

PRAYING & FASTING

21 Day Daniel Fast

Monday, January 3, 2022,
to
Sunday, January 23, 2022



We will be incredibly blessed as we seek GOD's will in 2022 for our family, ourselves, and ministry. *"Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not."* (Jeremiah 33:3). God invites us to call unto Him, and He will draw near to us. We can accomplish this by praying and fasting to humble ourselves before Him. We will experience His presence, healing, inner peace, truth, restoration, and His mercy.

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

Fasting is abstaining from 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 frequently linked together (Luke 2:37; Luke 5:33).
- The Daniel Fast in Scripture: *"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).
- Before Jesus began His public ministry, He spent 40 days praying and fasting in preparation to accomplish the Father's will. (Read Luke 4:1-14).
- Christ called the disciples to pray and fast: He explained the necessity 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 fasting method that people worldwide are using as they enter the spiritual discipline of prayer and fasting. The Daniel Fast cleanses the body when certain foods are omitted for a time. The purpose of Christian fasting is for you to seek a more intimate relationship with God. It helps you 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 are in the Book of Daniel. Notice in chapter one the Prophet ate only vegetables (including fruits) and drank only water." In Daniel 10, we read that the Prophet ate no meat or any precious pieces of bread or food and drank no wine for 21 days. Hence, we get the guidelines for the fast. **Please see the food list on page three.**

FASTING FOCUS

Fasting helps us humble ourselves, brings us into a closer relationship with the Lord, and allows us to experience spiritual breakthroughs. God promises that if we draw near Him, He will draw near 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 wonderful way to help us grow in the Lord. Start with a clear personal goal. 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 your Bible daily, and cultivate a new and fresh relationship with the Lord. Come to the Lord with a pure, contrite, and repentant heart, and He will hear you. Take a deep breath in; now breathe out. You feel refreshed, right? Likewise, with the coupling of fasting and praying, you can open yourself to the Holy Spirit. Your mental and spiritual focus will become increasingly Christ-centered during the fast. You will be refreshed and renewed.

EASE INTO THE FAST

- Start by praying. Cut back on restricted foods days before the fast. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Drink adequate water.

Monday, January 3rd

- Begin the "Daniel Fast." (At breakfast, 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!!

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).

The Daniel Fast is a partial fast, meaning we will eliminate certain foods from our daily diet but have great options available. Focus on consuming fruits and vegetables that are simple. Included is a list of foods to eat as well as foods to avoid." (See below)

*** If you have medical conditions, consult your doctor first before beginning a fast. If you have conditions that may prohibit you from partake in the 21-Day Daniel Fast, there are other options.**

Alternatively, consider choosing to exclude something from your daily routine (i.e., specific foods or

beverages, television, other technology, etc.). Fast in that way for the next 21 days. Remember, the Lord examines your heart. 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 Days of Prayer and Fasting with anticipation. They may wonder if this is something they can do with their family, and the answer is yes! Explain to your children that fasting will help them grow stronger in their Christian faith and draw them closer to Jesus. When they pray to Jesus and simultaneously avoid enjoyable foods/snacks and activities during a specific time, they are fasting.

As a family, sit down and discuss how you will fast, for whom you will pray, and what causes you will seek God. Then, please 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 their commitment to the Lord and see how He answers their prayers.

ENDING THE FAST

The fast will end on **Sunday, 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 to rich foods. Start with small portions, eat every few hours, and gradually increase every day. Your digestive system has gone without certain foods, and you may experience adverse reactions like nausea or stomachache if you immediately eat a rich meal after breaking your fast.

FOODS TO EAT

1. Fruits (fresh, frozen, dried, juiced, or canned)
2. Vegetables (fresh, frozen, dried, juiced, or canned)
3. Legumes (black, pinto, dried, cannellini, kidney, and white beans, split and black-eyed peas, lentils,)
4. Nuts and Seeds (peanuts, cashews, sunflower seeds, sesame & nut butters including peanut butter.)
5. Whole Grains (brown rice, quinoa, millet, whole wheat, barley, oats, grits, popcorn, rice cakes, whole wheat pasta, whole wheat tortillas.)
6. Oils (peanut, olive, canola, grape seed, and sesame.)
7. Additional: soy products, tofu, vinegar, seasonings, spices, herbs, and salt.
8. Water, Water, Water Natural fruit juices containing no preservatives or sugars are acceptable but should be reduced.)

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. Bread
10. Dairy (milk, butter, cheese, yogurt, etc.)

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