

THE DANIEL FAST GUIDE

“But Daniel purposed in his heart...” (Daniel 1:8)

SCRIPTURE REFERENCE

Daniel 1:1-21; Daniel 10; Matthew 6:5-18, Mark 9:29; Isaiah 58

OVERVIEW OF THE DANIEL FAST

In the Old Testament book of Daniel we can glean great information regarding biblical accounts of fasting. Daniel was a courageous young man taken into captivity, along with his friends, and deported to Babylon by Nebuchadnezzar. The personal traits of the young men qualified them for jobs as servants in the king’s palace. Both Daniel’s physical and spiritual diets were an important part of his relationship with God. He ate carefully and lived prayerfully. One of the perks of being in training for royal service was eating from the king’s table. Daniel quietly refused to give up his convictions and instead chose a simpler menu, proving that it was a healthy choice. He had lived a life of devotion to God and refused to give up the good habits he had formed. While he limited his intake of food, Daniel indulged his prayer life. He puts into practice his convictions, even when it put his life in danger.

The Daniel Fast will lead to spiritual insight. “As for these boys, God gave them knowledge and skill” (Daniel 1:17). The application of the Daniel Fast is for more than one day. The young men fasted for at least 10 days (Daniel 1:12, 15). The Daniel Fast is a partial fast. Daniel and his friends ate only vegetables and drank only water (Daniel 1:8-12). Later, in Daniel chapter 10, Daniel fasted for three weeks (21 days). During this time of consecration, he abstained from choice foods and waited on God in prayer concerning the destiny of his people. The application of the Daniel Fast requires abstinence from certain foods.

You have freedom in this Daniel Fast to modify it according to your personal physical and personal spiritual needs. You can modify these guidelines as you feel led of the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods and spices, that would be great as well. If you feel led of the Lord to adhere to the Daniel Fast guidelines established for the St. John Church family, we pray that you will do so with determination and commitment. The most important point is to decide ahead of time how you are going to apply the Daniel Fast; then stick to your commitment for the length of time you have decided to fast. The St. John Church family will fast for 21 days. However, if you feel led to fast for a longer period of time that will be acceptable as well. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast.

7- STEPS FOR THE DANIEL FAST

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

2) Fast as a Spiritual Commitment

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

3) Reflect Inner Desire By Outer Discipline

Many people have a desire for better health, but they can not discipline themselves to avoid unhealthy food choices. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- a. Your food choices
- b. The level of your spiritual commitment as reflected in constant prayer during the fast.
- c. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast for 10 days, don't stop on Day 9 or if you determine to fast for 21 days, don't stop on Day 20.
- d. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body. Faith is foundational to the Daniel Fast.

4) Pray to Perceive Sin's Role in Poor Health

Reference James 5:13-20

- 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, etc.
- 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."

5) 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 sons of Israel with the young men who ate the king's food.

6) 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.

7) Yield All Results to God

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

FOODS TO EAT

Whole Grains: Brown Rice, Whole Wheat Pasta, Oatmeal, Oats, Rolled Oats, Barley, Corn, Popcorn, Wheat

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

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Breadfruit, Cantaloupe, Cherries, Coconuts, Cranberries, Dates, Figs, Grapefruit, Grapes, Grenadine, Guava, Honeydew, Melons, Kiwi, Lemons, Limes, Mangoes, Mulberry, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, etc.

Vegetables: Artichokes, Avocados, Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplants, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Olives, Okra, Onions, Parsley, any peppers, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc.

Seeds, Nuts, Sprouts

Liquids: Water, 100% All Natural Fruit Juices, 100% All Natural Vegetable Juices,

FOODS TO AVOID

Meat, Seafood, Eggs

White Rice, Fried Foods, Salt

Wine or any other alcoholic drinks

Caffeine, Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar, Sugar Substitutes, High Fructose Corn Syrup

White Flour and All Products Using It

Pasta made with enriched white flour

Margarine, Shortening, High Fat Products

SPECIAL NOTE

No fast should be done by any individual with medical problems unless under a doctor's care and with the doctor's approval.

PLANNING YOUR FAST

1. Seek the advice of your physician before you fast (Proverbs 14:28)
2. Make your commitment and determine the length (complete commitment form below) (Deuteronomy 23:23)
3. Have a clear vision for your prayer focus (Isaiah 58:5-6; Zechariah 7:5-6)
4. Prepare physically (Luke 14:28)
5. Fast in secret (Matthew 6:16-18)
6. Fast and pray in order to humble yourself and purify your worship (Ezra 8:21)
7. Prepare for opposition (Daniel 10:12-13)
8. Make "Quiet Time" a priority when fasting
9. Expect to hear God's voice through and according to His Word
10. If you fail, do not give into condemnation (Rom. 8:1)
11. Break the fast over several hours and days of light eating
12. Breakthroughs often come after, not during a fast (Daniel 10:3, 4)

DANIEL FAST COMMITMENT

I _____, commit to complete the Daniel Fast, as a
(*your name*)

sacrifice unto the Lord. I will fast and pray for _____ days. My fast will begin on _____

and end on _____. During this time, I will avoid the following:

Date: _____ **Signature:** _____

Note: *This form is to be kept by the person making the commitment.*

DAILY PRAYER FOCUS

Day 1 SPIRITUAL GROWTH - Commitment to the fast

Lord God, we fast and pray today in total thanksgiving. We give You thanks in all circumstances. Our hearts and minds are fixed on Jesus Christ who is pure, loving, kind, holy, and gentle. *"I will praise You with my whole heart...I will bow down toward Your holy temple and will praise Your name for Your love and faithfulness."* (Psalm 138:1-2) Father, we pray for strength and power from the Holy Spirit to sustain us in our commitment to this season of prayer and fasting. **God's Prayer Promise:** *"We have this confidence before God and receive from Him anything we ask, because we obey His commands and do what pleases Him."* (1 John 3:21-22)

Day 2 SPIRITUAL GROWTH – To be disciples of Jesus Christ

Father God, as we fast and pray today, our desire is to be Your disciples, committed to equipping believers, enriching persons, evangelizing people and edifying missions; thus we will be in accordance with the mission of this church. As we recommit to the vision of our Pastor, help us to stay focused on Your will for us as Your ambassadors. *"If anyone would come after Me, he must deny himself and take up his cross and follow Me. For whoever wants to save his life will lose it, but whoever loses his life for Me will find it."* (Matthew 16:24-25). **God's Prayer Promise:** *"But when you pray, go into your room, close the door and pray to your Father, who will see what is done in secret, and will reward you."* (Matthew 6:6).

Day 3 SPIRITUAL GROWTH – For a closer walk with the Lord

Father, we pray for a closer walk with You today. *"You who seek God, may your hearts live."* (Psalms 69:32). *'For I know the plans I have for you,' declares the Lord. 'Plans to give you hope and a future. Then you will call upon me, and come and pray to me, and I will listen to you. You will seek me with all your heart. I will be found by you, declares the Lord.'* (Jeremiah 29:11-13). *"Blessed are they who keep His statutes and seek Him with all their hearts."* (Psalm 119:34). **God's Prayer Promise:** *"You did not choose Me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in My name."* (John 15:16)

Day 4 HOLINESS AND PURIFICATION – Confession and Repentance

We fast with prayers of confession. I confess my sins today, Father God. I desire to be holy as You are holy. Please cleanse me and restore me as I confess my sins. *"Search me, O God and know my heart; try me and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."* (Psalm 139: 23-24) Thank You for being faithful and just and forgiving my sins, purifying me from all unrighteousness. **God's Prayer Promise:** *"If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness."* (1 John 1:9)

Day 5 HOLINESS AND PURIFICATION – Restoration and Renewal

Father, we rest in You today and give You praise, honor and glory. Restore and renew us for this season of sanctification. *"Whoever is wise, let him heed these things and consider the great love of the Lord."* (Psalm 107:21, 43) **God's Prayer Promise:** *"Open wide your mouth and I will fill it."* (Psalm 81:10a)

Day 6 HOLINESS AND PURIFICATION – Spiritual Focus

Father God, we pray for spiritual cleansing and focus. Please make us an instrument of Your peace. Let us throw off everything that hinders us, and sin that so easily entangles. *"Be ye imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God."* (Ephesians 5:1-2) **God's Prayer Promise:** *"If you remain in Me and My words remain in you, ask whatever you wish, and it will be given you."* (John 15:7)

Day 7 DIRECTION AND VISION – God-given Insight

Today we fast and focus on Your invincible Truth, Father God. We pray that Your presence will abide with us in a special way today. We desire to have intimate fellowship with You. Touch our hearts in such a way that we will desire an even deeper fellowship with You and offer You our sacrifices of praise and worship. **God's Prayer Promise:** *"Then you will call upon Me and I will listen to you. You will seek Me and find Me when you seek Me with all your heart. I will be found by you," declares the Lord . . ."* (Jeremiah 29:12-13).

Day 8 DIRECTION AND VISION – Divine Guidance

Father, today we fast and pray, seeking Your guidance and blessing for our personal needs. Lord God, we know that Your Word is true; that You will supply all of our needs according to Your riches in glory (Philippians 4:19). Help us to stand in faith and to seek Your Kingdom and Your righteousness so that all we need can be added to us (Matthew 6:33). We thank You in advance for all of Your provisions and for every blessing, those seen and especially those not seen, as we walk by faith and not by sight. **God's Prayer Promise:** *"Every good and perfect gift is from above, coming down from the Father."* (James 1:17)

Day 9 DIRECTION AND VISION – Revelation

We fast with prayers of worship. My soul magnifies the Lord! I stand in awe of Your greatness and power. I long for Your presence. *"I spread out my hands to You; my soul thirsts for You like a parched land."* (Psalm 143:6) I glorify Your name for You have done great things. I worship You! **God's Prayer Promise:** *"Call to Me and I will answer you and tell you great and unsearchable things you do not know."* (Jeremiah 33:3)

Day 10 OUR FAMILIES – Marriages

Father God, we fast and pray for the marriages & families within our ministry and in our community. May each husband love his wife as he loves himself and each wife respect her husband. We ask that You will fortify husbands and wives so that they will be able to stand against the schemes of the enemy that seek to destroy the unions of marriage You have established. *"Your right hand, O Lord, is glorious in power. Your right hand, O Lord, dashes the enemy to pieces."* (Exodus 15:6) **God's Prayer Promise:** *"And we receive of Him anything we ask, because we obey His commands and do what pleases Him."* (1 John 3:22)

Day 11 OUR FAMILIES – Children and Teens

Father, in the time we spend with you today, we want to ask for Your continued guidance, protection, and assistance in the lives of our children and teens. Protect them from evil. Keep them pure spiritually, emotionally, psychologically, and physically. Make them into that "Jacob Generation" (Psalm 24:6) who will seek Your face. Grant us as parents to raise them in the fear and the admonition of the Lord (Eph. 6:4). **God's Prayer Promise** *"For all the promises of God in Him are 'Yes,' and in Him 'Amen,' to the glory of God through us."* (2 Corinthians 1:20)

Day 12 OUR FAMILIES – Future Generations

Father, as You have aligned our hearts with Yours during this fast, we lift up future generations unto You. Allow our children and our children's children to walk in godliness and Kingdom purpose. Let what You have started in us perpetuate in them, as You take them from 'glory to glory' (2 Corinthians 3:18). **God's Prayer Promise** *"That the generation to come might know them, the children who would be born, That they may arise and declare them to their children, That they may set their hope in God, and not forget the works of God, But keep His commandments."* (Psalm 78:6-7)

Day 13 OUR CHURCH – Unity among membership

Father, we pray as a church, asking that You will help us to be the church You have called for - A House of Prayer. We ask in faith, in the name of Jesus that You will convict our hearts to pray in the Spirit on all occasions, with all kinds of prayers and requests. We desire to always be alert and to pray for all the saints, especially for our Pastor and his family. *"I pray also for those who will believe in Me through their message, that all of them may be one. Father, just as You are in me and I am in You, may they also be in Us so that the world may believe that You have sent Me."* (John 17:20-21) **God's Prayer Promise:** *"Where two or three come together in My name, there am I with them."* (Matthew 18:20)

Day 14 OUR CHURCH – Pastor Davis & his family and Church leaders

Father, we fast and pray today for our pastor, Pastor Denny D. Davis that You who began a great work in him, will carry it on until the day of Christ. We pray for him and his family. We thank You for blessing the St. John Church with a pastor who is highly favored by You; for he is committed to the vision You have given to him and we ask that You will help us to stay focused and committed to the plan You have for our church. We pray for our Pastoral Staff, Administrative Staff and Ministry Leaders. We hold them in highest regard because of their work. Please bless and keep them as they endeavor to do Kingdom work. We also fast and pray today for future building projects and church plants. We pray, believing, that the vision that has been set forth is fulfilled and we thank You! *"For he was looking forward to the city with foundations, whose architect and builder is God."* (Hebrews 11:10) **God's Prayer Promise:** *"I urge, then, first of all that requests, prayers, intercession, and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth."* (1 Timothy 2:1-4)

Day 15 OUR CHURCH – Ministries

Father God, we fast and pray today for all ministries of this church. Please strengthen every ministry to fulfill the mission of this church, to provide the enrichment, equipping, evangelizing, and the encouragement needed by our members and the community. Send more workers for the harvest, we pray. We ask that You will convict our hearts to serve You and Your people like never before. **God's Prayer Promise:** *"This is the confidence we have in approaching God: that if we ask anything according to His will He hears us. And if we know that He hears us - whatever we ask; we know that we have what we asked of Him."* (1 John 5:14-15).

Day 16 NEEDS – Healing and Health

Hear our prayer, O God, for the healing of illnesses and Diseases among us. Jesus, we thank You today; You were pierced for our transgressions and crushed for our iniquities; the punishment that brought us peace was upon You and by Your wounds we are healed. *"Praise the Lord, O my soul, and forget not all His benefits; who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."* (Psalm 103:2-5) **God's Prayer Promise:** *"The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."* (Romans 8:26-27)

Day 17 SPECIAL NEEDS – Breakthrough and Deliverance

Hear our prayer today as we fast for those battling with drugs, alcohol, food, gambling or other addictions and bondage. Father, we pray that as they cry out to You, You will hear them and save them from their distress and pain. *"Then they cried unto the Lord in their trouble, and He saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains. (Psalm 107:13-14)* We not only pray for the restoration of these persons, but we also pray for their families. Please heal souls, bodies, minds and relationships in the Name of Jesus. *"But now, this is what the Lord says - 'Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned . . . For I am the Lord, your God, the Holy One of Israel, your Savior; you are my witnesses, 'declares the Lord', that I am God. Yes, from ancient days, I am He." (Isaiah 43:1-3, 13).* **God's Prayer Promise:** *"How gracious He will be when you cry for help." (Isaiah 30:19)*

Day 18 SPECIAL NEEDS – Salvation

Father, as we focus on You today, give us Your heart for the lost, those who don't know You in the pardon of their sins. Open their eyes. Use us as witnesses of Your goodness and grace. Water the seeds of the Gospel that have been planted in the lives of our lost family members, friends, co-workers, neighbors, enemies, and people all over the world. Save those that You have created from the punishment of hell, for Your glory and honor, in Jesus' name we pray. **God's Prayer Promises:** *"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." John 3:17; You will pray to Him, and He will hear you . . ." (Job 22:27)*

Day 19 OUR COMMUNITIES – The Church Universal

We pray for unity in the Body of Christ. May we be a church that honors You. O God, as we give You all that we have on today, we pray for Your people, Your church throughout this world. Keep us from the plans of the enemy. Give strength to those who are oppressed. Grant grace to missionaries, pastors, and all who serve You. May Your church expand and grow into the world-changing force that You desire us to be, for we ask it in Your Son's Name. **God's Prayer Promises** *"Now in Him who is able to do immeasurably more than all we can ask or imagine according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!" (Ephesians 3:20-21); "Sacrifice offerings to God, fulfill your vows to the Most High. Call upon me in the day of trouble; I will deliver you, and you will honor Me." (Psalm 50:14-15)*

Day 20 OUR COMMUNITIES – Local, State, Nation

Our Heavenly Father, as we submit to Your will today, we pray for our local communities, state, and nation. Spread Your Kingdom throughout this land. Support justice and cover the lost, less-fortunate, and the least from the evils of this sin-sick world. Be glorified today, in Jesus' name. **God's Prayer Promises:** *"The eyes of the Lord are in every place, Keeping watch on the evil and the good." Proverbs 15:3; "You may ask Me for anything in My name, and I will do it." (John 14:14)*

Day 21 OUR COMMUNITIES – Global Communities, the World

Lord God, we and fast and pray for the world because You so loved the world that You gave Your only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16) Bless every nation and every tongue. We lift up in prayer nations in conflict and those suffering from hunger, disease, and oppression. Spread Your Kingdom throughout our world until "the kingdoms of this world become the Kingdom of our God and of His Christ" (Rev. 11:15). Support justice and cover the lost, less-fortunate, and the least from the evils of this sin-sick world. **God's Prayer Promises:** *"The eyes of the Lord are in every place, Keeping watch on the evil and the good." Proverbs 15:3; "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go throw yourself into the sea', and it will be done. If you believe, you will receive whatever you ask for in prayer." (Matthew 21:21-22)*

Thank You, Lord, for hearing and answering our prayers during this season. As we have followed in the footsteps of Jesus, we have experienced great and marvelous things. We are not the same as we were when we started and for this we thank and praise Your Name! Thank You for transforming our lives individually and corporately as a body of believers! *"Thanks be to the Lord, for He is good; His love endures forever! To the One who remembered us in our low estate and freed us from our enemies; His love endures forever! Give thanks to the God of Heaven; His love endures forever!" (Psalm 136:1, 23-24, 26).* **God's Prayer Promise:** *"For no matter how many promises God has made, they are 'Yes' in Christ. And so through Him the 'Amen' is spoken to the glory of God." (2 Corinthians 1:20)*

AMEN AND AMEN!