

21 DAYS FASTING – THE DANIEL FAST

Guidelines for this fasting

There are instances of prayer and fasting in the New Testament, but they are not connected with repentance or confession. The prophetess Anna “never left the temple but worshiped night and day, fasting and praying” (Luke 2:37). At age 84, her prayer and fasting were part of her service to the Lord in His temple as she awaited the promised Savior of Israel. Also in the New Testament, the church at Antioch was fasting in connection with their worship when the Holy Spirit spoke to them about commissioning Saul and Barnabas to the Lord’s work. At that point, they prayed and fasted, placed their hands on the two men and sent them off. So, we see these examples of prayer and fasting as components of worshipping the Lord and seeking His favor. Nowhere, however, is there any indication that the Lord is more likely to answer prayers if they are accompanied by fasting. Rather, fasting along with prayer seems to indicate the sincerity of the people praying and the critical nature of the situations in which they find themselves.

One thing is clear: the theology of fasting is a theology of priorities in which believers are given the opportunity to express themselves in an undivided and intensive devotion to the Lord and to the concerns of spiritual life. This devotion will be expressed by abstaining for a short while from such normal and good things as food and drink, so as to enjoy a time of uninterrupted communion with our Father. Our “confidence to enter the Most Holy Place is by the blood of Jesus” (Hebrews 10:19), whether fasting or not fasting. This is one of the most delightful parts of that “better thing” which is ours in Christ. Prayer and fasting should not be a burden or a duty, but rather a celebration of God’s goodness and mercy to His children.

Keeping a Journal of this journey is highly recommended and reading extra bible verses relating to the topic will help tremendously. Pray constantly by setting regular times to pray, make it a minimum of 3 times a day, Morning Afternoon and Evening. Here are some short prayers you can pray in an acronym that you can easily remember if you are finding it difficult to pray for an extended time.

TRUST Prayers.

T is for Thank You. Ps 30:12

R is for Release revelation knowledge. Eph 1:17

U is for Use me. Col 1:10

S is for Strengthen me. Eph 3:16

T is for Teach me. Ps 25:4

FELLOWSHIP Prayers

F- Fear of God. Jer 32:40

E- Endurance. Col 1:11

L- Love. Phil 1:9

L- Light of Glory. Ps 4:6

O- One thing life focus (undivided devotion to God lifestyle like David) Ps27:4

W- Walking Worthy. 2 Thess 1:11

S- Speech. Ps 19:14

H- Humility. Matt 11:29

I- Intimacy. John 15:9

P- Peace. Phil 4:7

Length of prayer is not as important as the consistency in prayers. God will surely reward your effort so don’t be discouraged if you fail in your commitment, consider His love for you at all times, this is really what this is all about, that you will have an undivided devotion to Him.

Prayer Focus for the 21 Days

Day 1: 24/01/10 - **Salvation of Souls.** Revelation 5:9 & Revelation 7:10-- And they sang a new song: "You are worthy to take the scroll and to open its seals; because You were slaughtered, and You redeemed people for God by Your blood from every tribe and language and people and nation".

Day 2: 25/01/10 - **Church Leadership.** 2 Thessalonians 3:1Finally, brothers, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.

Day 3: 26/01/10 - **Direction, Guidance, Dreams and Visions.** Galatians 5:18 & Acts 2:17-18. But if you are guided (led) by the [Holy] Spirit, you are not subject to the Law.

Day 4: 27/01/10 - **Become an Intercessor.** Ephesians 6:18. With every prayer and request, pray at all times in the Spirit, and stay alert in this, with all perseverance and intercession for all the saints.

Day 5: 28/01/10 - **Health and Healing.** Exodus 15:26 & 1Peter 2:24. He said, "If you listen carefully to the voice of the **LORD** your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the **LORD**, who **heals** you."

Day 6: 29/01/10 - **Breaking Addictions** that limits fullness of life in Christ. John 8:36. So if the Son liberates you [makes you free men], then you are really and unquestionably free.

Day 7: 30/01/10 - **Our Daily Bread.** (Our source of income). Deuteronomy 8:18 But remember that the LORD your God gives you the power to gain wealth, in order to confirm His covenant He swore to your fathers, as it is today

Day 8: 31/01/10 - **Marriages.** Ephesians 5:33 No one abuses his own body, does he? No, he feeds and pampers it. That's how Christ treats us, the church, since we are part of his body. And this is why a man leaves father and mother and cherishes his wife. No longer two, they become "one flesh." This is a huge mystery, and I don't pretend to understand it all. What is clearest to me is the way Christ treats the church. And this provides a good picture of how each husband is to treat his wife, loving himself in loving her, and how each wife is to honor her husband.

Day 9: 01/02/10 - **Family.** Hebrews 11:7. By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that comes by faith

Day 10: 02/02/10 – **Protection.** Matthew 6:13---And don't let us yield to temptation, but rescue us from the evil one.

Day 11: 03/02/10 – **Favour.** Proverbs 12:2--- A good man obtains favor from the LORD, but the LORD condemns a crafty man

Day 12: 04/02/10 – **Relationships in the Kingdom.** Acts 2:42 ---They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.

Day 13: 05/02/10 – **Body of Christ.** John 17: 20-21 I pray not only for these, but also for those who believe in Me through their message. May they all be one, as You, Father, are in Me and I am in You. May they also be one ^[a] in Us, so the world may believe You sent Me.

Day 14: 06/02/10 – **Discernment.** 1 John 4:1---Dear friends, do not believe everyone who claims to speak by the Spirit. You must test them to see if the spirit they have comes from God. For there are many false prophets in the world.

Day 15: 07/02/10 – **Spiritual Gifts.** 1 Corinthian 14:1---Follow the way of love and eagerly desire spiritual gifts, especially the gift of prophecy.

Day 16: 08/02/10 – **Personal Ministry.** 1 Peter 4:10 – 11---God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen.

Day 17: 09/02/10 – **Discipleship and Mentors with a focus on being Christ like.** Matthew 10:24- 25---Students are not greater than their teacher, and slaves are not greater than their master. Students are to be like their teacher, and slaves are to be like their master. And since I, the master of the household, have been called the prince of demons, the members of my household will be called by even worse names!

Day 18: 10/02/10 – **Dealing with fear and Oppression.** 2 Timothy 1:7 & Psalm 34: 3 -4---For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control

Day 19: 11/02/10 – **Renewal.** Romans 12: 1-2 & Titus 3:5---And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Day 20: 12/02/10 – Labourers in the Harvest Field. . Luke 10:2

He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.

Day 21: 13/02/10 – Love of God. Romans 5: 3 – 5--We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

What Food to Eat on a Daniel Diet Fast

Basically, this [Daniel diet fast](#) is a partial fast that is based on a [vegan diet](#). A little research reveals that Daniel ate more than just “vegetables and water”. His diet was a healthy one based on whole foods and water. Here are some foods that are acceptable for those who decide to follow this diet:

Vegetables

Vegetables for the Daniel Diet		
Artichokes	Asparagus	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery
Corn	Cucumbers	Eggplant
Garlic	Greens	Kale
Leeks	Lettuce	Mushrooms
Okra	Onions	Parsley
Potatoes	Peppers	Radish
Rutabaga	Scallions	Spinach
Sprouts	Squash	Sweet Potatoes
Tomatoes	Turnips	Zucchini

Fruits

Fruits for the Daniel Diet		
Apples	Apricots	Bananas
Blackberries	Blueberries	Boysenberries
Cantaloupe	Cherries	Cranberries
Figs	Grapefruit	Grapes
Guava	Honeydew	Kiwi
Lemon	Lime	Mango
Nectarine	Oranges	Papaya
Peach	Pears	Pineapple
Plum	Raisin	Raspberries
Strawberries	Tangelo	Tangerines
Watermelon		

Other Foods

Along with fruits and vegetables you should include nuts and seeds, brown rice, [oats](#) and barley. Legumes such as dried beans, peas and lentils are a part of this diet as well. Drinks should consist of distilled or spring water. A vitamin and mineral supplement is also recommended to assure that you don't miss out on any necessary nutrients.

Foods to Avoid

There are a few foods that need to be avoided if you decide that this is a diet that you want to follow:

- Meat
- Fish
- White rice
- White flour
- Fried foods
- Caffeine
- Alcohol
- Carbonated drinks
- Refined sugar or sugar substitutes
- Margarine
- Shortening
- Fats
- Foods with preservatives or additives