

# The Daniel Fast

**The Daniel Fast** is recognized as an effective means to receive a breakthrough in your spiritual walk. The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (**Dan. 1:8**). Fasting not only offers spiritual benefits but health benefits as well. Fasting is a sacrifice that exhibits a desire to follow the will of God. It is a voluntary step of humility, which demonstrates you are serious about seeking the heart of God and His Kingdom influence. In fasting you die to your self will and refuse to accommodate the desires of the flesh in order to do the will of God. It is our desire to fulfill God’s will in 2009. A breakthrough for a greater anointing and a manifestation of a genuine encounter with Jesus Christ awaits you as you set your heart to seek the Lord. ***Daniel 9:3 “So I gave my attention to the Lord God to seek [Him by] prayer and supplications, with fasting...”***

*Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Determine to increase your prayer life during this time and study the Scriptures with a new intensity. Prayer and fasting are a part of the walk of humility that brings you into Christ-likeness. Fasting changes you and positions you to receive from God. 2009 holds many challenges for us as well as tremendous opportunities, yet we look with anticipation to a great year serving Jesus and bringing honor to Him.*

## ***Daily Scriptures***

Day 1 - Psalms 119:88

Day 2 - 2 Peter 3:9

Day 3 - 1 Timothy 2:1-5

Day 4 - Psalms 91

Day 5 - Col. 1:9-11, Heb. 13:17-18

Day 6 - Matt. 6:33, Phil. 4:19

Day 7 - Luke 2:40

Day 8 - Proverbs 22:6, Isaiah 54:13

Day 9 - Luke 4:18, Proverbs 11:14

Day 10 - Job 31:6, 2 Timothy 2:15

Day 11 - 1 Cor. 12:4-11, Gal. 5:22-23

Day 12 - Psalms 71:17, 144:12

Day 13 - Ephesians 5:2, Phil. 1:9-11

Day 14 - Psalms 103:1-6

Day 15 - Ephesians 3:8-12

Day 16 - Hebrews 13:3

Day 17 - Mark 16:15-20

Day 18 - Ephesians 3:14-21

Day 19 - 1 Corinthians 7:32

Day 20 - Psalms 71:16-18

Day 21 - Psalms 139:13-17

## **Included**

- Water, fruit juices, tea
- Fruits, vegetables, fresh garden salad, soups, baked or broiled fish and baked or broiled poultry.
- Nuts & raisins

## **Not Included**

- White sugar and sugar products (desserts, soft drinks, heavily sweetened food, etc...)
- Bread, grains, and rice
- Pork, beef, dairy products & eggs
- Coffee

## **Water**

Drink plenty of water daily throughout the fast.  
This is very important.

## **Side effects**

You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities.

## **Notes to Remember as You Fast**

- Mints and gum help breath
- This is a fast from ALL dairy products and meats such as beef, pork, veal, and lamb.
- NO TV!! These 21 days with the exception of Christian broadcasting or teaching videos and DVD's. Use this time to read the WORD and listen to worship Music or teaching tapes or CD's. Try to make as many services as possible. Assembling with the saints is added strength.
- You may experience some irritability during this time, because your body is craving various food substances it's used to. Ask God to constantly keep your attitude in check. You may be tempted in different areas, but remember to read the Scripture(s) listed on this sheet in addition to your regular Bible reading. Meditating on the daily Scriptures will provide revelations and insight, and strength to endure.
- Those with a medical condition related to eating or under the treatment of a physician must consult their doctor. Children will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health. Those who are diabetics or experiencing other medical problems, please consult your physician concerning this fast.