

14

Days

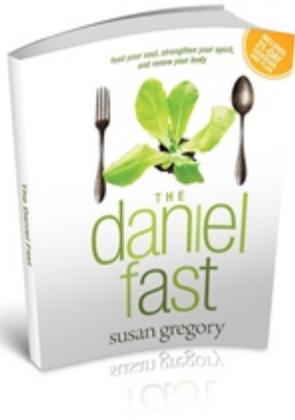
PRAYER & FASTING



12:00 a.m. January 17–
12:00 a.m. January 30, 2021

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled" (Daniel 10:2-3).

Daniel Fast Instruction Guide



The Daniel Fast

by Susan Gregory

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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 are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

* Information obtained from website: www.daniel-fast.com

Special Instructions:

****You will have two options for the fast:**

Option 1: Full Daniel Fast for 14 days. Refer to the further instructions within this guide.

Option 2:

- **Week 1** (Jan. 17th-23rd)- Modified Daniel Fast. This option includes all of the instructions in the full Daniel Fast. However, you will be allowed to only eat baked chicken and/or fish. There are no other meats or animal products allowed.
 - **Week 2-** (Jan. 24th-Jan. 30th) Full Daniel Fast.
1. If you have any health issues, please consult your personal physician before considering this fast or any diet.
 2. The fast will begin with prayer and end with prayer. Develop the habit of daily prayer during this 14 day period.
 3. The Daniel Fast is a cleansing fast. Our prayer of agreement will be for personal repentance and spiritual renewal. We consecrate ourselves to the Lord so that we can hear Him more clearly, gain direction and guidance for our lives, and to get the "spiritual clutter" out of our lives. Spiritual clutter are 1.) things that keep your mind occupied so that you cannot focus on God and 2.) bad habits and habitual sin. You are also encouraged to fast as a spiritual

weapon against the spiritual attacks facilitated by Satan and his demonic influences in your life and your family's life.

4. If the Daniel Fast presents a specific challenge that may adversely affect your health, finances, personal situation, or if you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (e.g. a regular meal, specific foods, beverages, television or other technology, etc., and fast from it for the next 10 days. Please seek God specifically for guidance. The details are not as important as the spirit in which you participate.
5. You are encouraged to choose a prayer partner for the 14 day period to pray with. That will make you be accountable to pray and give opportunity for the prayer of agreement. You may have more than one prayer partner. All personal information shared is to be held in strict confidence to honor God during the fast.
6. You are encouraged to keep a prayer journal.
7. The Daniel Fast can be financially challenging. We will be providing some recommended recipes that are affordable and may be great for healthy lifestyle alternatives.
8. When visiting a restaurant, be careful to request a meal that is suitable for a vegetarian diet or Daniel Fast (or specifically request olive oil or approved oil for food preparation).
9. It is of utmost importance that you develop the DISCIPLINE of prayer more than anything during this 14 day period. If you should have a lapse in judgment during the fast, don't be downcast. Pick up where you lapsed, repent, and honor God !
10. The "anointing oil" (Daniel 10:3) was associated with that which brings pleasure. Daniel abstained from that which brings you pleasure in order to bring his flesh under subjection. Consider also abstinence from other regular "pleasures."
11. The central issue in this passage was a desire for "restoration." Seek God in His Word for any issue that you need particular deliverance/restoration from. You may request assistance from our ministerial staff for finding a Word to stand on in your area of restoration. Claim your restoration and our church's restoration early this year.

Principles for Power: We Fast For the Following Reasons....

- I. Spiritual and Physical Cleansing: You Need To Fast:** We all need cleansing. Begin to "awaken" the spiritual part of you daily. Remember the flesh wars with the spirit. Start with Prayer – use your power of confession – read God's Word each day and perhaps record one way you will develop your "spiritual-you" for the day.
- II. Fasting Results In Reward:** Expect something from God during the course of this fast. Our fasting is an intentional way to focus on God for a particular "restoration." Ask yourself this question: "What am I expecting from God during this fast ?"
- III. "Fasting Develops Spiritual Power:"** Remember that your fast is a spiritual weapon and that you are in the midst of a spiritual battle. Expect challenges and remember that you have overcome by the Blood of the Lamb (Rev 12:11) and that you are more than a conqueror (Rom 8:37) through Jesus Christ.
- IV. "Fasting Summons Heaven's Help:"** You are not alone in this struggle. When you feel like you are getting weak, allow God to strengthen you in His Word. Your brothers and sisters are likewise facing the same struggles with great purpose. Allow God to introduce Heaven's power into your earthly challenge.