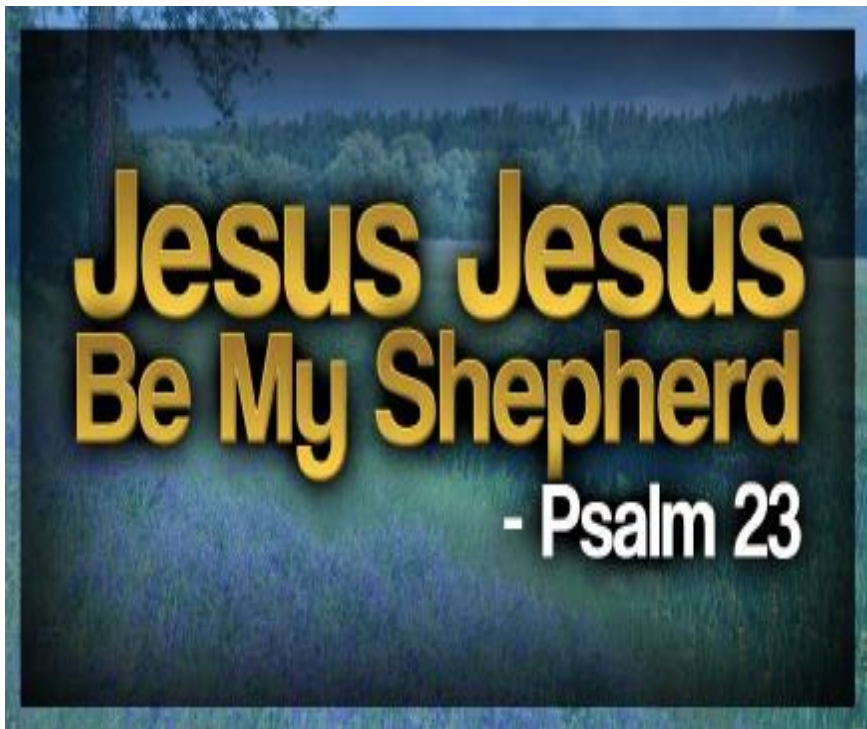


10 Day Fast
*The Year of
the Shepherd*



TYRONE SELLERS MINISTRIES

A ministry tool to assist you in a 10 Day Fast
A fast which seeks a more consistent leading of God

10 Day Fast *The Year of the Shepherd – Jesus, Jesus Be My Shepherd*

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10 Day Fast – *The Year of the Shepherd*

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What is fasting from a biblical standpoint?

Fasting is a spiritual discipline practiced by God's people. It has been an acceptable discipline of God's people for thousands of years. Fasting is a means of seeking God for guidance and direction on spiritual matters, as well as, getting a strategy for making our next move in life. Biblical fasting requires restraining from eating certain types of food and drink. During your times of fasting attention is devoted to prayer and reading of scripture with open ears to hear God speak. While fasting we focus on turning over our plates to seek God's face for guidance and direction, and to develop a deeper relationship with our Lord and Savior, Jesus Christ.

Fasting is not only good for the spirit, but it is also good for the body and mind. Fasting aids in the detoxification of the body which leads to a balanced healthier you. Many healings and preventions of sickness can be accomplished through a discipline of fasting. Fasting also contributes to a renewing of the mind. A type of mental renewal that develops a sharp and critical mind which helps us to be ready to make right choices and judgements to advance us rather than set us back. During a 10 Day Fast, you will develop a deep sense of understanding and knowledge of what the will of God is for your life.

Further, praying and fasting will increase your spiritual power to fight off the demonic and evil powers just as Jesus declared in Matthew 17:21, ***“However, this kind does not go out except by prayer and fasting.”*** The 10 Day Fast is not a diet, but it is meant to develop a prayer life in times of need. For instance, you will be disciplining your body to lean towards prayer instead of material things for strength and energy to get through your tough times. Therefore, it is imperative that you go into your secret place and pray with the faith given to you by the Lord. The Holy Spirit will help sustain you as well as help you pray. Look forward to it and expect great moments with God!

What is the goal of a fast?

The goal of any fast is to seek the face of God expecting to receive a miracle, breakthrough, healing, direction, or a complete spiritual makeover. While fasting, you should expect to become more spiritual each time you connect with God in this fashion. Look forward to increasing your time for prayer and reading of God's Word. As

mentioned, your fast should not be seen as a simple diet, even though fasting will cause you to lose weight and detox your body. Dieting should not be your goal. Rather your main goal is to seek the spiritual blessings from getting and being in the presence of God.

What should you do while on a fast?

During the entire fast, use a note pad or a journal to write what the Holy Spirit directs you to pray about; visions you see and dreams you have. God is going to tell you and show you some things which will come to pass. You do not want to forget them. List these things and be on the lookout for them to happen. List the names of people who God brings to your mind to pray for and as time passes write the dates when God answers those prayers. This will encourage your faith in knowing God answers prayer. Meditate on the suggested scriptures throughout the day, make them part of your prayer focus too. If possible, stay away from worldly events and focus on your walk in the Spirit as Galatians 5:1 & 25 tells us to do.

May the Lord bless you as you fast and be knowledgeable of this one thing, "God is able!" Truly, for sure, "God is able!" Just trust and obey the voice of God.

What is a 10 Day Daniel Fast?

The 10 Day Daniel Fast is a fast that is named after the prophet Daniel in the Old Testament book Daniel. In the book of Daniel, you will find Daniel fasted for 10 days in Chapter 1 verses 11-16 and then again for 21 days in Chapter 10 verses 1-2, both referred to as the Daniel Fast. This booklet is designed to get you through a 10 Day Fast like that same 10 Day Fast of Daniel and his friends. The Daniel Fast is known as a **partial fast**. It is considered a **partial fast** because while on the fast you can eat, and drink certain foods verses a **complete fast** in which you are only to drink water.

When beginning the Daniel Fast, be aware that you may experience cramps and headaches. Also be aware, that at times you will discover a burst of energy that will help carry you through your day. As God disciplines you through the fast, enjoy the moments of bodily reactions knowing at the end your blessings lay await for you!

Scripture reference for the Daniel 10 Day Fast:

Daniel 1:8-20 (NKJV)

8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

9 Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs.

10 And the chief of the eunuchs said to Daniel, "I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who are your age? Then you would endanger my head before the king."

11 So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

12 "Please test your servants for **ten days, and let them give us **vegetables to eat and water to drink**.**

13 "Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants."

14 So he consented with them in this matter, and tested them ten days.

15 And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies.

16 Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.

17 As for these four young men, God gave them knowledge and skill in all literature and wisdom; and Daniel had understanding in all visions and dreams.

18 Now at the end of the days, when the king had said that they should be brought in, the chief of the eunuchs brought them in before Nebuchadnezzar.

19 Then the king interviewed them, and among them all none was found like Daniel, Hananiah, Mishael, and Azariah; therefore they served before the king.

20 And in all matters of wisdom and understanding about which the king examined them, he found them ten times better than all the magicians and astrologers who were in all his realm.

The Daniel 10 Day Fast many practice today was modified from Daniel 1:12 to include more than just “vegetables and water.” Daniel 10:3 says, “no pleasant food, no meat or wine.” From these scriptures the Daniel 10 Day Fast practice today include the following foods.

ALL FRUITS: This can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, raspberries, strawberries, cherries, cranberries, figs, grapefruit, guava, cantaloupe, honeydew, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, tangerines, watermelon. No GRAPES because grapes are used to make wine.

ALL VEGETABLES: This can be fresh, frozen, dried or juiced. For canned vegetables read the label to avoid preservatives and processes. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, scallions, spinach, sweet potatoes, tomatoes, turnips, yams, zucchini, and veggie burgers if you are not allergic to soy.

ALL WHOLE GRAINS: Including but not limited to whole wheat, brown rice, quinoa, oats, barley, grits, whole wheat pasta.

ALL NUTS AND SEEDS: Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

ALL BEANS: These can be canned or dried. Beans include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS: Olive, canola, peanut, and sesame.

BEVERAGES: Spring water, distilled water or other pure waters and 100% fruit or vegetable juices.

OTHER: Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

“Jesus. Jesus be my Shepherd”

As we go about our daily lives there will be moments when we will cry out, “Jesus, Jesus be my Shepherd and lead me in the way to go.” We cry this because there are times when we are unsure of the way ahead of us and as such, we desperately need God to lead us along the way. No one wants to go in the wrong direction only to experience hurt, shame, lost, disappointment, and physical and emotional harm. Especially as we become older, we realize that we only have one life to live, and we want to live that life in the most productive way as possible. No one wants to re-do or start over due to mistakes or bad choices. The more we can focus and do what is required the more success we can experience. I am convinced that with the guidance of the Holy Spirit we will be led in the right direction. A direction, that even though we will have challenges, we will overcome and succeed because it will be the will of the Lord.

When we cry “Jesus, Jesus be my Shepherd” we are asking God through Jesus to let the Holy Spirit lead and guide us. As the Holy Spirit leads and guides us the Holy Spirit will help us make right decisions and the best choices because it will be God’s will for our lives. We should always want God’s will for our lives regardless of how we may feel about it now. But know this we will eventually agree with God once we see what God sees!

Why should we want Jesus to be our Shepherd?

In John 10:11, Jesus said, “I am the good shepherd.” Though it was a short declaration it is filled with so much power, truth, authority, and encouragement. Why would Jesus make such a profound statement? It’s because Jesus knew He is the only One who can truly protect, save, deliver, and cover His people, His flock.

Like a shepherd who protects, defends, and saves his flock from attack, Jesus is the One who does that for us. A shepherd always keeps watch of his sheep, and Jesus watches over us day and night, 24 hours/7 days a week and some. Moreover, Jesus said He will be with us always until the end of the age. This includes leading us for all our days as we trust in Him. However, that trust in Jesus must be yielded to for His Shepherd ability to be effective in our lives. This trust is geared to have us pay close attention to Jesus being our Shepherd to not only cover us, but to lead us. Glory to God!

I'm convinced, any Christian who doesn't pay close attention to Jesus as their Shepherd will experience times of helplessness and vulnerability when they are harassed and attacked by our adversary. It's because our adversary, the Devil, is always on the lookout seeking who he can devour. But when we yield to the grace of our Shepherd and follow His leading, we can avoid the effects of those harassments and attacks, and any setups to set us back.

The well-known verse of the Lord being our shepherd is found in Psalm 23. David starts this psalm by saying, "***the LORD is my shepherd.***" This psalm of David tells us how the Lord is a Shepherd to His people. Jesus makes His people, His sheep, lie down in green pastures and ***leads*** them beside still waters. Focusing on the word ***leads***, the psalm portrays how the Lord guides His sheep on the right path and how His rod and staff comforts them, even in the darkest and frightening of valleys.

Jesus is the Good Shepherd because He protects and defends His sheep at all costs. He gave up His life and laid it down for us, and Jesus will not abandon us because He loves us and saves us to the uttermost. When we vision in the spirit the cross which Jesus died on for us, we see the Good Shepherd laying down His life for his sheep. Jesus paid the ultimate price to save His flock by dying for them. This act of salvation is meant for all to believe and trust in Jesus. It is important to trust the fact that Jesus knows those who are His, and His people know His voice; they hear it, they listen to it, and they ultimately follow it! Hallelujah!

What does this mean for us as sheep who follow Jesus, the Good Shepherd?

It means that we as God's sheep must spend time getting to know and recognize the Good Shepherd's voice as we listen to Him through prayer and what He has to say to us in the Word of God. We must trust that Jesus is really truly able to do what He promised He would do for us. Trust by faith that Jesus will always be there to protect us from the enemy and to guide us through the darkest valleys of life.

By the leading of the Holy Spirit, we are following the voice of Jesus. We can make it and live in a world full of wolves in sheep's

clothing, demons on the loose, and enemies influence by the Devil to harass and attack us knowing we have the Good Shepherd to protect and guide us. Jesus said to pray God's kingdom to come, and for His will to be done on earth as in heaven. By the Holy Spirit, we will have the wisdom, the discernment and the power to follow our Good Shepherd and live within the kingdom of God here on earth and win every battle and every temptation because wherever He calls us to, we will follow. Let this year be the year you step up your game in truly following the voice of God no matter how unsettling it makes you feel. Just know God has a plan for you, a plan of a good future and a hope in Him. Just commit yourself and be a faithful servant and watch how the Lord guides you to victory! I'm excited for you! Receive the orders to trust and obey for there is no other way. Let's go and win!

Why Psalm 23?

I believe the purpose of the psalms is to express things about God and to express our views to God. Some of the psalms are good for when you're feeling great. Some psalms are good for when you're feeling down. Some psalms are loud and celebratory, while some psalms are mournful and more suited for a funeral.

Psalm 23 is a very popular psalm and the reason it has remained so popular and profound for Christians around the world throughout the ages is that it doesn't just work in one given situation. This psalm works in any given situation. David, who wrote the psalm, uses the image of God as a shepherd and himself as a sheep. This is an image Jesus himself uses and is used about Jesus, and would have resonated very closely with both those reading David's psalm and those listening to Jesus. They were part of a farming society and understood how important it was for the shepherd to look after and guide his sheep. In fact, David had been a shepherd before becoming the King of Israel. So, it's right to say he knew a thing or two about shepherding.

Psalm 23 takes us on a journey with God leading David. The shepherd is gently guiding the sheep, giving him rest, leading him beside quiet waters and making sure he goes along the right path. This is the life of every Christian, being led by God in a vast world. It will be easy for any sheep to get lost in this world and end up in a place of slaughter. That place where the Devil has his way all the time harassing and attacking us at will. But when we are led by the Holy

Spirit it doesn't matter where we go or do, we will overcome the attacks and win! But we must allow that guiding power of the Good Shepherd to work in our lives.

Psalm 23 is the scripture the Lord placed in my spirit to promote during this fast for us to meditate on day and night for these 10 days. Make the emphasis of Psalm 23 the focus of your prayers with the mindset of the Lord leading you. I don't want to belittle you by suggesting you don't allow the Lord to lead you, but I want to empower you to allow the Lord to lead you in a greater way and on a greater level. Let us prove to our Creator and Sovereign God that we are humble and patient to wait upon His leading and guidance in the coming years. Let us trust in our Good Shepherd to take us where He wants us to be and do. Let us rejoice all the way, wherever He leads us we will follow and obey!

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Let me share with you 5 simple life impacting principles that I learned regarding how to live and go throughout life being led by the Holy Spirit. I believe you too can benefit from these principles.

- 1) You must live with a God given purpose and focus on it.
- 2) Be excited about your life and let your excitement be the muscle to help you stay focused.
- 3) Know yourself, critique yourself, and allow God to change yourself. The Holy Spirit and the Word will no doubt change you, but you must be led to.
- 4) Maximize your potential by humbling yourself before God confessing that without Him you cannot do anything worthy of glory and praise.
- 5) Submit to the unction/prompting/awakening/movement of God. Pray and trust the Lord in every decision. But stay focused to not just do anything because you think you didn't hear God. Trust that due to your sincerity and loyalty to God if you do make a bad choice the Lord will still guide you through that too. It's important to know this too. Don't expect God to honor your arrogance and stupidity.

## **The guide for this 10 Day Daniel Fast – “Jesus, Jesus be my Shepherd” is as follows.**

Below is Psalm 23 broken out into ten sections. Each section is a prayer target for you to focus on daily. You are not bound to these specific sections, but they should be a part of your daily devotion for the 10 days. By doing so, you will be in unity with others as it relates to how these sections are designed to empower us. It will be beneficial for you to reflect on these selected sections throughout the day. Let the selected sections of the psalm be a part of your prayer focus, as well as your goal for your improved submission to the leading of the Holy Spirit.

### **Jesus, Jesus be my Shepherd – Psalm 23 (NKJV)**

#### **Day 1) “The LORD is my shepherd”:**

Prayer focus:

- 1) Thank the Lord for choosing you to be one of His sheep and for Him being your Shepherd. Jesus didn't have to choose you, but thank God He did.
- 2) Ask for forgiveness for the times you acted on your own knowing at the end it wasn't God's will for you. Thank God for clearing up your mistakes even if you are still in the midst of them.
- 3) Declare as for you, and your house, Jesus will be your Good Shepherd. Declare your house to be saved by the blood of Jesus the Christ. Salvation belongs to you all. Rebuke all ungodly influences in their lives and your life too.

#### **Day 2) “I shall not want”:**

Prayer focus:

- 1) Thank the Lord for being your provider. Call out His name as Jehovah Jireh and worship Him.
- 2) Declare in Jesus name, going forward you will be led by God to places of your provision and increase. You will no longer need to rely on man but God alone.
- 3) Declare, you will shift from a place of wanting what the world wants to a desiring place of what the Word of God desires for you, and God will lead you there.

**Day 3) “He makes me to lie down in green pastures; He leads me beside the still waters”:**

**Prayer focus:**

- 1) Thank the Lord for having places for you to find rest to reflect on Him. Declare you will submit to the leading of the Holy Spirit to find rest and get away from a weary day or from a sleepless night.
- 2) Rebuke in your spirit a must do attitude and ask the Lord to place in your spirit a desire to rest. Reflect on the fact that rest is a biblical concept. We are not to work 7 days a week.
- 3) Rebuke anxiety and pray for peace in your spirit. Jesus the Good Shepherd is also the Prince of Peace. Let Him in and find peace for your soul. Declare you will always give God your rested body instead of a tired body for His service.

**Day 4) “He restores my soul”:**

**Prayer focus:**

- 1) Thank the Lord for being able to restore you from where you drifted from, His presence. In God’s presence there is a fullness of Joy. Spend today bathing in God’s presence fulling yourself with His joy. Ask the Lord if it is possible, to lead you to do this every day.
- 2) Rebuke trouble and all weapons formed against you to get you away from the path the Lord guided you to. Be mindful, no weapon formed against you shall prosper. Get back into your lane and do good. Allow the Holy Spirit to lead you the rest of the way.
- 3) Declare your anointing to be refreshen from being restored. Know it’s the anointing that breaks and destroys the yolks. Rebuke those yolks that get you off track to your destiny.

**Day 5) “He leads me in the paths of righteousness For His name's sake”:**

**Prayer focus:**

- 1) Pray that you will follow the Lord as He leads you into the paths of righteousness. Rebuke any prejudices and judgements you may have for anyone and any situation. Declare that our shall walk with open eyes looking always to do right in God’s eye.
- 2) Ask the Holy Spirit to always keep you mindful of the fact that you got to this path of righteousness because you were led by God to get there. Hence, you will do right because you declare you will never cause shame on God’s name, Word, or work.

- 3) Declare that all you do is about God and not yourself even though you may benefit from being about God's business. Be faithful knowing that God will cover you and His name. So, be content on where the Lord leads you and praise Him every chance you can!

**Day 6) “Yea, though I walk through the valley of the shadow of death, I will fear no evil: For You are with me: Your rod and Your staff, they comfort me”:**

**Prayer focus:**

- 1) Pray and ask the Lord to lead you to a place of encouragement knowing that though you are walking with God doesn't mean you will always have sun shiny days.
- 2) Ask the Holy Spirit to keep the spirit of fear always from you and when it does come near to rebuke it. Declare the Lord is a very present help in the time of trouble. Declare God's Word to help you overcome evil.
- 3) Declare that though you walk in an evil world full of malice and hatred you will not be tempted to participate because the Lord will correct you with His rod and staff if you do so. This is a revered fear you have of God to obey His Word and voice.

**Day 7) “You prepare a table before me in the presence of my enemies”:**

**Prayer focus:**

- 1) Pray God's grace to be sufficient for you. Pray God's mercy to be a power and a favor for you. Pray for strength to take your stance in Jesus, and not to be moved even though your enemies are nearby.
- 2) Declare in Jesus name that a table of peace and love has been prepared before you in the presence of your enemies. And they must cooperate and deal with you in peace and love, or else be moved out of the way. Declare you will no longer compromise, but as the Holy Spirit leads you, you will seek victory.
- 3) Pray for outcomes of victory, peace, and love with every encounter of your enemies. Declare that the love of God will win them over to Jesus. Trust the Good Shepherd that all your encounters with your enemies is for His name's sake.

**Day 8) “You anoint my head with oil: My cup runs over”:**

**Prayer focus:**

- 1) Thank God for your anointing and declare your anointing is not for the Devil’s play but for God’s glory. Pray for your anointing to lead you to those places where it has been made **“room for you.”** Declare you belong there because it is the will of God for you.
- 2) Declare in Jesus name that as you continue living, God will always refresh your anointing with fresh oil. Your praise and worship will always be refreshed by the oil poured out from Heaven.
- 3) Pray for outpourings of the Holy Spirit and for you to always have your cup ready to be filled to it overflows. Overflowing with abundant joy and peace, grace and love, strength and power to keep on following Jesus as He leads you.

**Day 9) “Surely goodness and mercy shall follow me all the days of my life”:**

**Prayer focus:**

- 1) Praise God and thank Him that His goodness and mercy will never leave you whether you’re on top of the mountain or in the lowest part of the valley. Praise God and let the Holy Spirit lead you into a praise break with no shame.
- 2) Declare in Jesus name that you can never get away from the goodness and mercy of God. The Holy Spirit will lead you to it all the time. Declare your faithfulness and reverence to the things of God. Declare your commitment and live FULL! Full of God’s goodness, and full of God’s mercy towards you.
- 3) Pray for God’s goodness and mercy to be a contagious thing in your life. That others will see it and be glad for you, and will want the same for them. Ask the Holy Spirit to lead you in leading them to Jesus and allow Jesus to do the rest.

**Day 10) “And I will dwell in the house of the LORD Forever.”**

**Prayer focus:**

- 1) Thank Jesus for building His church and allowing you to be a part of it. Thank Jesus for leading you to a place you can call your church, a person you can call your Pastor, and for all those in ministry that help you be who God called you to be.
- 2) Declare in Jesus name that you can never leave the church. Declare that your name is written in the Lambs Book of Life, and this is a forever thing. And, as such your lifestyle of church is

statement to that truth. Declare as Jesus leads you you will never be ashamed of Him knowing in return Jesus will never be ashamed of you.

- 3) Pray for God's blessings to flow to others to lead them to the House of God for their deliverance and breakthrough. And they too can dwell there forever just like you.

Notes:

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