



DANIEL FAST
GROWING DEEPER IN GOD

JANUARY 23 - FEBRUARY 12 2012

**Information for this booklet is taken from
Susan Gregory's website www.daniel-fast.com**

Susan's website is a great resource for
recipes and support.

DEAR CHURCH,

Welcome to 2012!

In November of last year we journeyed together through a teaching series called 'FAST- 21 Days to Breakthrough'. Many of you stepped out and wrote down what you are going to fast FROM and what you are going to fast FOR this year. These cards are a reminder of what we are believing God for as a church and as individuals. The expectation is GREAT! Check them out on the back wall of the church next Sunday. If you missed the FAST series you can download the podcast from itunes or listen to it on our website <http://ccclive.tv/messages.html>

I want to encourage you to join me this year for 21 Days of Prayer and Fasting. We will begin our Daniel Fast on January 23rd. The purpose of this fast is to align ourselves with what God wants to accomplish IN and THROUGH us in 2012 both personally and as a church body. By denying ourselves the 'Kings food' for a season we will have a greater hunger for God and His presence in our lives.

Be sure to let us know that you're fasting with us so that we can include you in on the encouraging emails and add you to the Daniel Fast Facebook group where we will share the great things that God is doing. You can 'register' for the fast by signing up on the FAST table at the back of our auditorium or email events@ccclive.tv.

I have many testimonies of how God has met me personally during times of dedicated prayer and fasting. They remain 'defining moments' in my walk with Him. If you have never fasted before you may find the concept daunting, but let me assure you, the Daniel Fast is gentle and POSSIBLE for everyone. With the support of your CCCLIVE.TV church family around you for this season you can have an expectation that you will experience God like you never have before.

Let's step out together and see what God can do in and through us in 2012!

**Bless ya heaps,
Ps Kev & Anne**





THE DANIEL FAST...

... is a powerful spiritual experience to help followers of Jesus Christ develop a more intimate relationship with their Lord, seek answers to prayer, and grow in the love and knowledge of the Saviour.

Fasting, when coupled with prayer, serves as a powerful vehicle to draw closer to God. This is a God-designed discipline to enable the Creator's people to enter into a focused time of seeking the Father and His wisdom, intervention and direction.



WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

- 1. Only fruits and vegetables**
- 2. Only water for a beverage**

Then in Daniel 10 we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days.

So from this scripture, we get a third guideline:

- 3. No sweeteners and no breads**

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

THE DANIEL FAST FOR THE BODY, SOUL AND SPIRIT

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

THE BODY

Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

THE SOUL

Frequently referred to as “the flesh” in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the “soulish realm” where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

THE SPIRIT

Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation.

FAST WITH A PURPOSE

Before you begin, decide on the purpose of your fast. Otherwise, without a purpose, you will be merely dieting. So prayerfully consider the focus of your fast. For example, what is your greatest need at this time in your life? Do you want to learn to trust God in a deeper and more consistent manner? Could your marriage be stronger? Do you have financial pressures? Do you have family members who don't yet know the Lord or have walked away from the Christian life?

Invest some quality prayer time and decide on a purpose for your fast. Then make a plan for your prayer and study time. Gather books and study materials to help feed your spirit and guide your quiet time. Most men and women on the Daniel Fast find it helpful to journal during their consecrated time of prayer and fasting. Write expecting the Holy Spirit to partner with you as you seek a greater level of intimacy with your Father.

HOW TO PREPARE FOR THE DANIEL FAST

You will experience a more successful fast if you spend some time preparing for your time of focused prayer and fasting.

QUIET TIME If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. As my Ellensburg Foursquare Church Pastor David Saltzman says, "I've found it best to start my day with the Lord. So every day I wake up, brush my teeth and then I meet with God." Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

PREPARE YOUR BODY It's a wise move to prepare your body for the fast by easing off sugar, caffeine and chemicals before your first day of fasting. Otherwise, you may experience physical detox symptoms of headaches, cramping and fatigue. Start to drink at least 1/2 gallon of filtered water each day.

HOW TO CONCLUDE YOUR DANIEL FAST

Just as you prepared to start your Daniel Fast, you will want to plan for the conclusion of your fast.

Changing the way you eat: If you have been on an extended fast of 10 or more days, your physical body has enjoyed healthy and easily digestible foods. Most people realize increased energy and better health during their fast.

Reintroduce caffeine, sugar, dairy products, deep fried foods and meat slowly to keep your body from rebelling and bringing you discomfort. Small portions are better and adding no more than one type of food each day will give your body a chance to get used to the change.

KEEP THE GEMS OF THE FAST

Most likely, you have gained many powerful lessons about your health and spiritual life. Carry these positive changes into your everyday life. If you have created a habit of meeting with the Lord each morning, then continue that practice.

If you have gained understanding about healthy eating habits or broken addictions to specific foods, then continue with those good practices.

Let the lessons you learned during your Daniel Fast continue to bring more health to your body, soul and spirit all year long.



FASTING IS ALWAYS ABOUT FOOD

You've probably heard people make a statement like this, "I'm not going to fast food, I'm going to fast television instead."

The truth is that fasting is always about restricting food for a spiritual purpose. The Hebrew word for fast means "to cover the mouth." And the Greek word for fast means "to abstain from food." So fasting is always about restricting food and you cannot realize the supernatural benefits of fasting without restricting food.

Think about going to golf club and walking all 18 holes of the course, but you never hit a ball. Did you golf? No, you had a nice walk, but you were not golfing. Similarly, you can abstain from television, computer games or some other activity, but you were not fasting.

If you want to fulfill the ways of our faith by prayer and fasting, then you will need to restrict food from your body. Abstaining from other habits may be a good thing to do, but fasting is always about food.

WHAT IF YOU HAVE HEALTH ISSUES?

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke doesn't count as a special need!



AN IMPORTANT QUESTION TO ASK YOURSELF . . .

During your Daniel Fast you will have many times when you might want to “stretch the rules” a little bit. For example, even though the guidelines say we are to drink only water . . . you conclude that herbal teas are vegetables and water is water and therefore you will go ahead and drink herbal teas during the Daniel Fast.

But I encourage you to learn a powerful spiritual lesson by asking yourself (examining your heart) the question, “Why do you want the herbal teas?”

My guess is that the answer will be, “Well I just want them. I can’t drink only water. I have to have something else.”

The Daniel Fast teaches us to deny our “selves” and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is to deny food for a spiritual purpose.



LEARN WHAT FOODS
YOU CAN INCLUDE IN
THE DANIEL FAST >

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

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.

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, scallions, spinach, sprouts, squashes, swedes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini. Veggie burgers are an option if you are not allergic to soy.

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.

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, cannelloni 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.

OTHER FOODS. Tofu, soy products, vinegar, seasonings, salt, herbs and spices.



FOODS TO AVOID WHILE ON THE DANIEL FAST

ALL MEAT AND ANIMAL PRODUCTS. Including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS. Including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS. Including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD. Including Ezekiel Bread (it contains yeast and honey) and baked goods.

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.

BEVERAGES. Including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.



WHAT IS THE DANIEL FAST? It's a biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.

WHY ARE FRUITS AND GRAINS ALLOWED WHEN THE BIBLE SAYS DANIEL ATE ONLY VEGETABLES AND DRANK WATER? The early translations (including KJV) use the word pulse instead of vegetables. That word is rightly translated as "foods grown from seed." Therefore, the Daniel Fast includes fruits, vegetables and whole grains.

CAN I TAKE MEDICATIONS DURING THE DANIEL FAST? If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.

ARE SUPPLEMENTS OKAY TO TAKE DURING THE DANIEL FAST? Yes, but read the label to make sure they are of good quality and that the ingredients comply with the Daniel Fast Guidelines.

WHY CAN'T I HAVE HERBAL TEA ON THE DANIEL FAST? This is a common question! The reason that no tea is allowed is because the only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only vegetable and drank only water.

CAN I HAVE HONEY ON THE DANIEL FAST? IT'S NATURAL WITH NO PRESERVATIVES. No sweeteners are allowed on the Daniel Fast. This is based on Daniel's fast recorded in Daniel 10 where he ate no meat and consumed no precious foods. So even though honey is natural and free of chemicals, it would be considered a "precious food" and therefore not allowed during the Daniel Fast.

I AM PREGNANT, CAN I STILL ENGAGE IN THE DANIEL FAST? First, you will want to contact your doctor and explain that the Daniel Fast is a vegan diet with additional restrictions (leavened breads, caffeine, alcohol, sweeteners and chemicals). Generally, pregnant and nursing mothers follow the Daniel Fast guidelines, but add enough chicken or fish to meet the additional protein demands.

WHAT ABOUT MARITAL RELATIONS DURING THE DANIEL FAST? The Bible does speak of husbands and wives abstaining from sexual relations during fasts. However, this is to be a mutual agreement by both the husband and wife. Many couples do refrain from sex while fasting and find their relationship strengthened as they intentionally express love for one another in other ways. So, abstaining from sex during the Daniel Fast is not required, however it is an opportunity to experience growth in your marriage and in your relationship with the Lord.

If you have any other questions please visit
www.danel-fast.com or email info@ccclive.tv

ARE THERE EVER SITUATIONS WHEN I SHOULD “PAUSE” FROM THE FAST?

Yes, there are times when it would be appropriate to briefly pause from the fast, but do so after consulting with the Holy Spirit. For example, last year when I was fasting I visited my son and his wife who live about 120 miles from me. My son is adopted from Ethiopia and three years ago he returned to Ethiopia and while there married a lovely woman. They now live in Seattle. During my visit, she had prepared a very special Ethiopian meal for me (parents are very honored in Ethiopia) with lamb. I quickly consulted the Holy Spirit who showed me the way of love for her would be for me to pause my fast. She followed the meal with an Ethiopian Coffee Ceremony, again an act of honor toward me. I felt the freedom to engage in both the meal and coffee ceremony and then returned to my fast the next day. It was the loving thing to do.

HOW MUCH FOOD CAN I HAVE ON THE DANIEL FAST? The Scriptures don't really state an amount of food that can be consumed. However, I do encourage people to keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

CAN I EAT FOOD DURING THE DAYLIGHT HOURS? Many fasts begin at sunrise and end at sunset. However, the Daniel Fast does not require this modification to our eating patterns. If you choose to add this step to your fast, then that would still be okay, but it is not a required step for the Daniel Fast.

HOW DO YOU KNOW WHAT DANIEL REALLY ATE? I don't! That's why the fast is based on the fasting experiences recorded in Daniel 1 and Daniel 10. If you want to “eat as Daniel ate,” then I encourage to research what that could have been. But my guess is that you will soon realize that you can't be sure. That's why the fast is only based and modeled after Daniel 1, Daniel 10 and typical Jewish fasting principles.

CAN I HAVE (FILL IN THE BLANK)? You can have all foods that include ingredients that comply with the Daniel Fast approved food lists. **READ THE LABEL** on any prepared or packaged foods to make sure all of the ingredients comply. Even foods marked as “natural” may still contain sweetener or other foods that are not allowed on the fast.

WHAT FOODS CAN I EAT STRAIGHT FROM THE GROCERY STORE? You will quickly learn that most of the prepared foods found in grocery stores include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. That's why most meals are made from scratch and the reason I've written two eCookbooks and included a cookbook in the new paperback edition.

WHAT IF I WANT TO DO THE DANIEL FAST FOR DIETARY REASONS AND NOT SPIRITUAL PURPOSES? The definition of fasting is to restrict food for a spiritual purpose. Using the Daniel Fast eating plan for strictly health purposes would be a Daniel Diet rather than a fast. Many people do use the Daniel Fast eating plan to improve their health and for weight loss.

PRAYERS AND POWERFUL SCRIPTURES FOR YOUR DANIEL FAST

When you begin your fast, you will enter into what can be a life-changing, faith-developing and future-altering experience. The more we allow the Word of God to soak into our hearts, the more we can be transformed into all God enables us to be because of His grace through Jesus Christ. If you have accepted Jesus as your Lord, you are adopted by the Father and a child of the Most High God. As His child, He wants to shower you with love, blessings and care. He also wants you to be a fine representative in the “family business” of sharing His message of love and forgiveness to all who don’t yet know His Son.

My hope for you is that you will use these prayers as models for you so you can pray to your Father from your heart. He loves you so very much. He wants the very best for you. And He wants to develop an ever-growing and wonderfully intimate relationship with you. Open your heart . . . He is there to meet you.

PRAYER FOR DANIEL FAST PREPARATION

Father, I want to draw closer to You. I want to know You and experience You. In a few days I will start the Daniel Fast. I ask now that You open my heart. Prepare me. Show me the things You want me to see about myself by the power of Your Holy Spirit living inside of me. Teach me more about You and Your Word. Help me see Your wisdom, Your grace, and Your purpose for my life. I look forward with great expectation to draw closer to you over this time of prayer and fasting. Amen.

PRAYER OF DEDICATION

Father, I am starting the Daniel Fast today and dedicate this time to You. Your Word says that if I will draw near to You, that You will in turn draw near to me. Father, I want to experience You. I want to increase in my relationship with You. I want to learn more about how I can delight in You and submit to You more than ever. I want You to be Lord over all my life. I thank You for bringing me to this very moment . . . and I look forward to being with You each and every day during this consecrated fasting time. Amen.

PRAYER FOR CHALLENGING TIMES

Father, I am really struggling right now. My flesh is raging and really wants to have its own way. I thank You that I can come to You just as I am and open my heart to Your grace. I'm thankful that Jesus knows all about challenges and that there is nothing that I face that doesn't have an answer from You. I thank You that You hear my prayers and that Your Holy Spirit lives inside of me. Today, I choose to walk in Your ways. I want to continue the fast. I don't want to give into my flesh. Instead, I want to learn from this experience and use it to develop my faith. *"I can do all things through Christ who strengthens me."* Philippians 4:13 My spirit knows that is the truth. And I am putting my spirit in charge and telling my flesh to sit down. Thank You for the power in your Living Word. Amen

PRAYER OF THANKSGIVING

Father, I praise You for all that You've shown to me during this time of prayer and fasting. Thank You for Your love and Your amazing grace. Thank You for guiding me to the Way, the Truth and the Life that is in Jesus. Thank you for the gentle conviction of the Holy Spirit and pointing out to me the areas that are not aligned with Your Word and that I need to work on and change. Thank You for showing me Your love, Your care and Your blessings. My hope is to incorporate into my life the lessons I learn on this fast – all of which can make me stronger, more loving and more like Jesus. I praise You for Your love and grace. Amen.

DAILY SCRIPTURE MEDITATIONS

Meditating on the Word of God helps us get His truth into our thinking, which is essential for a life of faith. His Word teaches us, *"As a man thinks in his heart, so is he."* Proverbs 23:7 It's important for the Word to "get into us" so we can be transformed and know the perfect will of God.

The passages on the following pages are to provide you with "meat to chew on." Don't just read the sentences and leave the words sitting on the page. Instead, meditating means thinking deeply about the truth embodied in the Living Word of God. Open your heart to the Lord, *"Examine me, O LORD, and prove me; try my mind and my heart."* Psalm 26:2 Ask the Holy Spirit to show you how you can be molded into the mature and loving form your Father created you to be.

Read the passages from your Bible, but for the greatest impact, read the full chapter. As you read the passages try to imagine the scene and all that was going on. Put yourself in the situation as an observer. Consider the emotions and the reactions of those in the story.

You might also want to journal about each of the passages. I am regularly surprised by the revelations I receive when I write about the truth in God's Word. If you were to teach others about what the passage means for their lives, what would you say? Consider taking that approach and write your response. Then be sure to ask the question, "What does this mean for me and my life? What is God saying to me through His Word?"

Finally, consider putting your name before each of the verses, as if the author was writing them to you! Allow the Holy Spirit to work in your heart to bring the truth of God's Word into your life.

MEDITATE ON THESE THINGS

- 1** *For God so loved _____ that He gave His only begotten Son, that since _____ believes in Him _____ should not perish but have everlasting life. John 3:16.*

Insert your name into the first blank and then add he or she into the other two blanks. Read the words slowly as if Jesus is saying it directly to you (which He is).

- 2** *And he commanded certain mighty men of valor who were in his army to bind Shadrach, Meshach, and Abed-Nego, and cast them into the burning fiery furnace. Daniel 3:20*

Read Daniel 3 –focus on the deeply established faith of Shadrach, Meshach, and Abed-Nego. Their trust in God was so sure that they knew He would save them. But still the king's men bound them and threw them into the fiery furnace. But then something happened . . .

As you think about this story, when did the Hebrew men become free? Was it when they walked out of the furnace? Or was it when they were still surrounded by flames? How does this story apply to your life when you experience troubling circumstances?

- 3** *So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit. John 19:30*

What was finished? What did Christ gain for all who want to make Him Lord when He sacrificed Himself on the cross? Does He need to die again whenever someone wants eternal life? Does He have to die again when someone needs healing? Does He have to die again to meet the needs of the poor? Does He have to die again to fulfill the promises of God?

- 4** *[Jesus] bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed. 1 Peter 2:24*
According to this verse when did Jesus become our Healer? When did He decide to heal all our ailments? How many times did Jesus deny people who asked to be healed? How many times did He weigh the individual's goodness before He healed them? Read these verses: Luke 4:49, John 5:1-15
- 5** *Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ. Ephesians 1:3*
What are "spiritual blessings?" Are they gifts from God that we can't see now, but will have when we meet Him in heaven? Or is "spiritual blessing" identifying the location of the source . . . and the blessing, power and benefit will be manifested on earth? Consider this verse from both perspectives along with other Scriptures about the character of God and His promises.
- 6** *For by grace you have been saved through faith, and that not of yourselves; it is the gift of God. Ephesians 2:8*
Through Jesus' sacrifice on the cross, God has given us everything we need in our lives here and when we leave this earth and live in eternity with Him. He gives it to us by His grace – a gift we can receive because He gave His only Son. But then we need to do our part of the equation. It is our faith that allows us to receive all that God has provided for us through His grace. This is the Kingdom of God. Read Mark 5:24-34 ~ did Jesus decide to heal her? What made her well?
- 7** *And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 2 Corinthians 9:8*
"God is able," can be looked at in a couple ways. Many people say, "Yes, I believe God is able, but will He do it for me?" But those who understand the work of Christ on the cross and our adoption through faith say, "My God can do all things and provide more than enough to meet my needs so I can be His hands and meet the needs of others." Consider all the parts of this passage and checkout what you believe.
- 8** *He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. Psalm 91:1*
To dwell means to inhabit – to take up residence. It is an action verb and it's our action that is required to realize God promises. When we take up residence with God by activating our faith and trusting in His Word, then we have all the benefits He's provided.

9 Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. Daniel 10:12

Read Daniel 10 to understand this scene. Then focus on what God's angel said to Daniel in this verse. When were Daniel's requests heard? When did God discharge His workers? Why the delay? And what does that mean about your prayers to your Father? Read Philippians 4:6 and Mark 11:24

10 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 1 Corinthians 6:19

During the Daniel Fast, we eat only foods that are good for our bodies – no junk food, processed foods or chemicals. What does this verse say to you about the way you care for your body when you're not fasting? Is the Holy Spirit calling for adjustments?

11 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. Romans 12:1

Read this scripture through slowly and thoughtfully. What is it saying to you? Do you sense the Lord speaking to you . . . inviting you into a deeper and more profound relationship with Him.

12 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God. Romans 12:2

God's ways are not the world's ways. Yet, our thinking has been trained under the world system. When we accept Christ, our spirit is born-again and becomes a new creation in Him. However, our mind still needs to be renewed by learning God's ways and adopting them as our own. What does this mean for you and the matters in your life? What does God say? What does the ruler of this world say? And what do you say?

13 For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls. 1 Peter 2:25

Have you ever thought about Jesus being the Overseer of your life? Just as a top-notch shepherd cares for his sheep and only wants the very best for each and every one . . . Jesus cares for you. Let this truth soak into your heart. Receive the love and great care He has for you – a precious member of His flock.

14 *He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him. John 14:21*

Do you long for Jesus to “show up” in your life? Do you want to hear from Him and experience His presence? He tells us how to be in that kind of relationship with Him in this passage. Having Christ’s commandments means knowing what they are and understanding them. That calls us to study God’s Word and meditate on the Scriptures. While God loves all those in the world, the love Jesus talks about here is the kind of special and deep love a father has for a child. While the man may love all people, he has a different kind of love for his children. God is the same way . . .

15 *The LORD will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the LORD your God is giving you. Deuteronomy 28:8*

When God said, “Let there be light,” light was! The universe obeys the commands of God. Thinking about the power God invoked when He commanded creation, what does this verse say about what He will do for you? Read Deuteronomy 28:1-14 and learn of God’s blessing to His people and what we must do to receive all He wants to give us.

16 *I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live. Deuteronomy 30:19*

Every day we are faced with choices. We can choose God’s way or the world’s way! As we transform our thinking and grow in the Lord, we want our ways to be His ways. We learn His ways by studying His Word, spending time with Him and learning from men and women who teach from the Bible. God will not force us to think one way or the other . . . but instead the choice is ours.

17 *For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Romans 8:5-6*

Jesus teaches in John 17 that we are in this world but not of it. We are citizens in a different kingdom – the Kingdom of God. We choose to live according to the flesh and this world. Or to live by the Spirit and Kingdom of God principles. Read Ephesians 2:19 and Philippians 3:20.

18 *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8*

While we may not be able to control every thought that enters our mind, we certainly can control what we allow to remain there. The Scripture is clear about what we should think about. Read Proverbs 23:7, 2 Corinthians 10:4-6.

19 *Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue. 2 Peter 1:2-3*

We are called to know God by who He defines Himself to be . . . rather than who tradition or erroneous teachings say He is. That's another reason to study His Word. Then as we get to know who He is, we can begin to understand (fully grasp) how He operates. Read Proverbs 4:7; Psalm 25:4-5; John 17:3

20 *But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. 2 Peter 1:5-8*

During your time of prayer and fasting, you have experienced many insights and revelations. The lessons you have learned are all valuable. And while your fast will conclude, you'll want to carry those lessons forward and incorporate them into your daily life. Take a few minutes and think about what you have learned over the last few weeks and what you want to remain.

21 *I will say of the LORD, "He is my refuge and my fortress; my God, in Him I will trust." Psalm 91:2*

My hope for you is that your period of prayer and fasting was a time of great growth in the Lord and that you received many answers to prayers, along with revelation on spiritual matters. Take some time and make a list of what you are thankful for about your fast and all the Lord showed you during this time. Then, open your heart to your Father and thank Him for all the good He has accomplished in your life!



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