**The Daniel Fast: 21 Days to the Heart of God**

Today We as a church have begun a new adventure; the adventure of the Daniel Fast.  It’s a 21-day partial fast.  I like to call it a 21-day journey to the heart of God!

You might be asking yourself, what is the Daniel Fast?  Great question!

In Daniel 1:12 we read “Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.” (KJV)

Then in Daniel 10:2-3, we read, “At that time I, Daniel, mourned for three weeks.  I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”

Ok, it’s Bible lesson time!  I like the KJV translation of Daniel 1:12 because it uses the word pulse (in other translations you will see the word vegetables).  Now, the Hebrew for pulse is *zerason* {zay-raw-ohn'}; from zara something sown.  Susan Gregory says in her book, *The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body,*“**Pulse was food that originated from the seed, including legumes and fruit.”**  Various commentators also agree on this point. For example, Matthew Henry’s Commentary says concerning the meaning, “During that time let us have nothing but *pulse to eat,* nothing but herbs and fruits, or parched peas or lentils, and nothing but *water to drink…”*

**So, basically, this means, we can eat vegetables, fruit, nuts, beans, and different types of grains (brown rice, oatmeal, quinoa, and whole wheat chapatti, etc.)** Now concerning Daniel 10:3 “choice food” the Hebrew word here is*lechem*{lekh'-em}: bread, food**.  So, from this, we denote that Daniel didn’t eat any bread**.  Matthew Henry also notes “During the days of Daniel’s mourning he *ate no pleasant bread…”***Nor did he eat meat or drink wine, so on the Daniel Fast the only beverage is water.**

For 21 days we restrict ourselves to a strict vegan diet**.  No dairy, no sugars, no bread, no animal products but instead we eat whole foods, no chemicals, no man-made stuff**; **with the hope that in our fast we would draw closer to the heart of the Father.**

Sure, we restrict ourselves in what we eat, but we do it with great hope and expectation for God to move.  Yes, it’s going to be difficult at times.  I love cheese, I love bread, and I love myself a nice tall cool glass of iced tea, but I love Jesus and *you* more.  I want *you* to know Him and His Love.

So, as we enter into this fast this is my prayer:

Lord Jesus may our only focus be on You, not food, but on getting to know You more and being a vessel of your Love to this world. Let us have faith in Your Word where you declare that we should Seek first your Kingdom and all of its righteousness then would all other requests within Your will be added unto us. In Jesus Name. Amen!

I’ve asked the Lord for some focus in this fast, I believe God's instruction is for us to **Persevere- Philippians 3:7-14**

**7But what things were gain to me, those I counted loss for Christ.**

**8Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ,**

**9And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:**

**10That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;**

**11If by any means I might attain unto the resurrection of the dead.**

**12Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.**

**13Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,**

**14I press toward the mark for the prize of the high calling of God in Christ Jesus.**

, knowing that God and His Word are very near to me.  So, this will be the passage I will be meditating on over these next 21 days.

**Fasting is a very powerful tool in a spiritual arsenal against the Devil and his foes.  In fasting, we empty ourselves so we may be filled to the fullness of God in Christ. We need this, I know I do.  We get so consumed with ourselves that we leave no room for the grace and mercy of Jesus Christ.  Being emptied is a beautiful thing friend, because what we get in return is pure hope, peace, joy, and freedom like our hearts have never known.**