

# THE DANIEL FAST

## January 7-27

There are two described in his book:

**10 Days of Natural & Spiritual Discipline with Prayer. Ref. Dan. 1:1-17, 10:1-3.**

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.

### Set Your Course

#### The “Why” that leads to the “WOW”! – PURPOSE

Your primary goal during the DANIEL FAST is:

To cultivate a more intimate relationship with God by drawing nearer to Him on a daily basis, through prayer scripture reading and worship.

- Side benefits  
Sharpening your awareness of the presence and voice of the Holy Spirit.  
Establish and strengthen patterns for prayer and reading the Holy Word.  
It will bring your “natural man” into submission and provide the opportunity for the Holy Spirit to strengthen your “Spirit man”.  
Cleanse and renew the strength and health of your physical body

Prepare your heart to hear from God and embrace all He has ordained for the coming year.

### PREPARATION

Make it your intent and determination to participate and complete this time of fasting. Mark a calendar showing the beginning and ending days of this Fast. (Check off each passing day.) This will help you to see your progress and the days remaining.

### SET YOUR COMMITMENT

#### DAILY PERSONAL PRAYER OFFERING WINDOW

**1. Morning** - pray/read for a minimum of 15 min.

**2. Noon** - (11:30am -1:30pm) – pray / read (15-20 min.)

**3. Evening** - (6pm -10pm) – pray/read minimum of 30 min.

### **Cooperate Prayer Times**

We encourage each one to participate in one or more of our scheduled times of prayer:

Sunday (9:30a-10:00a, 5:30p -6pm)

Monday- Friday (6 -7:15 AM) Sanctuary

Tues – Friday (10-11 AM). Emerald Room

Wednesday Night – is our scheduled service @ 7pm

Saturday 7-8pm

### **SET YOUR CALL; why are you seeking God?**

-We are corporately seeking the face of God for His mercy and favor

-for the fulfillment of His Word and promises

-for the release of His glory and power

-for souls to come to Christ and revival of saints who are in Christ

-for Divine direction and anointing on the leadership and ministries of New City Church. -There will be personal requests you may have from your heavenly

Father.

### **SET YOUR CONSECRATION**

#### **PHYSICAL INTAKE**

The Daniel Fast dramatically restricts normal food intake by cutting away many of the foods you may commonly eat to satisfy your appetite and customary cravings.

#### **TYPES OF FOOD INCLUDED IN THIS FAST**

Fruits and vegetables

Nuts and whole grain products (in moderation) Pure fruit juices (no sugar added drinks), Water! Lots of pure water daily

#### **TYPES OF FOOD NOT INCLUDED IN THIS FAST**

Meats, fish, poultry, dairy products

Sweets, sauces

Carbonated or caffeinated drinks, white flour, Sugar or sugar products

## SUPPLEMENTARY NOTES FOR THE DANIEL FAST

**Water** – drink at least six 8oz. glasses of water daily. If possible drink water that is steam distilled, spring, or reverse osmosis.

**Whites** - Eliminate the toxic “whites” from your diet: sugar, salt, and white flour. Do not add sugar or salt to any meal. Discover and enjoy the taste of good vegetables without added salt or butter (or butter substitutes!). Do not consume food containing white flour, which turns to sugar and fat during digestion.

**Healthy Grains** – A good alternative for regular breads and breakfast cereals is “Ezekiel Bread” or “Genesis Bread” (look for it among the frozen foods in the Health and Natural Foods area of your grocery store), whole grain “Artisan” breads, and Fiber One Cereal or other low-sugar, low-salt type of cereal. Check the ingredients before you purchase.

**Lettuce** – Be sure to thoroughly rinse all lettuce that you intend to eat. Eat healthy greens such as Romaine, Endive, and Radicchio. Also eat lots of green cabbage, sweet peppers, tomatoes, carrots, celery, and avocados.

**Salad** – For your evening meal, have a large salad that includes at least 8 different vegetables. Some nuts such as roasted unsalted almonds or walnuts will add protein.

**Salad Dressing** – no creamy type dressings. Olive or canola oil with balsamic or red wine vinegar (mixed 1 to 2) with some pepper and minced garlic is tasty and healthy.

**Early and Late** – don’t skip breakfast and don’t eat after 9pm

**Caffeine and Soft Drinks** – cutting these drinks from your diet will allow your liver and kidneys to detoxify more completely. Herbal teas may be consumed.

**Supplements** – consider taking Vitamin C, Vitamin D, and/or a daily Multi-vitamin.

**Walks** – if you are able, take one or more daily walks. During cold weather, a mall may provide a convenient place for walking (but shopping does not count as walking!)

**Sleep** – increase the time you give your body to rest.

**Television** – Restrict the time you spend viewing television. The enemy of your soul will try to distract and deter you from your time of discipline and devotion. Feeding your mind on movies and entertainment will limit and may even nullify the benefits of this fast.

*PLEASE NOTE: This fast promotes physical health benefits; however, certain personal physical conditions or restrictions may limit the involvement of some individuals. If you have any concerns about your ability to participate, please seek the counsel of your doctor. Rather than a dietary fast you could consider choosing another area of self-discipline.*

## **PRAYER NOTES**

**Pray in the Spirit** – Stir up your prayer language

**Pray expectantly** – Prayer without faith is just words

**Pray determinately** – Resist and rebuke any wandering thoughts or distracting influences.

**Pray declaratively** – Call things as though they are and believe that they will be

**Pray honestly** – The Holy Spirit will identify areas of your life that are hindrances, bondages, or weaknesses. Acknowledge, confess, repent, and determine to walk in victory.

## **AN ENCOURAGING WORD**

This time of discipline and prayer has the potential to catapult us forward into a new and higher spiritual trajectory.

This higher flight will bring us into a place of greater things – Greater anointing of the Holy Spirit!

Greater response to the gospel message and witness! Greater signs, wonders and miracles!

Greater revelation and understanding; prophetic clarity and vision! Greater blessings and resources; opportunities and influence!

God is calling us and we can do this together!