



# DANIEL FAST 2015

January 4 - 25



# **WHAT IS A DANIEL FAST?**

**The concept of a Daniel fast comes from Daniel 1:8-14, “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. Now God had caused the official to show favor and sympathy to Daniel, 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." Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 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." So he agreed to this and tested them for ten days.”**

**The background of the “Daniel fast” is that Daniel and his three friends had been “deported” to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant “training program.” Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).**

**So, a Daniel fast is eating only fruits and vegetables for a certain amount of time, for spiritual reasons.**

**Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!**

## **Scriptures on Fasting...**

**1Kings 21:9**

**Nehemiah 9:1**

**Esther 4:3**

**Esther 9:3**

**Psalms 35:13**

**Psalms 109:24**

**Isaiah 58:3**

**Isaiah 58:6**

**Jeremiah 36:6**

**Jeremiah 36:9**

**Daniel 10:2-3**

**Joel 2:12**

**Matthew 4:2**

**Matthew 6:16**

**Mathew 6:1**

**Mark 2:18**

**Mark 9:29**

**Luke 2:37**

**Acts 13:2**

**Acts 14:23**

### ***Suggested Prayer Request:***

- 1. Pastor Wendell & Bethany/Kids (church staff & family)**
- 2. Numerical (salvations) & spiritual growth @ LFA**
- 3. Financial breakthroughs (church debt to be paid off)**
- 4. Divine wisdom & favor with God & man**
- 5. Break every yoke (bondage & heavy burdens destroyed)**
- 6. Provision for ministry (help for the needy)**
- 7. Mass evangelism: Missions, Outreach, TV & Radio**
- 8. Miraculous healings**
- 9. Rightful living**
- 10. Divine protection**

**NKJV Dan. 10: 2** In those days I, Daniel, was **mourning three full weeks.** **3** I ate **no pleasant food, no meat or wine came into my mouth,** nor did I anoint myself at all, till three whole weeks were fulfilled.

### **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:**

- ***Eggs & Milk are at your discretion***
- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products













## *Day 6 - January 9*

**NKJV James 4:1** Where do wars and fights [come] from among you? Do [they] not [come] from your [desires] [for] pleasure that war in your members? 2 You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. 3 You ask and do not receive, because you ask amiss, that you may spend [it] on your pleasures. 4 Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God. 5 Or do you think that the Scripture says in vain, "The Spirit who dwells in us yearns jealously"? 6 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." 7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse [your] hands, [you] sinners; and purify [your] hearts, [you] double-minded. 9 Lament and mourn and weep! Let your laughter be turned to mourning and [your] joy to gloom. 10 Humble yourselves in the sight of the Lord, and He will lift you up.

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## Day 9 - January 12

**NKJV John 10:1** "Most assuredly, I say to you, he who does not enter the sheepfold by the door, but climbs up some other way, the same is a thief and a robber. 2 "But he who enters by the door is the shepherd of the sheep. 3 "To him the doorkeeper opens, and the sheep hear his voice; and he calls his own sheep by name and leads them out. 4 "And when he brings out his own sheep, he goes before them; and the sheep follow him, for they know his voice. 5 "Yet they will by no means follow a stranger, but will flee from him, for they do not know the voice of strangers." 6 Jesus used this illustration, but they did not understand the things which He spoke to them. 7 Then Jesus said to them again, "Most assuredly, I say to you, I am the door of the sheep. 8 "All who [ever] came before Me are thieves and robbers, but the sheep did not hear them. 9 "I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. 10 "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have [it] more abundantly. 11 "I am the good shepherd. The good shepherd gives His life for the sheep.

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## ***Day 11 - January 14***

**NKJV Mala 3:6** "For I [am] the Lord, I do not change; Therefore you are not consumed, O sons of Jacob. 7 Yet from the days of your fathers You have gone away from My ordinances And have not kept [them]. Return to Me, and I will return to you," Says the Lord of hosts. "But you said, `In what way shall we return?' 8 "Will a man rob God? Yet you have robbed Me! But you say, `In what way have we robbed You?' In tithes and offerings. 9 You are cursed with a curse, For you have robbed Me, [Even] this whole nation. 10 Bring all the tithes into the storehouse, That there may be food in My house, And try Me now in this," Says the Lord of hosts, "If I will not open for you the windows of heaven And pour out for you [such] blessing That [there] [will] not [be] [room] enough [to] [receive] [it]. 11 "And I will rebuke the devourer for your sakes, So that he will not destroy the fruit of your ground, Nor shall the vine fail to bear fruit for you in the field," Says the Lord of hosts; 12 "And all nations will call you blessed, For you will be a delightful land," Says the Lord of hosts.

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## Answered Prayers & Praise Reports

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