

21-Day Daniel Fast

Monday, January 2 – Monday, January 23, 2023



DAILY PRAYER CALL, M-F 7AM

(617) 829-6335

Mt. Pisgah will undertake a corporate consecration fast for the ministry of deliverance entrusted to the body of the church.



Fasting is abstaining from food for a spiritual purpose. Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. Fasting has a spiritual purpose, and that purpose is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows your spiritual nature to commune directly with the heavenly Father - without disturbance. When a person makes a determination to fast, they are making a determination to remove the obstacles in their life and to submit to the will of God.

Prayer and fasting go together. Abstinence from food can be viewed as a diet. What gives a fast its distinctiveness is its spiritual focus which deepens one's relationship with God. Even if one is seeking something in particular from the Lord, one should still become closer to the Lord during a fast. Thus a spiritual fast is always accompanied by increased prayer, meditation, reading/studying the Word of God, and worship.

Goal: To establish the spiritual discipline of fasting for the purpose of spiritual growth and communion with God.

Achievement: Deliverance from spiritual strongholds and deliverance to the body of Christ as a whole. The results will be spiritual breakthroughs, spiritual healing in the body of Christ, as well as physical healing. As we fast, pray, and yield ourselves to God, our fasting will lead to spiritual insight in what God has purposed in our life for 2020.

What is fasting?

- Fasting is a spiritual discipline that moves the hand of God. It is a great exchange that involves giving God what means most to you and receiving something greater in the spirit.
- Fasting is going without a physical desire or need for a spiritual purpose. Food is essential to life; it brings God glory to see the people of God sacrifice food for something spiritual.

Deuteronomy 8:3; Matthew 4:4; Luke 4:4

Are We Commanded to Fast?

Fasting is not given as a commandment; it is a spiritual discipline that is acknowledged through the Bible.

Scriptural references: *Esther (Esther 4:16); Daniel (Daniel 10:3); Paul (Acts 9:9); Anna (Luke 2:37); Cornelius (Acts 10:30); Samuel (1 Samuel 7:1-8); Elijah (1 Kings 19:2-18); John the Baptist (Matthew 3:4; Luke 1:15); and Jesus Himself (Matthew 4: Luke 4:2).*

Scriptures

1. A spiritual commitment – “But Daniel purposed in his heart (made up his mind) that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. (Daniel 1:8)
2. Inner desire reflected by outer discipline – “I was mourning for three weeks; I did not eat any pleasant bread (rich foods), meat or drink any wine...until the three weeks were passed.” (Daniel 10:2-3)
3. Increased prayer life – “He knelt down at the open windows and prayed to God three times a day and gave thanks to His God.” (Daniel 6:10) Fasting without prayer is meaningless.
4. A statement of faith to others – “Then let our countenance be looked upon before thee and the countenance of the children that eat of the portion of the king’s meat.” (Daniel 1:13a)
Daniel was making a statement of faith when he asked for only water and vegetables and then asked the overseer to compare him and the other sons of Israel to the young men who ate the king’s meat.

5. Fasting, Health, and Healing (Physical and Spiritual)

The Daniel Fast may be preventive – keeping us from disease or it can be curative, moving God to intervene as the Great Physician, if we already have a disease. God’s promise: “I am the Lord (Jehovah Rapha) who heals you” (Exodus 15:26)

- Why would someone enter the Daniel Fast? Isaiah 58: 6, Exodus 15:26, Ps. 50:7-15
- How did God use a prescribed diet? Leviticus 3:17
- What is the purpose of the foods to be eaten during the Daniel Fast? Daniel 1:11-15
- How can the Daniel Fast assist in the healing process? James 5:13-16
- What physical benefit does the body derive from fasting? Corinthian 6:19, John 2:21, Romans 14:7,8

The Daniel Fast Prescription

“Steps for fasting for preventive or curative health: from the biblical account of Daniel”

Step 1. Be Specific

Define your problem immediately, and have a clear solution to the problem (Daniel 1:1-8)

What specific problems can you identify in your present diet? What are the potential health risks associated with these problems?

Step 2. Fast as a Spiritual Commitment (Daniel 1:8)

The Daniel Fast requires a spiritual equation, not just a physical solution.

How would improved health help you
Better serve the Lord?

Step 3. Reflect Inner Desire by Outer Discipline. (Daniel 1:12)

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: (1 Corinthians 10-15)

- o Your food choices
- o Your spiritual commitment
- o Your time commitment (Psalms 50)
- o Faith is the foundation to the Daniel Fast.

Step 4. Pray to Perceive Sin’s Role in poor Health

How has sin contributed to your poor health? (Genesis 3:6—James 5:13-16)

Step 5. Fast as a Statement of Faith to Others. (Daniel 1:13)

Daniel’s statement of faith was not just a private act. Faith is acting on God’s Word by expressing your willingness for it to be a public act.

Step 6. Learn the effect of the Foods You Eat. (Daniel 1:16)

Step 7. Yield All Results to God.

Submit yourself to the consequences of your convictions
(1:13). What did Daniel say?

Frequently Asked Questions

Is there a place for fasting in New Testament times?

A. Fasting was not required of the disciples of Jesus.

Matthew 9:14 (Mark 2:18; Luke 5:33) "Then came to him the disciples of John, saying, Why do we and the Pharisees fast often, but thy disciples fast not?"

B. But Jesus spoke of a day when there would be a place for fasting.

Matthew 6:16-18 (Not "if," but "when ye fast ...") "Moreover when ye fast, ...But thou, when thou fastest..."

Matthew 9:14-15 (Luke 5:34-35) "And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast."

II. What guidelines are set forth in scripture concerning fasting?

A. It is to be done in a manner of humility and secrecy.

Matthew 6:16-18 "Moreover when ye fast, be not as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret ..."

Luke 18:9-14 "And he spake this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray. . . The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are . . . I fast twice in the week, I give tithes . . . And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to this house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

B. Fasting is closely related to prayer and reading of the Word.

I Samuel 1:6-8, 17-18, etc. "And her adversary . . . provoked her; therefore she wept, and did not eat. Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? ..."

Then Eli answered and said, Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him . . ."

Nehemiah 1:4 "... when I heard these words, I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven."

Nehemiah 9: 1-3 "... the children of Israel were assembled with fasting . . . and stood and confessed their sins . . . and read in the book of the law of the Lord their God one fourth part of the day; and another fourth part they confessed, and worshipped the Lord their God."

Daniel 9:3, 20 "And I set my face unto the Lord God, to seek by prayer and supplication, with fasting . . . and while I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication . . ."

Joel 2:12 "... turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning."

Jonah 3:8, etc. "For word came unto the king ... and he caused it to be proclaimed and published ... saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God ... Who can tell if God will ... turn away from his fierce anger ... And God saw ..."

Luke 2:37 "And she was a widow of about 44 years, which departed not from the temple, but served God with fastings and prayers night and day."

Acts 9:9, 11 "And he was three days without sight, and neither did eat nor drink."

Acts 10:30 "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing."

Acts 13:2 "As they ministered to the Lord, and fasted, the Holy Ghost said . . ."

Acts 14:23 "And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord . . ."

I Corinthians 7:5 "... that ye may give yourselves to fasting and prayer . . ."

C. A fast may be either absolute or partial.

1. Examples of absolute (complete) fasts:

Deuteronomy 9:9, 18 "... 40 nights, I neither did eat bread nor drink water."

Ezra 10:6 "Ezra. . . did eat no bread, nor drink water: for he mourned . . ."

Esther 4:16 "Go, gather together all the Jews . . . and fast ye for me, and neither eat nor drink three days, night or day . . ."

Acts 9:9 "... and neither did eat nor drink"

Acts 27:33 "... This is the fourteenth day that ye have tarried and continued fasting, having taken nothing."

2. Examples of partial fasts (abstinence from certain foods only):

I Kings chapter 17

Daniel 10:3 "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."

D. There is a place for both the corporate (group) and the individual (personal) fast.

1. Examples of corporate fasts:

I Samuel 7:5-6 "And Samuel said, Gather all Israel ... and they gathered ... and fasted ..."

II Chronicles 20:34

Ezra 8:21-23 "Then I proclaimed a fast ... So we fasted and besought our God ..."

Nehemiah 9:1-3 "... the children of Israel were assembled with fasting ..."

Joel 2:15-16 "... sanctify a fast, call a solemn assembly; gather the people ..."

Jonah 3:5-10 "the people ... proclaimed a fast ... from the greatest of them even to the least"

Acts 27:33-37

2. Examples of the individual fast:

II Samuel 12:15-16, 22-23 "... and David fasted, and went in, and lay all night upon the earth."

I Kings 21:27-29 "When Ahab heard those words, he... fasted, and lay in sackcloth, and went softly."

Psalms 35:13 "But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting ..."

Daniel 9:3 "And I set my face unto the Lord God, to seek by prayer ... with fasting ..."

Luke 2:36-37 "And there was one Anna, a prophetess ... a widow of about 44 years, which departed not from the temple, but served God with fastings and prayers night and day."

Acts 9:9 " ... and neither did eat nor drink."

- III. Fasting in itself is of no spiritual value (Isaiah 58; Jeremiah 14:12; I Corinthians 8:8) – "that which is of the flesh is flesh," John 3:6 – but it is the attitude of a heart sincerely seeking Him to which God responds with blessing.

Joel 2:12, 13 "Rend your heart, and not your garments ..."

Romans 14:6, 17

I Corinthians 15:50

- A. Only fasting that is done with the right motive, that of glorifying God, can be pleasing in His sight.

Isaiah chapter 58 "Wherefore have we fasted, say they, and thou seest not? ... Behold, in the day of your fast ye find pleasure ... ye fast for strife and debate ... ye shall not fast as ye do this day ... Is it such a fast that I have chosen? To loose the bands ... to undo the heavy burdens ... to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him ..."

Zechariah 7:5-6 "... When ye fasted and mourned ... those 70 years, did ye at all fast unto me, even to me?"

Matthew 6:16-18 "The hypocrites ... disfigure their faces, that they may appear unto men to fast."

Luke 18:9-14 "The Pharisee stood and prayed thus with himself, God, I am not as other men are ... I fast twice in the week ..."

- B. The same Bible that teaches abstaining from foods (as God leads) also warns us against testing the Lord (Matthew 4:7).

1. Our bodies are the temple of the Holy Spirit (I Corinthians 6:9), and we are to care for them as such (v. 20).
 2. It may indeed be profitable for a season for us to exercise severe discipline, to "keep under my body, and bring it into subjection" (I Corinthians 9 :27), to be "temperate in all things" (I Corinthians 9 :25), but we must also realize that "that which is flesh is flesh," and we cannot produce spiritual results – however sincere our intentions – from that which is purely flesh.
 3. To deny the flesh of its natural desires may cause us to be more "in tune" to hear the voice of the Lord (Deuteronomy 9:18, 25, etc.), but it also places us in a realm more easily prone to the attack of the enemy. It was when Jesus had been fasting for 40 days that He was faced with the greatest Satanic attack (Matthew 4:1-3; Luke 4:1-2).
- C. Scripture warns that in the last days there will be many "forbidding to marry, and commanding to abstain from meats," etc. (I Timothy 4:1-3). We are to test the spirits,
to see whether they be of God (I John 4:1).

The Daniel Fast Food List

(Please note that these are just guidelines; do not treat them as law.)

All Whole Grains: Amaranth, Barley, brown rice, oats, quinoa, millet, and whole wheat.

All Legumes : Canned or dried beans; Red beans, black beans, cannellini beans, long beans, French beans, great northern beans, pinto beans, split peas, black eyed peas, lentils.

All Vegetables : fresh, frozen, dried, juiced, or canned; including Asparagus, artichokes, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.

All Fruits: fresh, frozen, dried, juiced, or canned; including apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangelos, watermelon.

All Nuts and Seeds:

Including but not limited to sunflower seeds, cashews, peanuts, macadamia nuts, pumpkin seeds, sesame seeds, pine nuts, pecans, almonds, unsweetened almond milk and walnuts. Also nut butters including peanut butter without sugar.

Beverages: Distilled water, spring water, filtered water, unsweetened almond milk, 100% natural fruit or vegetable juice.

All Quality Oils:

Including but not limited to avocado oil, coconut oil, olive oil, canola oil, grape seed, peanut, walnut and sesame. Earth Balance vegan butter.

Other:

Tofu, soy products, rice milk, coconut milk, soy milk, unsweetened almond milk, vinegar, seasonings, sea salt, herbs and spices. Bragg's Liquid Aminos.

Do not treat these as law, if you eat the wrong food by accident, do not feel condemned or you will not benefit from this fast—God is looking at your heart.

Foods to Avoid on the Daniel Fast
(AVOID the following food groups and READ THE LABELS!)

All Meat and Animal Products:

Including but not limited to beef, lamb, pork, fish, and poultry.

All Dairy Products:

Including but not limited to milk, cheese, cream, butter, and eggs.

All Sweeteners:

Sugar, honey, raw sugar, syrups, molasses, sugar substitutes, and cane juices.

All Leavened Breads & Yeast:

Including Ezekiel Bread (it contains yeast) and baked goods.

All Deep-Fried Foods:

Including potato chips, french fries, corn chips, etc.

All Refined and Processed Food Products:

Including artificial flavorings, food additives & chemicals, white rice, white flour, and foods that contain artificial preservatives.

All Solid Fats:

Lard, Shortening, butter, margarine and high fat products.

Beverages:

Caffeine (coffee and tea and herbal teas), carbonated soft drinks, alcohol, energy drinks or any other caffeine drinks.

CAUTION: For persons who intake caffeine, it is suggested that a gradual reduction of your intake starts before the Daniel Fast begins on January 6, 2020.

A Typical Day In the Daniel Fast

Morning

Pray-prayer call 7AM (617) 829-6335, read Scripture and commune with God

Water

Fruit juice or fruit smoothie, grits, oatmeal or potatoes w/onions

Mid-Morning Snack

Pray

Water

Nuts (or your own homemade trail mix w/dried fruit from the list of Daniel Fast Foods.)

Lunch

Pray

Water

Vegetables (cooked or raw)

Fruit

Afternoon Snack

Pray

Water

Carrot and/or Celery sticks dipped in peanut butter

Dinner

Pray

Water

Bean Soup or Veggie Burger

Greens or Spinach

For meal plans and recipes go to: www.ultimatedanielfast.com

Outcome(s):

1. ***Spiritual Insight and Wisdom*** – “As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.” (Daniel 1:17)
2. ***New Spiritual Direction and Effectiveness***- “Daniel, don’t be afraid. God has heard your prayers ever since the first day you decided to humble yourself in order to gain understanding.” (Daniel 10:12)
3. ***Spiritual and Physical Health*** - “When the time was up, they looked healthier and stronger than those who had been eating the royal food.” (Daniel 1:15)
4. ***An Excellent Spirit and Favor among God and Men*** – “Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm.” (Daniel 6:3)
5. ***A closer walk with God***. Fasting and praying draws you closer to God and when you draw closer to Him, He draws closer to you (James 4:8). Why? Because prayer is communication with God and as you speak to Him, He speaks to you.
6. ***Brings about Humility*** - With your physical need for food being unmet, you come to realize your dependence on God for everything. Jesus taught his disciples to pray, “Give us this day our daily bread” (Luke 11:3). Jesus was not only speaking of physical food, but he was also speaking of spiritual food. Through fasting, you acknowledge that without God you are nothing.
7. ***Keeps Your Focus on God*** - Fasting changes your perspective on things. It becomes your spiritual lens through which you view everything. Fasting reminds you to focus on God and to set your affections on things above and not on things of this earth (Col. 3:2).
8. ***Brings you to a place of submission and obedience*** - Fasting is an act of self-denial and mortification of the flesh. It is saying to God “Lord, I want You more than this.”. When you are able to bring the flesh under subjection through fasting, it becomes easier to bring other areas of your life under subjection, whether it is lying, drinking, jealousy, unforgiveness, adultery, or any other sin. When you learn to rely on God for strength in the area of the physical need for food, you can learn to rely on Him for strength in areas of sin in your life.
9. ***Yielding all results to God*** – Daniel stated, “as you see fit, deal with your servants.” (Daniel 1:13b)

God wants us to genuinely offer Him the sacrifice of our very being - to lay our all on the altar. God is truly glorified when we surrender our will for His will in our life. It is then and only then that we receive our spiritual breakthrough.

Dietary Restrictions:

Persons who have certain dietary restrictions are encouraged to consult their physician before beginning the Daniel or any other food fast. In the event that a competent and certified physician advises against your participation in the Daniel Fast, you are asked to seek God’s direction regarding the sacrifice that is appropriate for you so that you can still reach a new dimension of spiritual breakthrough and so that you can be in agreement with your brothers and sisters in Christ who are participating in the Daniel Fast.