

PURPOSE · POWER · INFLUENCE · IMPACT

# DANIEL FAST

ISSUE NO. 03 · MARCH 2022 · REFINING THE VISION



## GOSPEL FELLOWSHIP

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5898 Adobe Rd. Twentynine Palms, CA 92277



21 Days

OF PRAYER + FASTING

# IN THIS ISSUE

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## PASTORS'S NOTE

We are so glad you have decided to participate in our annual twenty-one day Daniel Fast. There is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting.

This fast has been modified from Daniel's original fast so that everyone is able to participate. Whether you have done a twenty-one day Daniel Fast before, or if this is your first time, you can experience what God has in store for you in a powerful way.

The tools provided in this guide are practical guidelines to help you navigate through your personal twenty-one day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next twenty-one days. May God continue to bless you and enlarge you as you seek Him first. Supernatural blessing be upon you, your family and God's extraordinary purpose for your life!



## *Preparation*

This purpose of the Daniel Fast magazine is to guide you into a successful fasting experience. The blessings, insights, and revelations you gain during your time of extended prayer and fasting can be life-changing. It is extremely exciting each year to hear about the miracles and blessings people have experienced on the fast. In order for us to experiences result during the fast it is important for us to remain consistent and persistent. One of the primary reason people break the fast is because they didn't prepare. Instead, so many people just jump in and try to go for it. It's like never training for a marathon and starting the race anyway!

Preparing for your fast is part of the fast. When you prepare you're in a period of expectation and anticipation. The time can be joyful and spiritually charged. I would like to give you some tips about preparing for your fast.

**Learn about the fast:** The truth is, there is a lot of erroneous information "out there" about the Daniel Fast. This guide has been put together to simplify

**Establish your purpose for your fast:** Fasting is a time to be highly focused on specific areas of your life. Do you have financial pressures? Issues with relationships? Need healing in your body? Do you want to learn more about prayer, worship, or developing your faith? Open your heart to God for your NOW experience. You will draw nearer to Him. And as you study His Word and use other study mateirals, you will learn, grow and enter into a powerful time of transformation. Blessings. Answers. Growth. Love. They all await you!



## *Planning Is A Big Part Of Success, Plan To Succeed*

Most people begin the fast being highly focused on the food and the changes to their menus. I encourage you to keep your meals simple and easy to prepare. One of the greatest mistakes I see today is that people put way too much focus on the food miss out on the powerful spiritual benefits of the fasting experience. Remember, this is a fast (which means to restrict food for a spiritual purpose). Keep the main thing the main thing. Eat simply. And invest most of your time and attention on your Lord.

**Put your flesh where it belongs . . .** under submission. One of the most powerful lessons you can learn on the Daniel Fast is how to put your flesh in its rightful place, which is under the authority of God. Your flesh may throw a fit. It might try to sabotage you and tempt you to break the fast or change the guidelines to satisfy its desires. But we are called to walk in the Spirit and not by the flesh.

You can work on your self-control muscles during the fast and realize that you don't have to give in to the whims of your flesh. This is one of the most powerful lessons you can learn during your fast.

**If you have health issues** then be sure to follow the advice of your earthly physician as you pray to your Great Physician. Due to medical needs or special issues, you many need to modify the fast. Keep the core of the fast and make the slight adjustment. This is the same for pregnant or nursing mothers and for athletes who expend a lot of energy.

**Get support and encouragement** – we provides lots of help, tips, encouragement and support to anyone who wants it through our websites, app, and daily prayer. Also, keep visiting our app as we update and add helpful information and tips weekly.

Be blessed!



**BABYLON**

[B.C. 605 - 539]

Breast of Silver

**PERSIA**

[B.C. 539 - 331]

Thighs of Gold

**GREECE**

[B.C. 331 - 168]

Legs of Iron

**ROME**

[B.C. 168 - A.D. 476]

# DANIEL'S

# STORY

BE A DANIEL



Daniel was among the best and the brightest of the Israelites of his time. In the book of Daniel in the Bible, the backdrop is set: King Nebuchadnezzar of Babylon had seized Jerusalem, the capital city of Judah, and had taken King Jehoiakam captive and overrun God's temple. As the victor, King Nebuchadnezzar had the power to select and "enlist" young Israelite men to serve in his Babylonian palace, and he wanted only the best. So, he chose young men from wealthy, influential families who are strong, handsome and intelligent, and who exhibited strong leadership qualities. Daniel and some of his friends were "enlisted" in a three-year training time prior to entering the king's service, and King Nebuchadnezzar appointed his chief official to be in charge of them and the other leaders-in-training. Here's the scenario: Daniel and his buddies—devout Israelites—are placed in a pagan palace to be trained up to serve a pagan king, a process complete with a prescribed diet of food and wine from the king's own table. Most historians agree that the king's menu most likely included food that had been sacrificed to idols and/or meat from unclean animals, both of which are strictly forbidden by Jewish dietary customs. Daniel, being a winsome man of conviction, asks to eat only vegetables and to drink only water instead of what's on the king's menu. That request was acknowledged by (not approved by) the king's chief official, but he didn't want to risk Daniel and his friends looking unhealthy or frail by not eating what the other recruits ate.



# 10 TIMES BETTER

## DARE TO BE DIFFERENT

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Since Daniel couldn't get the king's chief official to agree to the veggie and water diet, he asked the guard appointed to care for Daniel and his three friends instead. It took some convincing, but Daniel's request was granted. Here was the deal. Daniel said, "Please test your servants for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see." (Daniel 1: 12-13)  
The guard agreed.

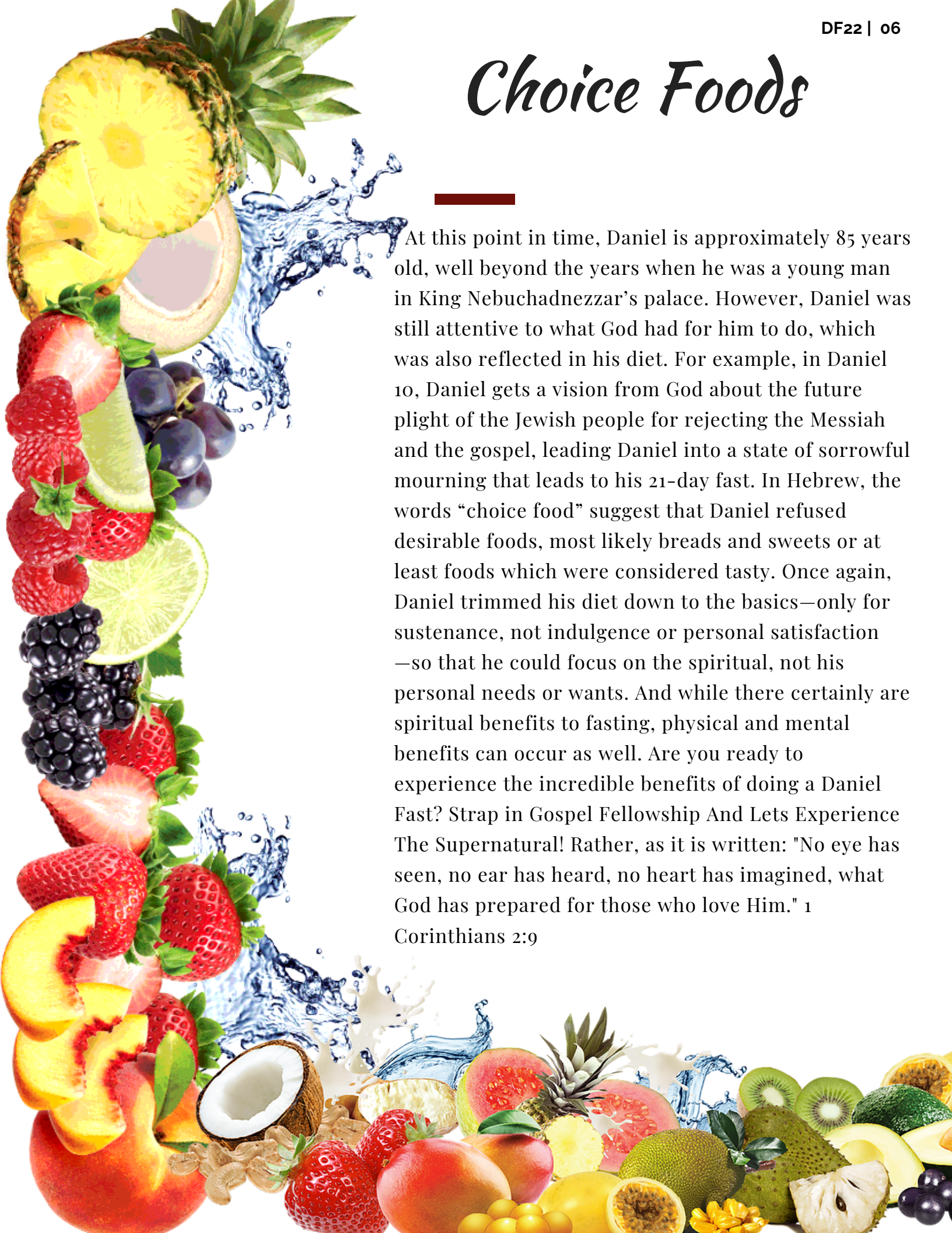
After ten days of only "pulse"—which consists of vegetables, fruits, seeds and grains—and water, Daniel and his comrades were brought before the King. The results? Their health and appearance "appeared better than all the young men who consumed the 'best' food of the land from the very table of the king." Fast forward three years and beyond—while still eating only the pulse and water diet—and Daniel still outperformed those who ate the king's delicacies. In fact, the king found Daniel and his buddies were "ten times better than all the magicians and astrologers that were in all his realm."

Ten times better!

What's more is that Daniel outlived the king and advised the king's grandson, Belshazzar, roughly 70 years after the reign of Nebuchadnezzar began! That's the story of Daniel's 10-day fast that turned into three years as well as how it benefited him into his later years—which brings me to the 21-day Daniel Fast that is also mentioned in the Bible.

The tenth chapter of Daniel describes how he ate "no choice food; no meat or wine touched [his] lips" (Dan. 10:3) for three weeks.

# Choice Foods



At this point in time, Daniel is approximately 85 years old, well beyond the years when he was a young man in King Nebuchadnezzar's palace. However, Daniel was still attentive to what God had for him to do, which was also reflected in his diet. For example, in Daniel 10, Daniel gets a vision from God about the future plight of the Jewish people for rejecting the Messiah and the gospel, leading Daniel into a state of sorrowful mourning that leads to his 21-day fast. In Hebrew, the words "choice food" suggest that Daniel refused desirable foods, most likely breads and sweets or at least foods which were considered tasty. Once again, Daniel trimmed his diet down to the basics—only for sustenance, not indulgence or personal satisfaction—so that he could focus on the spiritual, not his personal needs or wants. And while there certainly are spiritual benefits to fasting, physical and mental benefits can occur as well. Are you ready to experience the incredible benefits of doing a Daniel Fast? Strap in Gospel Fellowship And Lets Experience The Supernatural! Rather, as it is written: "No eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him." <sup>1</sup> Corinthians 2:9

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# NEXT LEVEL LIVING

UNLOCKING YOUR FAITH  
THROUGH  
RADICAL OBEDIENCE

The Daniel Fast is a biblically based partial fast referenced in the bible, particularly in two sections of the Book of Daniel. Daniel 1:12, which states, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.” Daniel 10: 1-2, which says, “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.” Fasting is a natural discipline that can bring supernatural results. It is important for believers to be confident that fasting works when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul even Jesus...fasted. The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

When you study the Scriptures, you’ll find that when people fasted it was for a purpose – not just a religious exercise. Daniel fasted from the king’s foods and wine because they had been offered to the Babylonian gods and he didn’t want to defile his body. He later prayed and fasted to “encourage” the prophesied release from captivity for the Israelites from Babylon. And in his third recorded fast, Daniel was seeking solace for the great pressure he felt because of a dream he had experienced. In the Old Testament, when the Nation of Israel sought to hear God’s voice clearly, repent before the Lord, or conquer an enemy, they engaged in a collective fast (Daniel 9:3-5; Deut 9: 15-18; 2 Chron. 20:3-4). Within the New Testament we see that Jesus not only embarked on a 40 day fast before beginning His ministry, but He also Expected his followers to fast (Matt. 6:16-18; Matt. 9:14-17).





We also find in the New Testament, people would fast when they needed guidance or answers to prayers. Many times, when the Scripture used the words “by prayer and supplication” it likely referred to fasting.

Remember: Fasting doesn’t change God, fasting changes you! Rely in the Word of God to transform your life and conform your will to His will. Fasting is setting us apart . . . and centering our lives on God. It’s not just eating differently and expecting some supernatural results. But rather, fasting helps us focus more on God and His Word and as His truth takes root in our heart, we experience the supernatural power of the Most High God.

The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself.” Daniel 1:8 Purpose: Daniel fasted for spiritual reasons: Once to stay pure before the Lord and two times to seek the Lord’s wisdom, direction and answers to prayer. We want you to use these 21-Days of Consecration to write your goals and what you seek to accomplish during this time. What are some areas you want to see victory in your life? What sins are you struggling with that you want to conquer once and for all? Habakkuk 2:3 says, “write the vision down and make it plain...” We encourage you to write down your goals.



*Let the*  
**JOURNEY**  
*Begin!*

***How to Begin:***

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

-Unsaved, Backslider, Unchurched, Harvest Seat, Project Lear (creative ideas, sponsors, benefactors), your specific petitions

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

***What To Expect***

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. The book of Acts records believers fasting before they made important decisions (Acts 13:2; Acts 14:23). Fasting and prayer are often linked together (Luke 2:37; Luke 5:33).

“Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping and with mourning” (Joel 2:12)



**Please do not start the Daniel Fast without the approval of your primary healthcare professional.**



# *Food List*

**Beverages:** spring water, distilled water or other pure waters, 100% all-natural fruit juices, 100% all natural vegetable juices, coconut water, coconut kefir and homemade almond milk.

**All fruits:** These can be fresh, frozen, dried, juiced, cooked or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables:** These can be fresh, frozen, dried, juiced cooked or canned. 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, 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.



# Food List

**All whole grains:** including whole wheat, brown rice, millet, quinoa, buckwheat, oats, barley, grits, whole wheat pasta, whole wheat tortillas, legumes, dried Beans, pinto beans, split peas, lentils, black eyed peas rice cakes and popcorn.

**All nuts and seeds:** including sunflower seeds, cashews, peanuts, sesame, almonds, chia seed, flaxseed, pumpkin seed, walnuts. Also nut butters including peanut butter. Note: Maybe Raw, sprouted or dry roasted (no salt added)

**All legumes:** These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans ,mung bean white beans. • All quality oils including olive, canola, grape seed, peanut, and sesame. Note: May be consumed from can as long as no salt or other additives are contained and the only ingredients are beans and water

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**Note:** Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

# FOODS THAT PROVIDE NATURAL ENERGY

Bananas • Apples • Oranges •  
Pineapples • Strawberries • Melons  
Blueberries • Pears • Apricots • Plums  
Cherries • Limes • Papayas  
blackberries • Raspberries • Quinoa •  
Beans • Beets • Lentil



Cashews • Almonds • Hazelnuts • Pistachios •  
Peanut Butter • Lentils • Broccoli • Papayas •  
Avocado • Raisins • Kale Spinach •  
Mushrooms • Oatmeal • Whole Grain Cereal  
Hummus • Peaches • Edamame • Trail Mix  
Brown Rice • Brussels Sprouts • Walnuts  
Coconut water • Asparagus • Almond Butter

# FOODS TO AVOID



**Note:** Sea salt or himalayan salt is allow. My recommendation is to only use a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

**All meat and animal products:** including beef, lamb, pork, poultry, and fish. All dairy products including milk, cheese, cream, butter, and eggs.

**All sweeteners including:** sugar, raw sugar, syrups, molasses, cane juice, date honey, and stevia. All leavened bread and baked goods.

**All leavening agents including:** yeast, baking soda and baking powder. All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods including:** potato chips, French fries, corn chips. All solid fats including shortening, margarine, lard and foods high in fat.

**Beverages including:** coffee, carbonated beverages, energy drinks, and alcohol.

**NOTE: Nutritional supplements are optional - but any taken would preferably be in line with the ingredients that are listed.**



# DAILY PRAYER

## REFINING

## THE VISION

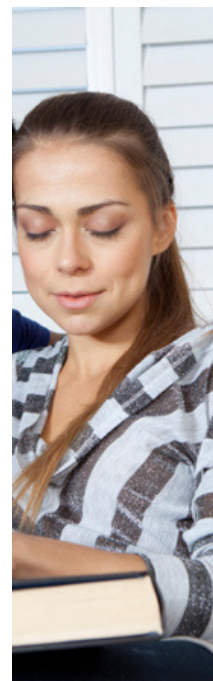
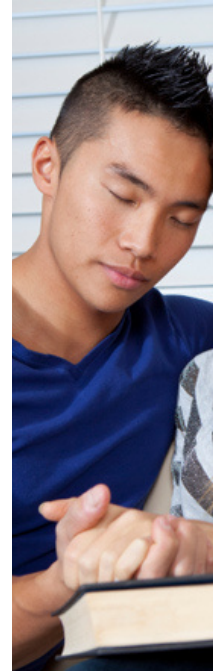
[VIEW ALL POINTS](#)

# Daniel Fast Daily Prayer

Dear Lord,  
Forgive me for the things I have done that is not pleasing to you. Thank you for bringing me into your family. May I never disappoint you in the way I treat others. Make me an instrument of your peace that others may see the qualities of character that can only be attributed to your presence in my life. Watch, Oh Lord, over those who are weeping and give your angels charge over those who are sleeping. Tend your sick ones Oh Lord, rest your weary ones, bless your dying ones and soothe your suffering ones.

Oh God, I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may love in me - love the Father and love all humankind. I give you my whole self Lord, that you may grow in me, so that it is you who lives, works and prays in me. I praise and worship you because you are God. I am honored to be your servant.

I take my stand today against the devil and his schemes against me, my family and my ministry. Father, as I take up each piece of the armor, please secure it in place on me. I take up the shield of faith and extend it over myself. It extinguishes all the fiery darts of the evil one. I put on the helmet of salvation, which protects my mind from the enemy's attacks.

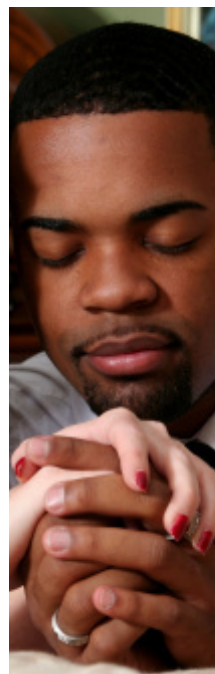
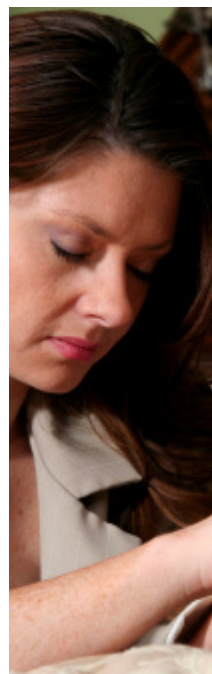
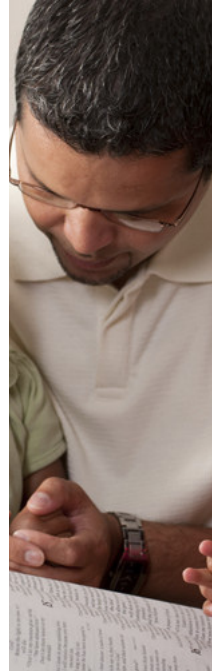




# Daniel Fast Daily Prayer

I have the mind of Christ. I put on the breastplate of righteousness, which covers my body with the righteousness of God. In Christ, every foothold of evil has been washed away and I am clothed in righteousness! I gird my loins with the belt of truth. Your word, O God, is truth.

Father, sanctify me according to your word and remind me through the Holy Spirit of the truth that destroys the lies of sin. I shod my feet with the preparation of the Gospel of peace. I have peace with God through the blood of Jesus. I have favor with God and with man. I walk in my inheritance as an adopted son of God and have authority over evil in Jesus' name. I will use the Sword of the Spirit by speaking the Word of God as it applies to whatever situation I may face today. Father, please remind me of your Word via the Holy Spirit. I will continue to pray in the Spirit throughout the day and intercede for all Christians as the Holy Spirit prompts me. Thank you Father for the whole armor of God. Please surround me with your hedge of protection as I move forward on the spiritual battlefield today. I praise and worship you now and forever in Jesus name Amen.



# WEEKLY PRAYER SCHEDULE

**Monday- Sunday**

**Prayer Line**

**6:00pm**

**Prayer Line: (774) 220-4000**

**Conference ID: 92277**

*Early will I seek  
you my Lord, My  
King*

Corporate Prayer  
Daily