



PRAYER & FASTING - 21 Days Daniel Fast

Sunday, January 3, 2021 to Saturday, January 23, 2021

2021 – Press forward but give God thanks. (Luke 17:11-19)

Family and Friends:

There is no better way to revolutionize, energize, and transform your spiritual life than starting the New Year 2021 with prayer and fasting. Each year Victory House International Ministries dedicates the first weeks of the year seeking God's heart, seeking direction for the Ministry, and our personal lives.

The following guidelines and suggestions are to help you have a successful time of fasting and prayer. We provide you with some prayer points, and prayer events so you do not have to do this alone. We encourage you to have daily devotions from the word of God, to set your own spiritual goal for spiritual breakthroughs, and to pray about your goal during the fast. There are several different types of fasts. Since this is an extended fast of 21 days, we recommend following some simple and encouraging Scriptures and tips on the **21 Day Daniel Fast**.

In 2021, as you are seeking GOD's will for your family, yourself, and the ministry, you will be greatly blessed. *"And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."* Exodus 23:25. *"I have heard your prayer; I have seen your tears. Behold, I will heal you."* (2Kings 20:5)

The definition of fasting is to restrict food for a spiritual purpose (Read Isaiah 58). The Bible presents fasting as something good, profitable, and beneficial.

- The book of Acts records believers fasting before making important decisions (Acts 13:2; Acts 14:23).
- Fasting and prayer are often linked together (Luke 2:37; Luke 5:33).
- The Daniel Fast: *"In those days I, Daniel, was mourning three full weeks. 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."* (Daniel 10:2, 3).
- Jesus fasted before He began His public ministry. He spent 40 days in prayer and fasting. This prepared Him to accomplish the Father's will for His life. (Read Luke 4:1-14).
- Christ's disciples are called to Pray and Fast: Jesus explained the need for His disciples to pray and fast. (Read Mark 2:18-22; Matthew 17:14-21). *"Then I turned my face to the LORD GOD, seeking Him by prayer and pleas for mercy with fasting and sackcloth and ashes"* (Daniel 9:3 ESV).

What is the Daniel Fast?

The Daniel Fast is a Biblically-based, partial fast. It is a method of fasting that people all over the world are using as they enter into the spiritual discipline of prayer and fasting. It cleanses your body by omitting certain foods for a limited time. The purpose of Christian fasting is for you to seek a more intimate relationship with God. It helps you to focus on the Lord and not the things of the world. Therefore, during the Daniel Fast, you will want to concentrate on prayer, Bible study, and reflection on the things of God. Foundational scriptures for the Daniel Fast is in the Book of Daniel. In Daniel chapter one, the Prophet ate only vegetables (including fruits) and drank only water. In Daniel 10 we read that the prophet ate no meat, nor any precious pieces of bread or food and he drank no wine for 21 days. Hence, we get the guidelines for the fast:

1. Fruits and vegetables
2. Nuts

3. Only water in place of beverages – Some include natural fruit juices that contain no preservatives, sugars, etc., but even those juices should be very limited.
4. No sweeteners and no breads. Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that’s why yeast, baking powder, and the like are not allowed on the Daniel Fast.
5. No artificial or processed foods, or chemicals, are allowed on the Daniel Fast. It is basically a “*vegetarian diet with a few more restrictions.*”

How To Fast

Saturday, January 2nd

- 24-hour Liquid Fast - Drink water, natural fruit juice and herbal caffeine-free tea (lunch will be our last meal and we will resume meals at dinner on Sunday 23rd).

Sunday, January 3rd

- Begin the “Daniel Fast”. (At dinner, begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 21 days.)

Sunday, January 23rd

- Break the Fast. Ease back into eating regular foods. PRAISE THE LORD FOR THE VICTORY IN HIM!!

Fasting Focus

Fasting helps us humble ourselves, brings us into a closer relationship with the Lord, and help us experience spiritual breakthroughs. God promises that if we draw near to Him, He will draw near to us in return. This is a spiritual guarantee. The Holy Spirit increases as we decrease. Fasting strengthens and renews us. “*...Though outwardly we are wasting away, yet inwardly we are being renewed day by day*” (2 Corinthians 4:16).

Furthermore, we fast to further build the kingdom of God by seeking to minister to others. The prophet Isaiah echoed the Lord’s acceptable motives for fasting: “*Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter -- when you see the naked, to clothe him, and not to turn away from your own flesh and blood?*” (Isaiah 58:6-7). Fasting is a great way to help us grow in the Lord. Start with a clear personal goal in addition to our corporate goals. Be specific.

Why are you fasting? Do you need direction, healing, restoration of relationships, or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray and read the Bible daily. Cultivate a new and fresh closeness with the Lord. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart and He will minister to you in a powerful way. Take a deep breath in, now breathe out. It made you feel refreshed, right? Likewise, with the coupling of fasting and prayer, you can open yourself to God’s Holy Spirit. Your mental and spiritual focus will become increasingly Christ-centered during the fast. You will be refreshed and renewed.

Examine your life and figure out what areas need breakthroughs. We want you to fast for spiritual breakthroughs for the VHIM family as well as your personal life. You may also want to consider fasting for a family member or on behalf of someone else. “*Now, therefore,*” says the Lord, “*Turn to Me with all your heart, with fasting, with weeping and with mourning*” (Joel 2:12).

Fast Foods

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid. (see below)

*** If you have medical conditions, consult with your doctor first before beginning a fast. If you have conditions that may prohibit you from being a part of the Daniel Fast, there are other options.**

Choose something from your daily routine (i.e., specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which

you participate. Fasting is about humbling yourself before the Lord (*“When I wept and humbled myself with fasting...”* Psalm 69:10). In fasting, we deny ourselves and seek increased dependency on God.

Families Praying and Fasting Together...

Your children may hear you speak about the upcoming 21 Day Prayer and Fasting with much anticipation. They may wonder if this is something they can do along with their family, and the answer is yes! Explain to your children that fasting will help them grow stronger as Christians, and it will draw them closer to Jesus. When they make time to pray to Jesus and to simultaneously avoid enjoyable foods/snacks and activities during a certain time, they are fasting.

As a family, sit down together and discuss how you will fast, for whom you will pray, and for what causes you will seek God. Then, have your children write down their decisions on an index card. Explain to your children that there will be times when they will find it hard to fast and may even want to change their minds. However, as parents, gently encourage them and help them keep the commitment they made to the Lord and see how He answers their prayers.

ENDING THE FAST:

The fast will end on Saturday, January 23rd at 6:00 PM. One of the most important aspects of a fast is ending it safely. Your body needs time to adjust as you re-introduce foods you abstained. Start with small portions, eating every few hours, and gradually increasing the amount every day. Your digestive system has gone without some food and you may experience adverse reactions like nausea or stomachache if you immediately eat a full meal after breaking your fast.

FOODS TO EAT

1. Fruits (organic)
2. Vegetables (organic)
3. Legumes
4. Whole Grains
5. Water, Water, Water

FOODS TO AVOID

1. Meat, Poultry, Fish
2. White Rice
3. Fried Foods
4. Carbonated Beverages
5. Foods Containing Preservatives /Additives
6. Refined Sugar or Sugar Substitutes
7. White Flour
8. Margarine, Shortening, High Fat Products
9. Breads
10. Dairy (milk, butter, cheese, yogurt, etc.)

Link: <http://www.daniel-fast.com/aboutthefast/>