



International Harvest Christian Fellowship

Cultivated to Grow & Empowered to Go

21- Day Daniel Fast

Guide & Prayer Journal

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Introduction

Congratulations,

You have made a commitment to participate in the IHCF Daniel Fast. This 21-day fast will begin and end at 6 AM on the appointed dates in January. Corporate prayer will be held at our regularly scheduled times on Sundays at 9AM and Mondays and Wednesdays at 6PM.

The Daniel fast is a great model to follow and is one of the most common types of fasts. It proves to be extremely effective for spiritual focus, discipline and purification for the body and soul. In the book of Daniel, we find that Daniel fasted two different times (Daniel 1 and 10). Daniel 1 states that he ate vegetables and water, and in Daniel 10, he ate no rich or choice foods, including meat or wine.

The menu for the Daniel Fast includes fruits and vegetables. Some starchy foods and dairy can be substituted (this depends on the individual and his or her convictions). We encourage you to seek the Lord's guidance and follow the leading of the Holy Spirit.

Please visit: www.daniel-fast.com, for additional Daniel Fast resources.



Greetings Beloved,

Pastor Brenda and I are excited that you have decided to join us in our 21-day Daniel Fast. The Lord Jesus Christ emphasizes in several locations throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but when you fast (Matthew 6:16-18 & 9:14-15)! The scriptures record many instances where people fasted; and a season of growth and spiritual blessings always followed.

As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity and focus will sharpen. We are excited to see what God will do in you and through you; as well as our corporate body.

Over the next 21 days, we will come together as a church family to seek God and prepare ourselves for what He has in store for us this year! Please note, if you happen to fail, don't be discouraged or feel condemned. Get back on track and keep going – remember, His mercies are new every morning. He will give you grace and strength to keep moving, so don't quit!

Please take the time to read this packet for additional Daniel Fast information.

We look forward to God meeting us together as we journey to another level in Him.

Bishop Ernest & Pastor Brenda Carradine

Prayer and Fasting 101:

Fasting without prayer is a diet and does not manifest any supernatural benefits. We must fast and pray!

Why Pray?

Prayer is a two-way modem for communicating with God. Prayer is not just talking to God but it is also listening to hear what He has to say. Our primary goal in prayer should be to know Jesus and to experience Him. When you pray, surrender totally to Him and tell Him about your desire to glorify Him. Focus on who He is, His character, love, goodness, and greatness.

Make a commitment to communicate with God DAILY by scheduling time to spend with Him.

If you don't plan to pray, you won't. Find worship music to listen to – this will help set an atmosphere for entering into the presence of the Lord.

Jeremiah 33:3 NIV, “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

Why Fast?

The **purpose** and goal of fasting is to strengthen you spiritually, mentally and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith.

Fasting will help you increase your ability to deny the flesh. Over the next 21 days, be diligent in your study and meditation of God's Word. Our objective is to focus our attention on seeking God's direction for our lives. Through fasting and prayer, the Holy Spirit can transform your life!

Preparing to Fast

Isaiah 58:3-6 NIV, “Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”

Before you begin a fast, it is important that you prepare yourself. Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not attempt to fast without (specific) physical preparation. If you take prescription medication or have a chronic condition, please consult your physician first.

Before the fast begins, prepare your body by eating smaller meals. Avoid high-fat and sugary foods. Eat raw fruits and vegetables two days prior to starting the fast. Depending upon the type of fast you choose, you may even need to gather a few recipes for meal preparation.

Remember when Jesus went on His 40-day fast? He went by Himself out into the wilderness. Consequently, you too may need to modify your daily habits or routines. Many people are able to fast and function fine without much fatigue; bless God if this is you. However, if not, exercise wisdom during this 21-day period and make adjustments as necessary.

Throughout your fast, you may feel somewhat weaker than normal; especially during the first few days. In fact, you may feel very tired, irritable or fatigued. To maintain your health and morale, it would be a good idea to lighten your workload and cut down on strenuous exercise.

Here are some steps you should take to ensure your fast is effective.

Step 1: Why Are You Fasting?

What is the purpose of your fast? What are expecting God to do during this fast? Is it for spiritual direction? Healing? Discipline? Ask the Holy Spirit to lead you as you determine your personal reason for fasting.

We are all at different places in our walk with God, so start where **you** are! We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God.

“Moreover, when we fast, be not, as the hypocrites, of a sad countenance: For they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward.” (Matthew 6:16).

Step 2: Make Your Commitment

Make your commitment to the Lord after giving consideration and thought to a few key areas such as:

- Corporately, we are encouraging our members to do the Daniel Fast together; however, if you have any condition that prohibits you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, technology, etc.) and fast in that manner for the next 21 days. Parents consider this option for your children. Remember, the details are not as important as the attitude from which you participate.
- What changes will you need to make to your daily schedule? I.E. a modification to your exercise routines, sporting events, etc. When fasting, your energy levels will be different, so you may need to adjust your schedule during the fast.
- How much time do I need to devote to prayer and study of God’s Word? Set a start and end time for prayer, reading, meditating and studying the Word.

Step 3: Prepare Yourself Spiritually

Spiritual preparation is essential for a successful fast. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Begin to prepare yourself spiritually by meditating on the following in your heart:

- Remember that God is your Father. He loves you and is for you.
- Confess every sin that the Holy Spirit brings to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 1:25, Luke 11:4, Luke 17: 3-4).
- Ask God to fill you with His Holy Spirit according to His Word in Ephesians 5:18 and His promise in John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to blend in with the world (Romans 12:1-2).
- Meditate on the Word of God particularly concerning the character of God, His love, sovereignty, power, wisdom, faithfulness, grace and compassion (Psalm 48:9-10, Psalm 103:1-8, Psalm 103:11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Be prepared for spiritual opposition, the enemy will come to attack and test your commitment (Galatians 5:16-17).

What to eat on the Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat.

**Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.*

Foods to Eat:

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruit: Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams, Zucchini

- Seeds, Nuts, Sprouts
- Liquids: Water, Unsweetened Soy Milk, Herbal Tea, Natural Fruit Juice (no added sugar)

If you have young children or students, you may want to consider adding turkey, chicken or fish to the approved list of foods.

Foods to Avoid:

- Meat, Poultry, Fish
- White Rice, Fried Foods
- Carbonated Beverages
- Foods containing preservatives or additives
- Refined sugar or sugar substitutes
- White flour
- Margarine, shortening, high fat products
- All breads
- Dairy (milk, butter, cheese, yogurt, etc.)
- Junk foods
- Sweets

Fasting While Nursing or Pregnant

If you are pregnant or nursing but would like to participate in the 21-day fast, here are some options you may want to consider. First, obtain the approval of your physician. Then consider the following:

- A modified Daniel Fast including whole grain, legumes, whey protein, calcium and other iron supplements
- Fasting sweets and desserts
- Fasting red meat
- Fasting certain pleasurable activities (television shows, movies, social media, video games, etc.)

You can still participate in the fast without causing harm or injury to yourself or your baby; as your first priority is the health and development of your baby.

Ending your Fast The way you end your fast is extremely important to your physical and spiritual well-being. When the fast is over, gradually resume your previous diet. A greasy cheeseburger for example would not be the best food selection. Your digestive track has slowed down tremendously and heavy, fatty, sugary foods will cause nausea, pain and overall discomfort. Here are some tips to help end the fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Raw salad
 - Second day: Baked or broiled potato, no butter or seasoning
 - Third day: Steamed vegetables

An important ingredient – Studying God’s Word

It is important that we spend time studying God’s Word. The Bible is the inspired Word of God. It is important to mediate, memorize and apply the Word on an everyday basis.

Why study God’s Word?

- Because the Word when spoken has the power to run the enemy away (Matthew 4:1-11).
- Because the Word when applied will keep us from sin (Psalm 119:11).
- Because the Word when practiced will guide and instruct us in the ways of God (Psalm 119:105).
- Because the Word when received in our hearts will help us develop knowledge and understanding of God’s character (Timothy 2:15).
- Because the Word when obeyed will disciple us in the Lord’s principles, so we begin to look more and more like Jesus (2 Timothy 3:16-17).
- Because the Word when meditated upon will cause us to prosper and have good success (Joshua 1:18)

Daniel Fast prayer and meditation scriptures

Day 1

- **Pray for the unification of the church and the manifestation of God's glory.**
- **Pray that everyone that participates in the fast will seek the Lord as a unified body (John 17:20 – 23).**

Day 2

- **Pray for spiritual growth in the lives of the members. Pray that we would all develop in the love of God (Matthew 22:37 – 40, Philippians 1:9 -11, Corinthians 13).**
- **Pray that we all bear fruit (Galatians 5:22 – 23, Colossians 1:9-11).**
- **Pray for believers to develop into mature disciples (Matthew 28:19 -21, Matthew 10:7-8).**
- **Pray that we be delivered from strongholds (Mark 9:14-29).**

Day 3

- **Pray for the fivefold ministry (Ephesians 4:8 - 11).**
- **Pray for wisdom/knowledge and understanding for our pastors (Colossians 1:9).**
- **Pray that the leadership in our local church walk together in unity; sharing the vision of our pastors (Numbers 11, 16-17).**

Day 4

- **Pray for unsaved loved ones (Acts 16:31).**
- **Pray for our nation (Psalm 33:12, Exodus 19:5-6).**
- **Pray for divine protection (Psalm 91, Psalm 3, Isaiah 54:17, Isaiah 58:8).**

Day 5

- **Pray for God's favor to be released (Psalm 102:13, Psalm 5:12, Psalm 30:5, Psalm 41:11).**

Day 6

- **Pray for the manifestation of God's glory to be revealed (2 Corinthians 3:18, 1 John 4:17, Colossians 1:27).**
- **Pray for godly families (Genesis 18:18 – 19).**
- **Pray for godly marriages and broken marriages to be healed (Ephesians 5:22 – 33).**

- **Pray for children to love and follow the Lord. Pray that children will obey their parents (Acts 16:31, Ephesians 6:1-3).**

Day 7

- **Pray for wise financial stewardship (2 Corinthians 9:8, Deuteronomy 8:18).**
- **Pray for Kingdom business to be established (Deuteronomy 28:8, Daniel 6:2-3).**
- **Pray for sufficient resources for the church, our families, and businesses (Philippians 4:19).**
- **Pray for economic empowerment.**

Day 8

- **Pray for clear opportunities to share the Gospel with others (Colossians 1:9-27). Pray for courage when inviting others to attend church with you (Philemon 6).**

Day 9

- **Pray for that the vision and purpose of the ministry will come to pass (Habakkuk 2:2-3) and the people began to duplicate Christ's character (Acts 11:26).**
- **Pray for God to give us special favor in our communities as we reach out to those that need salvation (Psalm 84:11).**

Day 10

- **Pray for believers to increase their prayer life (Luke 18:1).**
- **Pray for all to obtain the strength to remain focused on their commitment to continue the fast (Galatians 6:9, Philippians 1:3-6).**

Day 11

- **Pray for the courage to obey God in all areas of your life, no matter the opposition (Joshua 1:6-10).**
- **Pray for the sick and suffering amongst our congregation (James 5:13 – 16, Psalm 103:3).**

Day 12

- **Pray that God will use our youth and our youth ministry to effectively impact the next generation (Psalm 78:1-7).**
- **Pray that the hearts of those within our church family will receive the light of Jesus Christ (Matthew 5:14-16; Psalm 27).**

Day 13

- **Pray that the congregation will discover God's purpose for their life (Jeremiah 29:11-13).**
- **Pray that every need within the ministry is met. Pray for generous givers (2 Corinthians 9:6-15)**
- **Pray that our giving exceeds 100% from our tithers and contributors.**

Day 14

- **Pray for the vision and purpose of the ministry to come to pass (Habakkuk 2:2-3)**
- **Pray for families to commit to the ministry and to actively volunteer to serve (Joshua 23:14-15).**

Day 15

- **Pray let us draw near to You with a true heart in full assurance of faith (Heb. 10:22)**
- **Pray fill us with the knowledge of Your will (Col 1:9)**
- **Pray for wisdom and spiritual understanding (Col 1:9)**

Day 16

- **Pray that our Pastors are faithful (Ps 31:23)**
- **Pray that our Pastors do not grow weary in well doing (Gal 6:9)**
- **Pray that our Pastors abound with blessing (28:20)**

Day 17

- **Pray that we are hospitable to one another without complain (1Pet 1:9)**
- **Pray that the joy of the Lord is our strength (Neh 8:10)**
- **Pray that the peace of God rules our hearts (Col 3:15)**

Day 18

- **Pray that the church dwells together in unity and faith (Eph 4:13)**
- **Pray that the church stands fast in one spirit, striving together for the faith (Phil 1:27)**
- **Pray that the church is not carried about with various and strange doctrines (Heb 13:9)**

Day 19

- **Pray that we study to rightly divide the word of truth (2 Tim 2:15)**
- **Pray that we look out for the interest of others (Phil 2:4)**
- **Pray that we do no loose that things we have worked for (2Jn 1:8)**

Day 20 & 21

- **Pray that the deeper things of God be revealed to our Pastors through the Holy Spirit (1Cor 2:10)**
- **Pray that our Pastors are vessels of honor, sanctified and useful for the Master (2Tim 2:21)**

MY 21-DAY FASTING COMMITMENT

This year, I commit to participate in the IHCF Daniel Fast.

My purpose for fasting is: _____

Specific things I am praying and believing God for during this fast:

Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. **Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."**
2. My accountability partner for this fast is: _____
3. I will set aside time every morning from _____ am to _____ am to praise God, read my Word and spend time in prayer.
4. I will set aside time every evening from _____ pm to _____ pm to praise God, read my Word and spend time in prayer.
5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

"So we fasted and petitioned our God about this, and he answered our prayers." (Ezra 8:23).

I believe God is the only one who can answer my prayer, and that fasting will draw me closer to Him. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: _____ Date: _____