



**Corporate Prayer:** Mondays @ 7:00PM – January 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

**Daily Bible Reading:** We will provide a daily Bible reading schedule for the 21-day fast. Bible reading is key to spiritual growth and receiving and understanding the will of God.

**Revelation:** Each day, take time to pray and meditate on what you have read in the Word. Ask the Holy Spirit to give you wisdom and revelation about the Word and then expect to receive more than just information...receive revelation from the Lord!



**OUR PURPOSE:** We are believing together in faith as a church family that this time of prayer, fasting, and Bible reading will stir renewed faith in each of us to fully pursue the plan of God for our lives!

**TIPS AND SUGGESTIONS:** For those who find it difficult to prepare meals in advance, visit the vegan section of your grocery store for meat substitutes. Google search “Daniel fast recipes” for great ideas online.

**PREPARE FOR YOUR FAST 7 DAYS IN ADVANCE:** One of the most critical steps to take in preparing your body for the fast is to taper off caffeine, sugar, and processed foods this week. At the same time, increase the amount of fiber you consume including fresh fruits, vegetables, seeds, whole grains, and beans to avoid physical withdrawals and reactions as your body conforms to this healthy way of eating during your fast.

# What is a Daniel Fast?

This method of fasting is used by many Christians throughout the world. This particular fast is based on the experiences of the prophet Daniel (Daniel 10:1-3 / 1:8-21) It is a partial fast, with only fruits and vegetables, and whole grains eaten for 21 days. The only beverages on the fast are water and fruit juices.

Examples of foods not to eat would be anything sweetened with sugar, meats, soft breads, fried fast food, sodas, energy drinks, and like foods. This kind of fast is healthy for your body. During this fast, you may also want to give up anything that has become addictive to your flesh such as social media, movies, internet usage, television, etc.

## Why Should I Participate?

*And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you are doing in private. And your Father, who sees everything, will reward you. Matt. 6:16-18 (NLT)*

**1.** Jesus said, "when you fast." It was understood that fasting was a form of Christian discipline. The Biblical purpose of fasting is to get the desires and voice of the flesh under control. When the flesh is under control, the Christian is able to successfully be led by the Holy Spirit! (Galatians 5:16-25)

*For those who live according to the flesh set their minds on the things of the flesh,  
but those who live according to the Spirit, the things of the Spirit.  
Romans 8:5 ESV*

There are many examples of fasting in the Word of God (Mark 9:29, Acts 14:23, I Cor. 7:5). In Acts 13:2-3, we see the ministers of the church in Antioch seeking the Lord and fasting. As a result, they received clear direction to send Paul and Barnabas on their first missionary journey to the gentile world. This was the beginning of the spread of Christianity to the world and it has never been the same!

**2.** As we consecrate this fast to the Lord, we will increase in spiritual discipline through the reading of His Word and prayer. A fast without those elements is just a diet. Dedicating devotional time during this fast will pause all distractions and allow you to focus in on what Jesus really wants for your life. This fast will allow you to hear the still small voice of Holy Spirit as He reveals God's truth and direction for your life.

**3.** The Daniel Fast helps to develop the powerful discipline of fasting for many people to apply more often throughout the year. This consecrated 21 days will help you break bad habits and develop good new habits that will continually benefit you in your relationship with God.

## What Will Fasting Do for Me?

Fasting was designed by God, not to change Him, but rather to change us! It will starve your doubt, despair, and fear as you read the Word and pray. You will receive some of the greatest breakthroughs of your life during this fast! It is not a time to try and twist God's arm so He'll do what you want Him to do, nor is it going on a hunger strike so God will listen to you. Fasting will bring health to your spirit, soul and body and open your heart to the perfect will of God.