

21 Day Daniel Fast



Fasting Guidelines for 2018

Beginning January 3rd – Last day of fast January 23rd

Matthew 6:17-18

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Kingdom Family International Church

Pastors Valerie & Rodney Frazier

Fasting Guidelines...

For many years, Christians have **fasted** from food and observed other self-denying acts. The Bible teaches that some things come only by fasting and praying (Mark 9:29). Remember, you can pray without fasting however; you cannot truly fast without praying. Combining prayer with fasting connects the natural to the supernatural.

Before Jesus started His earthly ministry, he went away and fasted for 40 days and 40 nights. So, if Jesus in all His deity fasted, being that He is:

- Omnipresent – is everywhere at all times
- Omniscient – is all knowing in every situation
- Omnipotent – is all powerful in every fight
- **How much more should fasting be a common practice in our lives?**

The Bible describes four major types of fasting:

- **A Regular Fast** - Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.
- **A Partial Fast** - This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. [Daniel 10:2-3](#) says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." In [Daniel 1:12](#), they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."
- **A Full Fast** - These fasts are complete - no food and no drink. [Acts 9:9](#) describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "For three days he was blind, and did not eat or drink anything." Esther also called for this type of fast in [Esther 4:15-16](#): "Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'" It is recommended that this type of fast be done with extreme caution and not for extended periods of time.
- **A Sexual Fast** - [1 Corinthians 7:3-6](#) says, "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."

Although not mentioned in the Bible, Christians today commit to fasting from other activities as well. Some give up entertainment such as TV or movies to concentrate on prayer. Others fast from sleep or another activity for a specified period of time.

When we deny ourselves the comforts we are accustomed to—whether a full plate of food, or some other part of our daily routine (TV, coffee, Internet, etc.)— we are **more mindful of our great need for God**. Also, when we deny our sinful desires, we become more acutely aware of them, for when they are not fed, they tend to surface in more noticeable ways. Most importantly, these practices make us mindful of our need for salvation by Jesus' death on the cross.

The “Daniel’s Fast” is a great way to begin each year with the expectation of miracles and blessings throughout the entire year. Family and Friends, we will begin our fast Wednesday, January 3rd and ending Wednesday, January 24th. Watch and see what God does as we come together in unity and show love for Him through fasting.

As we think about God’s purpose for Fasting, I want to draw your attention to a particular passage of scripture (Isaiah 58:3-9).

This passage gives a plethora of warnings as well as positive results that can occur when we submit ourselves to the discipline of fasting.

God’s people in Isaiah’s day had been fasting, but without results. The reason, God says, is that they ignored the way fasting should change their lives, treating it as an empty ritual. God’s people considered worship (fasting) to be merely a private, inward act. All of the focus on fasting was on the personal dimension. So, the Lord issued a word of rebuke in verse 5.

Let’s not be like the people of Isaiah’s day. Please note that the purpose of all worship, including fasting, is to change the worshiper in ways that have social and interpersonal impact. We worship not just to gratify ourselves, but also to become empowered to change the world!!!

Some benefits of Prayer and Fasting

- Fasting and prayer helps to focus your heart on God who alone can release his supernatural power in your life. He will give you wisdom and direction.
- Jesus encourages fasting and prayer for deliverance from evil spirits.
- Fasting and prayer breaks the darkness that overwhelms and hinders the nations and defeats the territorial spirit that hinders world evangelism (Daniel 10:13).
- God will take our problems as we fast and pray in humility. Our battle becomes God’s battle (2 Chronicles 20:15).

THE DANIEL FAST

Simply stated, biblical fasting is refraining from food for a spiritual purpose. According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Fasting Focus

You should decide personally what the focus of your fast is and pray on it daily. In the case of a corporate fast find out what the prayer focus will be.

Starting The 21 Day Daniel Fast

Step One: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step Two: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" (Daniel 1:8).

Step Three: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 21 days, don't stop on Day 14.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step Four: Pray to Perceive Sin's Role in Poor Health Notice James 5:13-16:

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
 1. Medicine for healing,
 2. Symbolic of the Holy Spirit, or
 3. It could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

Step Five: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step Six: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step Seven: Yield All Results to God

Daniel said, "as you see fit, deal with your servants" (Dan. 1:13). Remember:

- The Daniel Fast will lead to spiritual insight. "to those four young men God gave knowledge".
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

Food Guidelines for a Daniel Fast

Foods You May Eat:

- **Whole Grains:**

Brown Rice, Oats, Barley

- **Legumes:**

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

- **Fruits:**

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.

• Liquids:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

• Others:

Seeds, Nuts, Sprouts

Foods to Avoid:

- All Refined or Processed Food Products
- All Animal Products (Meat, Dairy, Fish, Etc.)
- Meat (Beef, Poultry, Lamb, Etc.)
- Bread And Other Baked Goods
- Dairy Products, Including Eggs, Milk, Cream, Butter, Etc.
- White Rice
- Fried Foods
- Caffeine (including coffee of all kinds and herbal teas as they usually contain caffeine)
- Carbonated Beverages
- Foods Containing Preservatives Or Additives
- Refined Sugar
- Sugar and Sugar Substitutes
- White Flour And All Products Using It
- Margarine, Shortening, High Fat Products

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing

(Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). **May God greatly bless you as you fast!**

Fasting references, unless otherwise stated, are from Pastor Rodney E. Frazier , Dr Myles Munroe and Pastor Jentezen Franklin's book Fasting: The Private Discipline That Brings Public Reward.

Please Fast and Pray:

- That the NEXT Generation will KNOW GOD
- The manifest presence of God continues to be a habitation and not a visitation at Kingdom Family International Church so, miraculous signs and wonders continue to be manifested
- That every member accepts the power offered by being baptized in the Holy Spirit

- Kingdom Family International Church is a church of Godly order and Kingdom mindedness
- We never lose focus of God's purpose for why we exist
- Harmonious and healthy marriages and families at KFIC
- Church body walk in God's wisdom and His perfect will
- Continued spiritual maturity, discernment and unity among the church body, for all to move forth in their spiritual gifts and callings
- God has free reign at Kingdom Family International Church
- Continued teaching of God's Word with clarity and truth
- Full manifestation of Spiritual gifts in the church body
- Salvation of the lost (harvest) is our supreme task
- Multi-cultural growth at KFIC
- KFIC is a body of believers focused on pleasing God rather than men
- 100% tithers at KFIC
- Love is paramount in everything we do at KFIC

Those in Authority

- Our Spiritual leaders
- Our President and Government (Federal, State & Local)
- Law Enforcement
- Military
- Employers, School Officials, Administration & Staff

Peace in Jerusalem

- For the veil to be removed from the eyes of the Jewish People-Salvation for the Children of Israel
- Conversion of Muslim believers to covenant relationship with Jehovah God

The Body of Christ

- To love the Lord our God with all our heart, soul, strength, and mind. And to love our neighbors as much as we love ourselves.
- To walk in covenant relationship with the Father, growing in Christ. Living in peace and harmony with the body of Christ. Being light and salt in the world.
- To have a spirit of discernment and wisdom. To let thankfulness rule our hearts. And praise to continually be on our lips. Teach us to fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.
- Produce the fruit of the Spirit in our lives: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control.
- To walk in God's perfect will-(Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you **will** be able to test and approve what **God's will** is—his good, pleasing and **perfect will**)
- Prepare our minds for action: be self-controlled: set our hope fully on the grace to be given us.
- Delight ourselves in the law of the Lord and to meditate on it day and night then whatever we do shall prosper!

- Our Prayers are always turned toward the church concerning truth and unity. We walk in wisdom and are not deceived by wolves in sheep's clothing.
- We are hearers and doers of the rich word that God is feeding us! So much so that application of the word will change our lives.

Salvation/Missions

- God to expand our territory for sharing the Gospel & that we will be fisher's of men.
- For God to draw all men unto himself.
- For the labors of the harvest to be working-knowing our time is limited and the harvest is ripe.

Healing

- May the Spirit of the Lord be on us and anoint us, to proclaim good news to the poor, send us to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free and to proclaim the year of the Lord's favor.
- Healing for all those looking to the Lord for his manifested healing of their bodies and minds.
- Healing for broken families and marriages

Deliverance

- For those struggling with their flesh
- Freedom from the spirit of fear, worry, depression, pride and laziness.
- From "It's all about me" mentality let it be all about God!

Provision

- For finances to be blessed in order that we imitate our Father in our generosity. That we can be lenders, givers to the poor and needy. Able to physically sow into the Kingdom locally and abroad.
- Open doors for those looking for employment, promotion, better benefits, hours etc.
- Give us our daily bread-met our physical needs. Let our "wants" line up with the word of God.
- Self-discipline for
 - Students in studying, preparing for test and time management'
 - those trying to lose weight and for all of us in maintaining these temples of the Lord
 - those trying to develop better habits- Praise & thankfulness instead of complaining and discontent; a spirit of excellence instead of good enough; patience instead of impatience; learning not to be easily offended; mercy to replace a critical spirit, putting God first in our lives rather than trying to fit Him into our schedules.

Additional Information on Fasting

Fasting is not only a religious obligation, but it has many health benefits. Fasting is a good practice, if properly implemented. It promotes elimination of toxins from the body, reduces blood sugar and fat stores. It promotes healthy eating habits and boost immunity. Research suggests there are major health benefits of fasting to caloric restriction. Benefits include reduced risks of cancer, cardiovascular diseases, diabetes, insulin resistance, immune disorders, and more generally, the slowing of the ageing process, and the potential to increase maximum life span. Here are top 10 health benefits you can derive from fasting.

10 Incredible Health Benefits of Fasting:

1. Fasting Promotes Detoxification

The act of fasting promotes detoxification, since fat is burned and toxins are released. As the body breaks down its fat reserves, it mobilizes and eliminates stored toxins.

2. Fasting Improves Insulin Sensitivity

Fasting improves insulin sensitivity (which is a very big deal). When your cells are tickled by the effects of insulin, they do a much better job modulating your blood sugar levels after meals and this makes life a lot easier for your poor old pancreas.

3. Fasting Rests Digestive System

During fasting, the digestive organs rest. Fasting gives the digestive system a much-needed rest. After fasting, both digestion and elimination are invigorated.

4. Fasting Boosts Immunity

Fasting boosts immunity if one is careful not to break their fast with an abnormally excessive amount of food. Fruits contain vitamins A and E which boost immunity so one should take care of their balanced diet in between fasts if this is to take place. Fruits should be eaten a lot while breaking the fast.

5. Fasting Corrects High Blood Pressure

Fasting corrects high blood pressure without drugs. Fasting will normalize blood pressure in the vast majority of cases, the blood pressure will remain low after the fast, if the person follows a health-supporting diet and lifestyle.

6. Fasting May Help to Overcome Addictions

Fasting makes it easy to overcome bad habits and addictions. Many people have overcome tobacco and alcohol addictions by fasting, and even drug addictions. Fasting rapidly dissipates the craving for nicotine, alcohol, caffeine and other drugs.

***Prayer for our Pastors**

Ps 31:23.....Father, I thank You that our pastors are faithful,
Ps 31:23.....and that You preserve them.
Prov 28:20.....That they abound with blessings,
Gal 6:9.....and do not grow weary in well doing.
Phil 1:6.....That You who began a good work in them will perfect it.
Eph 2:10.....They are Your workmanship created in Christ Jesus,
Heb 13:21.....and equipped in every good thing to do Your will.
Heb 13:21.....Work in them that which is well-pleasing in Your sight.
2Cor 9:8.....Let all grace abound toward them, having sufficiency in all things,
2Cor 9:8.....and an abundance for every good work.
2Cor 9:6.....Because they have sowed bountifully, they will reap bountifully,
1Cor 3:6.....and whether they plant or water, Father, You give the increase.
2Cor 2:14.....I pray that they continually triumph in Christ,
2Cor 2:14.....diffusing the fragrance of His knowledge in every place.
Deut 28:2.....That all blessings come upon them and overtake them,
Deut 28:2.....because they obey the voice of their God.
Ps 32:8.....Instruct them and teach them in the way they should go;
1Cor 2:10.....reveal the deeper things of God to them by Your Spirit.
2Tim 2:21.....Let them be vessels of honor, sanctified and useful for the Master,
2Tim 2:21.....prepared for every good work.
1Pet 5:2.....Shepherding the flock willingly, eagerly, and being an example to them.
1Cor 2:4.....Their speech and preaching is in demonstration of the Spirit and power.
2Tim 4:2.....And they are instant in season and out of season to preach the Word.
Josh 1:3.....Every place the soles of their feet tread upon has been given to them.
Deut 31:6.....They are strong and of good courage for You, Lord, go with them.
Ps 27:14.....They wait on You, and You strengthen them in their heart.
Titus 1:5.....Help them set in order things that are lacking,
Titus 1:5.....and appoint elders in every city.
2Cor 10:4.....I tear down the strongholds over the pulpit.
Ex 17:11.....I lift up our pastors and cover them
Heb 12:24.....with the blood of Jesus.
Deut 28.....Sickness and disease shall in no way come near them,
Gal 3:13.....for they are redeemed from the curse of the law.
Isa 54:17.....I say that no weapon formed against them will prosper,
Isa 54:17.....and every tongue rising against them shall be shown to be in the wrong.
Cor 12:11.....Father, let the gifts and anointings on their lives come forth.
Luke 1:45.....Birth the things that You have spoken to them in their hearts,
Acts 6:4.....as they continually give themselves to prayer
Acts 6:4.....and the ministry of the Word.
