share in your salvation. ²⁸ May they be blotted out of the book of life and not be listed with the righteous. ²⁹ But as for me, afflicted and in pain—may your salvation, God, protect me. ³⁰ I will praise God's name in song and glorify him with thanksgiving.

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³¹This will please the Lord more than an ox, more than a bull with its horns and hooves. ³²The poor will see and be glad— you who seek God, may your hearts live! ³³The Lord hears the needy and does not despise his captive people. ³⁴Let heaven and earth praise him, the seas and all that move in them, ³⁵for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it; ³⁶the children of his servants will inherit it, and those who love his name will dwell there.

Daniel 9:3

³So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.

Joel 2:12

¹²"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Matthew 17:21

²¹Howbeit this kind goeth not out but by prayer and fasting.

Mark 9:29

²⁹And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

1 Corinthians 7:5

⁵Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.



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