

## 21 Day Fast

### Daniel 10:2-3

*I ate **no pleasant bread**, nor did **meat** or **wine** come into my mouth, nor did I anoint myself at all, until three whole weeks were fulfilled. (NJV)*

### Why did Daniel fast for 21 days?

- **Warfare** - spiritual and physical. A message was revealed to Daniel, and he understood what it meant which greatly grieved him. *Daniel 10:1*
- **Mourning the sin of the people of Israel** - Repenting and pleading on Israel's behalf (Daniel's Prayer). *Daniel 9:4-19*
- **Discernment / He sought an answer from YHVH** - He received an answer from Gabriel and was shown a vision. *Daniel 9:20-27*

### Lessons from Daniel 10:

1. Messengers (M'lakhiym / Angels - includes the fallen ones), are not all-powerful, only YHVH is.
2. Just like us mortal men, YHVH doesn't rescue Messengers right away.
3. There are hierarchies (rankings / different classes and levels) among Messengers, and some are more powerful than others.
4. Messengers (M'lakhiym / Angels - includes the fallen ones), have geographical responsibilities (dominions / principalities).

### What did Daniel Abstain from?

- No Pleasant Bread
- No Meat
- No Wine

Daniel 10:4, tells us it was the Aviv, the first month, which would've meant he fasted the first 3 weeks of the month of Aviv. Therefore he fasted in the middle of Passover and Unleavened Bread. This also explains why most Christians today partake in a 21 Day Daniel Fast on January (since they go by the Gregorian Calendar). Daniel 10:3, according to many biblical

scholars makes it sound like he abstained from the festival foods which were eaten during the time of Passover and Unleavened Bread. Meat and wine traditionally were mostly eaten during times of feasting. While leavened bread which was considered preferable to unleavened bread was eaten at any time of the year.

Most today describe a 21 Day Daniel Fast as the fast mentioned in Daniel 1:12, 15. But that fast was a separate "10 Day Fast" which clearly stated they only ate "vegetables and water", which doesn't explain why today many include other ingredients like fruits, grains or nuts, etc... Many translations, translate "no pleasant bread" for "no pleasant food". With that being said, you'll have to make your conclusions as to whether it means "unpleasant bread" or "no desirable food". Either way, fasts are not meant to be pleasant. They symbolize the afflicting of our souls. Unleavened bread or carbs, fruit, grains and nuts, juices, coffee or tea, can also be quite pleasant, desirable and filling. So if eating such things is still desirable to you, then it would probably be best to refrain from including them in your 21 day fast.