



Antioch
Fairfax Station, VA

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Daniel's Fast 2024
March 6-27, 2024

“SHIFT”

Antioch's Fast & Prayer Guidelines

*A biblical definition of
fasting is a Christian's voluntary abstinence from food for
spiritual purposes.*

Fasting is:

- ◆ A **spiritual discipline** and one that goes so radically against the flesh and the mainstream of our culture.
- ◆ A **purifying discipline** that helps us draw closer to Jesus Christ and surrender our will to His ways. There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer.

The great saints of the bible fasted.

- **Moses** (Deut. 9:9, 18, 25-29)
- **Elijah** (1 Kings 19:8)
- **Ezra** (8:21-23)
- **Daniel** (9:3)
- **Paul** (2 Corinthians 6:5; 11:27)

They were men of faith and action who fasted for **spiritual growth**. The greatest example for any of us to follow, **Jesus Christ**, fasted. "²And after fasting forty days and forty nights, he was hungry". (Matthew 4:2).

Spiritual Wisdom for Fasting

We are to devote extra time to prayer and reading/studying/meditating on God's Holy Word. The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. When we take time to put God first in any endeavor, we are preparing well for whatever lies ahead. The result of sincere fasting and praying is that God responds and brings deliverance and blessings.

Purpose of our Daniel's Fast

Fasting without a spiritual purpose(s) is a DIET!

1. Grow closer to Christ.
2. Greater commitment to Christ and His church.
3. Going of the Gospel and conversions for Christ.
4. Getting ready for the SHIFT.

Daniel's Fast Eating Guideline

There are two anchoring scriptures for the Daniel's Fast. In Daniel 1:12, the Prophet ate only vegetables (that would have included fruits) and drank only water. Then in Daniel 10:3, we read that the Prophet ate no meat, nor any precious breads or foods and he drank no wine for 21 days. So, from these scriptures we get **two** of the guidelines for the fast: **Only fruits and vegetables and water for a beverage.**

Do Nots

No Pleasant Food: This would include breads (only 100% Whole Wheat Bread allowed) and sugars (only 100% Natural Cane Sugars).

No Meat: All animal products are restricted on the Daniel Fast. That includes meat, seafood, poultry, and dairy products (milk, eggs, cheese, butter, etc.).

No Wine: This restriction, coupled with previous fasts where Daniel drank only water (which is typical for biblical fasting), is where today's Daniel Fast finds its roots for water only. Fruit and vegetable juices and all-natural juice are acceptable.

Beverages: including but not limited to coffee, carbonated beverages, energy drinks, and alcohol.

All refined and processed food products: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods: including but not limited to potato chips, French fries, corn chips.

All solid fats: including shortening, margarine, lard, and foods high in fat.

Do's

All fruits. These can be fresh, frozen, dried, juiced, 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, and the list goes on. If you are using dried fruits, make sure they do not have added sugar.

All vegetables. These can be fresh, frozen, dried, juiced, 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, but get the version that does not contain egg or cheese.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter without added sugars.

All legumes. These can be canned or dried. Legumes 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 including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water, or other pure waters.

Sweeteners including raw sugar, honey, corn syrups, molasses, pure maple syrup, and cane juice.

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

In honor of church tradition, non-fried fish ONLY will be allowed on Fridays.

Tips for Fasting

1. Do not jeopardize your health.
2. Only do as many days as you feel you can – if you must break your food abstinence substitute refraining from a desired activity (golf, TV, video games, etc.).
3. Pray for strength and focus before you start.
4. Make a list of specific things to include in your prayer.
5. Increase your prayer time, especially in the early mornings when you have the most time to pray and/or can create the most time to pray.
6. Establish a regular quiet time and location to pray.
7. If your flesh weakens pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" – you can encourage each other and pray for each other. This is not a competition or test – there is no failing – trust and pray unto God through this endeavor – follow your heart.
8. Remember Jesus' teaching about fasting – it should be a normal part of a Christian's life and need only to be seen by God. Jesus wants his people to adopt spiritual disciplines for the right reason; not from a selfish desire for praise. Matthew 6:16-18 says: "**Moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting, assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly).**"

Finally, reading Isaiah chapter 58 is highly recommended prior to starting your fast. This chapter will feature fasting that pleases God. Ezra 8 and Nehemiah 1 are other chapters regarding fasting and praying. The Scripture says, "**So we fasted and entreated our God for this,**

and He answered our prayer.” (Ezra 8:23)

Fast begins at 6:00A Morning Manna

Day 1 – Wednesday, March 6th

- **Read** Romans 1:1-17. **Meditate** on Romans 1:16-17
- **Pray** for at least 5 minutes for your spouse, significant other, family or other loved ones. Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest.
- **Engage** in the study of God’s Word via Pastor’s Bible study at 7:00P
- **Maintain** a Prayer Journal/Log of your prayer requests to track Answers/ Updates.

Day 2 – Thursday, March 7th

- **Read** Romans 1:18-32. **Meditate** on Romans 1:18.
- **Pray** for at least 5 minutes. Ask the Lord to help you to be obedient to His Word not to please man but to serve the Lord, doing the will of God from the heart. Pray that God will revive, renew, and refresh our spirits that we will confess our sins, repent, and turn back to Him.
- **Confess** to God the sin that you struggle with the most and ask God to give you strength to overcome it.

Day 3 – Friday, March 8th

- **Read** Romans 2:1-16. **Meditate** on Romans 2:6-7
- **Pray** at least 5 minutes for our local officials (mayor, commissioners, police, fireman, emergency workers, etc.). Pray that children and youth will hear the word of God and accept Jesus as their Savior. Pray for unity in the church and recognition of Jesus as the Lord of your life.
- If you cannot fast from food due to health reasons then fast 6:00 AM – 6:00 PM from a favorite food, dessert, or TV programming.

Day 4 – Saturday, March 9th

- **Read** Romans 2:17-29. **Meditate** on Romans 2:29
- **Pray** for at least 5 minutes

- Christians will seek God's will for their lives
- Christians will be bold witnesses to the lost
- Husbands/men will become spiritual leaders of their homes and communities.
- Pray that Christians would exercise more patience in all areas.
- **Refrain** from making any negative or destructive comments.
- **Share** the Gospel or invite someone to Antioch to hear the Gospel.
- **Get plenty of rest** and get ready for powerful worship services and digging deeper into the Word of God.

Day 5 – Sunday, March 10th

- **Read** Romans 3:1-20. **Meditate** on Romans 3:9-10.
- **Pray** for at least 5 minutes that the sermon is preached with accuracy and clarity. Pray for salvation for those who are lost and encouragement for Believers. Pray that the Ministry staff and leadership team will ask the Lord daily for wisdom and discernment. Pray for the financial stability and increase of generosity in our church.
- **Attend** and participate in Christian Ed and/or Worship services by giving God praise and a generous offering.
- **Reflect** on this day – thank God for the Powerful movement of the Holy Spirit and for answered prayers.
- **Review** the Prayer Journal/Log entry you made on Wednesday and record answers, or wisdom God may have revealed to you.
- **Spiritual** leader of the home, bring the family together prior to bedtime and pray for one another.

Day 6 – Monday, March 11th

- **Read** Romans 3:21-31. **Meditate** on Romans 3:21-26.
- **Pray** for at least 5 minutes that God will bless all Antioch ministries and for salvation for family and friends who are not saved.
- **Reflect** the love of God to friends, family and others met during divine appointments.

Day 7 – Tuesday, March 12th

- **Read** Romans 4:1-12. **Meditate** on Romans 4:1-3.

- **Pray** for at least 5 minutes for deliverance from debt, addictions and for those suffering from injustice such as human trafficking, legal misrepresentation, child abuse, etc. Pray for divine appointment(s) to minister to someone and that Antioch members will seek opportunities to serve.

Day 8 – Wednesday, March 13th

- **Read** Romans 4:13-25. **Meditate** on Romans 4:18-22.
- **Pray** for at least 5 minutes that Christians will invest in their relationships with God and seek God's will for their lives.
- **Engage** in the study of God's Word via Pastor's Bible study at 7:00P

Day 9 – Thursday, March 14th

- **Read** Romans 5:1-11. **Meditate** on Romans 5:1-5.
- **Pray** for at least 5 minutes for spiritual endurance and resiliency. Pray your desire for an eternal perspective and contentment with your current blessings.
- **Confess** to God the sin(s) that you struggle with most and ask God to give you strength to overcome it.
- **Conduct** a random act of kindness.

Day 10 – Friday, March 15th

- **Read** Romans 5:12-21. **Meditate** on Romans 5:18-21.
- **Pray** for at least 5 minutes for spiritual unity in the church and that the enemy will not be allowed to create divisions, strife, or misunderstandings among the church members.

Day 11 – Saturday, March 16th

- **Read** Romans 6:1-14. **Meditate** on Romans 6:12-14.
- **Pray** for at least 5 minutes for spiritual and emotional purity. Pray for courage and boldness for people to let go of things from the past that hinders their walk with God and people.
- **Reflect** on this day and thank God for a mighty movement of the Holy Spirit, for answered prayers and deliverance from spiritual and financial bondage.

Day 12 – Sunday, March 17th

- **Read** Romans 6:15-23. **Meditate** on Romans 6:23.
- **Pray** for at least 5 minutes for someone in need of physical healing.

- **Confess** to God the sin(s) that you struggle with the most and ask God to give you strength to overcome.
- **Ask** God to open your spiritual eyes to see the needs of others.
- **Thank** God in advance for meeting the spiritual, physical, and financial needs of Antioch.
- **Attend** and participate in Christian Ed and/or Worship services by giving God praise and a generous offering.
- **Reflect** on God and His purpose for your life. Be still and know that He is God.

Day 13 – Monday, March 18th

- **Read** Romans 7:1-13. **Meditate** on Romans 7:13.
- **Pray** for at least 5 minutes that God reveals our faults and short comings and that we are willingly transparent with one another to hold us accountable. Also, pray for the country as it relates to racial, economic, and educational equity and equality.
- **Call** and apologize to someone you may have been at odds with and/or forgive someone who may have been at odds with you.

Day 14 – Tuesday, March 19th

- **Read** Romans 7:14-25. **Meditate** on Romans 7:14-20.
- **Pray** for at least 5 minutes that Antioch members are freed from emotional and spiritual bondage and God is glorified.
- **Pray** for peace in the Middle East, Ukraine, and Russia.
- **Ask** God for a breakthrough for a member of the church who is in a storm.
- **Reflect** on an answered prayer – remember that God is all-powerful and that everything belongs to Him.

Day 15 – Wednesday, March 20th

- **Read** Romans 8:1-17. **Meditate** on Romans 8:1-4.
- **Pray** for at least 5 minutes praying for strength to continue to persevere in this 21-day fast. Pray for increased tithers in Antioch, financial discipline, return on investments, and debt reduction and elimination.
- **Read** the Guide to Fasting.
- **Engage** our corporate Prayer and Pastor's Bible Study. If you cannot attend, then pray

whenever you can during the 6:00 PM – 7:00 PM time frame.

Day 16 – Thursday, March 21st

- **Read** Romans 8:18-30. **Meditate** on Romans 8:26-28.
- **Pray** for at least 5 minutes for your co-workers, single parents and your parents reflecting on a positive time you had with them. Thank God for each blessing in your life.
- **Listen** to your favorite Christian song and think about the goodness of God.
- **Hug** a family member or friend and tell them how much you love them.

Day 17 – Friday, March 22nd

- **Read** Romans 8:31-39. **Meditate** on Romans 8:31.
- **Pray** for at least 5 minutes for strength to continue to persevere in spiritual endeavors, breakthroughs and for all Antioch members to commit to serve in at least one ministry.

Day 18 – Saturday, March 23rd

- **Read** Romans 9:1-18. **Meditate** on Romans 9:15.
- **Pray** for at least 5 minutes for singles to seek Godly mates, for missionaries and their families, peace in and safety in our communities. **Pray** for your own power and strength to do God's will.
- **Reflect** on this day – thank God for the mighty movement of the Holy Spirit, for answered prayers and from deliverance from spiritual and financial bondage.

Day 19 – Sunday, March 24th

- **Read** Romans 9:19-33. **Meditate** on Romans 9:21.
- **Pray** for at least 5 minutes that the spirit of the living God moves powerfully during the worship experience, that lost people come to know Christ and saved people are encouraged to live out the Great Commission.
- **Attend** and participate in Christian Ed and/or Worship services by giving God praise and a generous offering.
- **Review** the Prayer Journal/Log entry and record answers or wisdom God may have revealed to you.
- **Reflect** on God and His purpose for your life. Be still and know that He is God.

Day 20 – Monday, March 25th

- **Read** Romans 10:1-21. Meditate on Romans 10:10-13.
- **Pray** for God's limitless power to be unleashed for spiritual, emotional, physical, and financial breakthroughs in ABC.
- **Pray** for spiritual renewal for all those participating in the 21-days of prayer and fasting, and that spiritual gifts are stirred up.
- **Tell** someone your Good News testimony!

Day 21 – Tuesday, March 26th

- **Read** Romans 11:1-36. **Meditate** on Romans 11:33-36.
- **Pray** for at least 5 minutes that God will send a spirit of repentance and revival over the church, our community, and our nation. Pray for healing for the sick.
- **Pray** for at least 5 minutes that you will love God with all your heart, soul, mind, and strength. Pray that God's Spirit will work in your heart with power and that you will strive to always follow biblical principles.
- **Reflect** on an answered prayer – remember that God is all-powerful and that everything belongs to Him. Now ask God for a breakthrough for each ABC member.

Wednesday, March 27th

Fast ends at the conclusion of 6:00A Morning Manna

Start Thanking God Right Now for answered prayers.