

MILITARY OUTREACH MINISTRIES INTERNATIONAL CHURCH

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Hello,

As a Christian, fasting is a key tool for anyone who wants to draw closer to God. Just like a mechanic, plumber, or dentist, Christians must have the right tools in their toolboxes to “Fight the Good Fight of Faith.” The enemy’s mission statement is to kill, steal, and destroy the Christian from accomplishing the will of God in his or her life. Christians are in a spiritual war and the Daniel Fast is one tool that is used to combat the enemy. Pray that this information will be a blessing to your spiritual growth and development.

Very, Respectfully

Pastor Dennis Eley, Jr.

Daniel Fast

The 21-Day fast is the most popular, primarily because that is the model set out by Daniel in Chapter 10:2-3 *“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.”*

First, our desire is to give you enough information to be successful on your fast. One thing I want to advise: be prepared have the right kind of foods in the house that you can eat. See the Daniel Fast Guidelines. Also, plan your menus and prepare the foods so they are available to you. See the following recipes, plus there are many recipes on the Internet that you can make ahead.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removing all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Third, plan time to prepare meals, as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. So you will want to set aside enough time to prepare your meals, not only for those you will have at home, but also those you will have at work or when you are traveling.

Of course, you also want to prepare your heart for the 21-Day Fast. Seek the Lord's guidance as you get ready to start the fast. Are there issues in your life that you need to address? Are you seeking healing? Do you feel oppressed by financial bondage? Now is an excellent time to search your heart, open yourself to the Lord, and allow Him to lead you into the 21 Day Fast. So many of us have experienced amazing breakthroughs and a deeper relationship with God during this 21-day period of focused prayer and fasting.

Also, be sure to begin preparing for the fast about 3-7 days before your start date. Drink plenty of water and taper off caffeine, sugar and processed foods whereas immediate stoppage has been proven to give headaches. "

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Lastly, as a ministry I will decide our focus for the fast, however personally you must determine your focus for the fast and draw closer to God. But this is also an excellent opportunity to seek God for the challenges you may be facing right now.

Fasting is an opportunity to humble ourselves before God by willingly depriving ourselves of many of the pleasurable amenities of life such as eating, certain entertainments and extraneous social interaction for a prescribed period. This is not to say that any of these things are bad-they are God's gifts to us, however, we often neglect God by over-indulging in His gifts.

Remember that there is nothing magical about fasting. The purpose of fasting is to call us away from those busy places in our lives in order to hear clearly from God. Fasting is not for God, it is for us. Fasting does not change God, it changes us.

Fasting Intentions and/or Goals

As you begin this fast, it is important that you set intentions. Without set intentions or goals, this time of fasting will only be a test of your human will as opposed to a time set aside for God to deal with your heart.

Before writing down any goals, take some time before the Lord in prayer and ask Him to reveal to your heart what He would like to minister to you doing this time of consecration. Perhaps God has already been speaking to your heart over the past few weeks. If so, ask Him to bring those things back to your memory.

What is your personal reason for joining in the 21 Day Daniel Fast? Set your intention for this fast: *Example: I want God to reveal to me the things that keep me from becoming unified with others.*

- 1.
- 2.
- 3.

What are some things that you will do during this time of fasting that will help you to draw closer to God? *Example: I will begin morning devotion before I begin my day so that I can hear from God.*

- 1.
- 2.
- 3.

DISCLAIMER

Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by drinking at least ½ gallon of filtered water each day before, during and after the fasting period.

If you have any concerns or questions about your health, you should always consult a physician or other healthcare professional before beginning this fast.

Military Outreach Ministries COGIC is not responsible or liable for any claims from the promotion of this fast.

Get Ready with Expectancy during the Fast!

Preparing for the Daniel Fast is important. Of course, you will want to get all the menus planned, the recipes gathered, and the food purchased.

Let's focus on preparing spiritually for the Daniel Fast. God's Word actually has some very important teachings about fasting and how to make it one that is pleasing to the Lord.

Isaiah 58; is one of the chapters in the Bible you will want to read as you plan your fast. Here the Lord addresses the very important issue of priorities in fasting. He responds to the religious people who fast and then ask of the Lord, "Why have we fasted and You have not seen? Why have we afflicted our souls, and you take no notice?"

The Lord admonishes the people because He could see the motive of their fast. They were not fasting for Him... but instead for themselves or to impress others who might see them. The people may have been fasting by not eating food – but they were leaving God and His desires for their lives out of it. He said, "*Behold, on the day you fast, you seek your own pleasures,*" In other words, they were centering the fast on themselves! Theirs was a self-centered fast, rather than a God-centered fast.

So He asks the people, "*Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it to not share your bread with the hungry, and that you bring*

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to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from our own flesh? Isaiah 58:6-7

Now was God saying that we are not to fast, but rather address our attention to the poor and oppressed? No! Instead He was admonishing these people because while they were focusing all their attention on the religious act of fasting, they were missing the heart of God. Their lives were not pleasing to Him and so there was no way He could “notice” their fast.

The Lord goes on to tell the people what He will do for them if they align their hearts to His heart, *“Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.*

“If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend time on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.”

What are the results of Prayer and Fasting?

- A. Daniel received divine instruction (Daniel 10).
- B. The city of Nineveh was saved (Jonah 3).
- C. The nation of Israel was delivered from death (Esther 4).
- D. Demons cast out (Matthew 17:14-21).
- E. The elders of the church were chosen and ordained (Acts 14:23).

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There are blessings promised to those who fast and pray.

- A. Isaiah 58:6-12; gives the benefits of prayer and fasting with right motives.
- B. Disciplines our body (subdues the flesh and allows our spirit to be strengthened). (I Corinthians 9:27).
- C. Ministers unto the Lord (Acts 13:1-3).
- D. Gives power to do spiritual warfare (Matthew 17:21).

Are there different types of fasts? Yes.

- A. Regular fast: Refraining from all food and drink, except water. (Matthew 4:1-3).
- B. Partial Fast or Daniel Fast: Refraining from a certain meal or restricting the intake of certain foods. (Daniel 10:3).
- C. Complete Fast: A total refraining from all food and liquid. (Acts 9:9; Esther 4:16).
- D. Liquid Fast: Allowing ourselves to partake of liquid, but no solid food for a determined period of time.

When are we to fast?

- A. When led or directed by the Spirit of the Lord. (Matthew 4:1-2).
- B. When, as individuals, we sense the need. (Matthew 6:16-18).
- C. When the Church, as a body, is called to fast. (Joel 1:14; 2:15-16).

Prayer and fasting are two essential tools for waging spiritual warfare. As we approach God with right motives in our hearts and with our minds focused on Him, we can expect results from the petitions we lift before Him. (I John 5:14-15).

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Foods You May Eat...

Whole Grains: Brown Rice, Barley, Whole Wheat Pasta

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

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, Eggplants, 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 are 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 (unsalted), and Sprouts

Foods to Avoid....

Meats (including fish)

White rice

Fried Foods

Caffeine (coffee/certain teas)

Carbonated Beverages (sodas)

Alcohol Beverages

Energy Beverages

Foods Containing Preservatives or Additives

Refined sugar (candies, sweets included)

Pasta (spaghetti, Macaroni, noodles, etc.)

Sugar Substitutes (splenda, equal, etc.)

White Flour and all products using it (white bread)

Margarine, Shortening, high Fat Products (no butter)

No Salt!

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

Can I take medications during the Daniel Fast?

If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

RESOURCES: www.danielfast.wordpress.com / www.daniel-fast.com/myrecipes / www.daniel-fast.com