

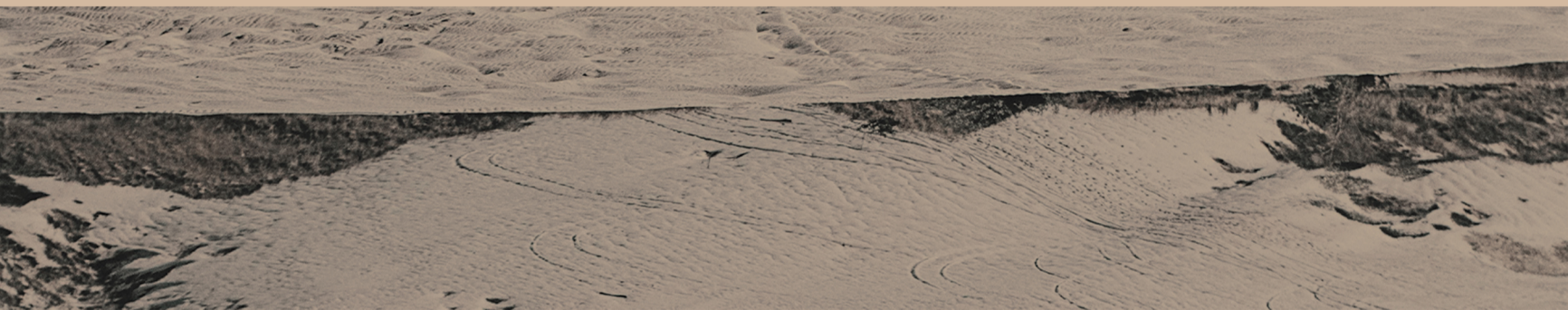
FASTING GUIDE

Prayer is not our last resort.
It is our first response.

Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18



21 DAYS OF
PRAYER & FASTING



When we take the initiative to fast, we practice the biblical values that Jesus first modeled for us throughout the Bible.

The act of fasting is sacrificing one of our most essential daily routines. Trusting that God will meet us in our hunger, and feed us with his word.

Fasting is an act of intimacy with the Father. Not to get something from Him, but to get to know Him.

Fasting is a spiritual discipline that helps focus our attention on God.

Fasting is not about obtaining from God but about reaching God.

Fasting is the preamble to the great things that God wants to do in you or through you.

Fasting can take your spiritual, physical, and emotional health to a whole new level. Jesus expected his followers to fast and He said that God rewards fasting.

Matthew 6:16-18 NIV

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.*

Jesus assumes that his followers will fast from time to time. It says “when you fast,” not “if you fast.” Fasting is something that is found in the lives of believers from the first days. It is a natural discipline that can bring supernatural results. There are many testimonies in the Bible that fasting works when it is simply done. The Bible is filled with more than 70 references to fasting.

WHAT IS FASTING?

Fasting is abstaining from something, such as food, beverages, or entertainment for a period of time for benefit to the body, mind, or spirit. Fasting for the Christian is a spiritual discipline taught by the Bible. Fasting must be for a specific purpose. Fasting without spiritual purpose is only going to malnourish you.

TYPES OF FASTING

- 1. STANDARD FAST:** Abstaining from all food and drink only water for a period of time.
- 2. TOTAL FAST:** Abstaining from all food and drink for a period of time.
- 3. PARTIAL FAST:** Abstaining from certain foods and drinks during certain times.
- 4. INTERMITTENT FASTING:** Eating only during a small window of the day.
- 5. DANIEL FAST:** Eating only water, vegetables, fruits, and grains for a period of time.

THE DANIEL FAST

The Daniel Fast is based on the dietary and spiritual experiences of the prophet Daniel. It is a type of partial fasting that focuses heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. Many users of this Bible-based fasting method follow it for 21 consecutive days.

The Daniel Fast is specifically mentioned in two parts of the Bible:

Daniel 1:12 NLT

“Please test us for ten days on a diet of vegetables and water,” Daniel said.

Daniel 10:2-3 NLT

2 *When this vision came to me, I, Daniel, had been in mourning for three whole weeks.*

3 *All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.*

List of foods, broadly speaking, included in the Daniel Fast:

- **BEVERAGES:** Only purified/filtered water; spring or distilled water is best. Homemade almond milk, coconut water, coconut kefir and vegetable juice.
- **VEGETABLES:** They should be the basis of the diet, fresh or cooked, and can be frozen and cooked, but not canned.
- **NUTS AND SEEDS:** Sprouts are the best. Raw, sprouted or dry roasted without added salt.
- **WHOLE GRAINS:** Consume in moderation. Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water.

- **FRUITS:** Consume in moderation 1 to 3 servings a day, preferably fresh or cooked, fruits low in the glycemic index such as stone fruits, apples, berries, cherries and citrus fruits. They can be dry, but should not contain sulfites, added oils or sweeteners. They can be frozen but not canned.
- **BEANS AND LEGUMES:** Consume in moderation. Dried or cooked in water. It can be consumed from a can, as long as it does not contain salt or other additives, and the only ingredients are legumes, beans and water.

Avoid iodized salt, sweeteners, meat, seafood, dairy products, processed foods, breads, pasta, flour, cookies, desserts, oils, artificial juices, coffee, sodas, energy drinks, gum, sweets and candy. For ideas visit ultimatedanielfast.com/recipes

WHY FAST?

1. FASTING PROVIDES SPIRITUAL BENEFITS

Fasting shows your devotion to God. Fasting serves to warn the body, stomach and appetite that our spirit dominates our life, not the flesh.

Fasting brings you closer to God. Fasting is denying physical pleasures in search of a deeper communion with God. Fasting gives you more time to commune with God. You can use the time you would normally spend eating with a time of Bible reading and prayer. In addition to food, during fasting, it is recommended to avoid activities that steal God's time or distract from being in communion with Him.

Fasting causes spiritual growth. Spiritual growth is one of the main reasons for fasting. The more time you spend with God, the more you become like Him. In other words, you develop the character of Christ that leads to spiritual maturity.

Fasting makes you more sensitive to the voice of God. If you are sensitive to the voice of God, you will know what His will is, and you will make less mistakes in your daily walk.

Fasting channels you to depend on God. Fasting shows us our weakness, and allows us to trust in divine strength, the only 100% effective, reliable and lasting force.

Fasting helps break bad habits or even addictions. This happens because fasting teaches you discipline, and above all, fasting is a preamble to the manifestation of the power of God, helping you overcome what you otherwise cannot.

Fasting opens doors to blessing. Often in the Bible, God's people fasted before a great victory, miracle, or answer to prayer. He was preparing them for a blessing!

Usually, fasting has a specific request. Fasting shows that you are serious enough about your request to pay a price. God honors that deep desire and faith, and He answers the request. It is not that God is obligated to respond, but fasting sets the stage for God to work.

Joel 1:14 NIV

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

Joel 2:12 NIV

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Whenever we invest to be in the presence of God we can receive powerful spiritual benefits (*Matthew 17:21*). Fasting unleashes the supernatural power of God. It is a tool that we can use to defeat Satan and everything that opposes the will of God. Prayer, combined with fasting, has always been used by God to send a definitive attack on the enemy!

Ezra 8:23 NLT

So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

God says this regarding fasting:

Isaiah 58:6 NLT

“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.

Moses fasted before receiving the Ten Commandments (*Exodus 34:28*). The Israelites fasted before a miraculous victory (*2 Chronicles 20:2-3*). Daniel prayed for God's direction (*Daniel 9:3, 21-22*). Nehemiah fasted before beginning a large construction project (*Nehemiah 1:4*). Jesus fasted during His victory over temptation (*Luke 4:2*).

Fasting prepares you for divine assignments. Fasting is often the preamble to the great things God wants to do in you or through you.

Acts 13:2-3 NLT

2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” 3 So after more fasting and prayer, the men laid their hands on them and sent them on their way.

2. FASTING PROVIDES PHYSICAL BENEFITS

Some benefits for the physical body include:

- Fasting helps break sugar addictions.
- Fasting supports detoxification of the body.
- Fasting burns stored calories.
- Fasting helps to lose weight.
- Fasting promotes healthy energy levels.
- Fasting helps many of the body's systems rest from the hard work of digesting the food it normally has to handle. The extra energy the body gains gives the body a chance to restore itself.
- Fasting improves skin health.
- Fasting promotes healthy digestion and elimination.
- Fasting supports healthy inflammatory response and promotes joint comfort.
- Fasting promotes healthy hormonal balance.
- Fasting through the Daniel Fast allows the dietary fiber, vitamins, minerals and antioxidants in fruits and vegetables to revitalize health. A diet rich in vegetables and fruits is known to stop inflammation and oxidation in the body. No wonder Daniel and his friends looked better than everyone else!

3. FASTING PROVIDES MENTAL AND EMOTIONAL BENEFITS

The benefits of fasting are different from person to person, but the following are known to happen:

- Fasting relieves anxiety and nervousness.
- Fasting can increase peace.
- Fasting clears the mind of negative thoughts and feelings.
- Fasting can help heal relationships that have been stressful.
- Fasting decreases brain fog.
- Fasting helps increase the ability to trust God.
- Fasting eliminates toxins that can make you feel sluggish or depressed.

START YOUR DATE WITH GOD. PRACTICE FASTING!

RECOMMENDATIONS FOR FASTING

1. Reduce food intake a few days before and start drinking 3 liters of purified or distilled water daily.
2. Stay hydrated by drinking plenty of water during fasting. The body can go a long time without food, but not without water.
3. Headache at first is normal. It is a sign that the body is releasing toxins.
4. After fasting, start eating lightly, then gradually return to eating normally.
5. If you have a medical condition or are under medical treatment or are pregnant, consult your doctor before fasting.

ADDITIONAL RECOMMENDATIONS

1. Avoid distractions such as television, social media, etc., while fasting.
2. Try to keep yourself busy during fasting in activities that promote a spiritual environment where God is glorified.
3. Read and study the Bible.
4. Pray.
5. Pray the Scriptures.
6. Have a pen and notebook on hand in case God speaks to you.
7. Gather in the Church.
8. Listen to Christian music or sermons.
9. Establish specific personal and community purposes for which you want to pray.
10. If you work, try to dedicate your lunch time or free time to prayer and Bible study.
11. Attend the community prayer times promoted by the church.

**FOR MORE RESOURCES ON THIS 21 DAY
CAMPAIGN, VISIT OUR WEBSITE OR SCAN
THIS QR CODE.**

