

Daniel Fast

Daniel 1:5-20

One of the purposes of the Daniel Fast is to gain a healthier life through healthy eating habits.

Daniel 1:8, ***“Daniel purposed in his heart that he would not defile himself with the portion of the King’s delicacies.”***

Daniel and the three Hebrew children demonstrated that keeping themselves from pagan food made them healthier than the others in the King’s Court, even to the point where the King himself acknowledged it. Daniel was very clear in his objection to the Babylonian diet.

3 Reasons Why He Opposed Eating The King’s Food:

1. _____
2. _____
3. _____

The Daniel Fast is more than a _____ or the _____, it is designed by God for 6 basic reasons:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Daniel’s Fast Causes Increase In 4 Specific Areas:

1. _____
2. _____
3. _____
4. _____

Daniel Fast Prayer

Heavenly Father,

I am beginning to reap in my life the fruit sown during years of neglect and abuse of my body, due to bad eating habits. I would prefer to enjoy good health and a long life. In order to achieve this goal, I recognize the need to repent from the way I have been treating the temple of the Holy Spirit and practice better stewardship in caring for the body You have given me. I sense the Daniel Fast may be an important part of that stewardship. Lord, as I follow Your leading in my life and observe the Daniel Fast, begin the process of healing my body and restoring my health. Make me sensitive to what You want to accomplish in my body, and accept my body as a living sacrifice to You. In Jesus’ name I pray, Amen.

Commitment to 21-Day Daniel Fast

Bible Basis: *“Is this not the fast I have chosen...your healing shall spring forth speedily,”* Isaiah 58:6,8

Aim: To begin the process of healing my body and restoring my health.

Vow: I renew my pledge to honor Him in every area of my life. (1 Cor. 10:31) This includes what food and drink I allow to enter my body. I believe sickness is a result of our first parents’ sin, and I renew my faith in the daily cleansing from sin available through Christ’s blood (1 John 1:7). I believe in Jehovah Rapha, that following His principles will give me health and that He can heal sickness. Therefore, I commit myself to God’s healing/health and will fast and pray for it.

Dates: January 4th - January 24th

Bible Promise: *“The prayer of faith will save the sick, and the Lord will raise him up”* James 5:15

With God being my strength, I commit myself to the 21-Day Daniel Fast for God’s glory.

Signed: _____ Date: _____