

## The Daniel Fast

### Step 1: Be Specific

**Daniel 1:8** But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. **9** Now God had brought Daniel into favour and tender love with the prince of the eunuchs. **10** And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which *are* of your sort? then shall ye make *me* endanger my head to the king. **11** Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, **12** Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. **13** Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

**14** So he consented to them in this matter, and proved them ten days. **15** And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. **16** Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

Specific on what he would eat, what he wouldn't, what his expectation of the outcome would be and for how long.

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately. The king's food was against dietary laws and it was unhealthy to the body. Daniel and his friends had vowed against wine. The king's food had been offered up to idols/demons.

- Before Daniel began, Daniel was specific.
- The #1 reason why fast fail...**entering casually.**

Habakkuk 2:2 ESV "And the LORD answered me: "Write the vision; make it plain on tablets, so he may run who reads it."

- You can run when you get the specifics.

Phil 4:6 NIV "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

- Be Specific over that sickness you want healing for. Open up Gods word and point to the promises that God has for you.
- God's Guarantee to heal you

Isaiah 53:4 "Surely he hath **borne our griefs**, and **carried our sorrows**: yet we did esteem him stricken, smitten of God, and afflicted. 5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and **with his stripes we are healed**. 6 All we like sheep have gone astray; we have turned every one to his own way; and **the LORD hath laid on him the iniquity of us all**."

Flip on over to Mark 16 and be specific

17 And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; 18 They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and **they shall recover**.

**James 5:13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. 14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.**

**God's Guarantee is that you are healed. It's God's recovery plan! Be specific when you read His word. God has a specific plan to heal you! His stripes, His wounds, protection from the enemy and accidents, casting out devils of torment, in the bible there where devils that casued people to be sick, in the body and in their minds. Call on the elders in the church. The pastor is not the only one, the person with the microphone is not the only one. Properly discern the Lord's body...pray for one another that ye may be healed.**

## Step 2: Make a Spiritual Commitment

“Daniel proposed in his heart that he would not defile himself” (Daniel 1:8).

- This is a commitment that your making to yourself before God. When you decide to fast...you're the one that decided to do it. So, it's a commitment that your making, that you have to keep!
- Your fast does not make you spiritual...in fact you can be very spiritual without fasting. however, you cannot be spiritual if your **flesh** is in control.
- Fasting tells the flesh no! It submits your will to the fathers will. Now you pray...praying is what makes you spiritual...now you give...giving is spiritual...but it's got to start with humbling yourself.
- I've fasted wrong...it's called a diet! suffering for no reason...no prayer...no reward!
- God doesn't respond to your service...he responds to your **motive!**
- proposed in his HEART...what's your motive?

Matthew 6:1 Jesus hits motive coming right out of the gate – 1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.

And btw 5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

16 Moreover (On the other hand) when ye 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. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

If our motive is to be seen by men, then our reward is to be seen by men!

## Step 3: Be Disciplined

The average American eats 29 pounds of french fries, 23 pounds of pizza, 24 pounds of ice cream, 53 gallons of soda, 24 pounds of artificial sweeteners, 2.7 pounds of salt, 90,000 milligrams of caffeine every year!

Americans are not eating food, we are eating a factory!

One in two Americans suffer from some chronic disease. Heart disease, diabetes; cancer; dementia; autoimmune diseases; allergies; acid reflux; irritable bowels; neurological problems; depression; attention deficit hyperactivity disorder; thyroid, hormonal, skin problems...eczema, psoriasis, acne....

we spend almost 3 trillion a year in our health care system and almost 80% of this is for chronic lifestyle preventable and reversible disease.

So people have these problems and get prayed for and God heals them.... but they don't have the discipline in the heart - in the mind to control their body and they go right back to the factory and wonder why they aren't recovering.

Food is medicine! It is the most powerful drug on the planet. It can improve the expression of genes, balance hormones....optimize protein networks. it can CURE most chronic diseases. it works better, faster and cheaper than any man made drug and all the side effects are good ones!

**Prov 25:28 "He that hath no rule over his own spirit is like a city that is broken down, and without walls."**

- When there is no self-control/discipline we break down the walls of defense that protects what's valuable.
- **Discipline protects your Motive**
- being spiritual is valuable...New Living **Translation Rom 8:6 "So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace."**
- **Discipline is protecting what's really of value in your life.**
- Being Disciplined about your commitment is really about giving **God control over your life.**

Many people have an desire for better health, but a decision for better health takes discipline! It takes discipline to avoid junk food, and other foods that are not good for your health. Fasting gives your body a break from the toxins, chemicals, fast foods etc.

If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9. Dont go in casually...because if you make provisions for the flesh...if you make a way out for the flesh...the flesh will take it!

- It was your flesh that broke down your walls by being in control...But having discipline builds those spiritual walls back up! Prayer, fasting, giving... **ECC 4:12 KJV "And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."**

#### **Step 4: Pray to Perceive Sin's Role in Poor Health**

Notice **James 5:13-16: "13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. 14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.**

**Sin and Sickness are twins. They accompany one another.**

Sin is something related to the cause of sickness.

Lack of health/healing may be the result of spiritual rebellion.

Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.

**Repentance** is linked to health according to James.

Elders have a role in healing both spiritual and physical health.

Sick people must desire to be well

In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.

Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms." Having the right attitude about recovery is important.

We want you to keep the right perspective, the right attitude. Galatians 6:9 you will reap if you faint not. So we also pray against being weak and weary, that can also keep you in poor health.

## **Step 5: Your fast is a statement of Faith**

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food. Their Faith was public! Daniel Joined with others who made statements of faith together! Every year we do this fast corporately together just like Daniel did with his friends...because we believe in greater!

**1 John 4:4 "...greater is he that is in you, than he that is in the world. 5 They are of the world: therefore speak they of the world, and the world heareth them. 6 We are of God: he that knoweth God heareth us;"**

- We believe the Power of God is greater than the power of the devil.
- We believe Jesus destroyed the works of the devil.
- We believe the anointing destroys every yoke!

**Isaiah 10:27 "...the yoke shall be destroyed because of the anointing."**

- Doesn't say breaks the yoke...because what's broken can be put back together...but when God destroys something its defeated forever!
- We believe, what we are going through can be the last time we go through it, by the power of the Holy Ghost it is destroyed!

Psalm 113:5 NLT "Who can be compared with the LORD our God, who is enthroned on high?"

If God be for us, who can be against us!?!

There are those that won't understand the level you're going to go to, the dimension you're going to walk in. It won't make sense that this time of consecration in the beginning of 2018 is going to set the pace for your new year

All I can say is:

**Psalm 121:2 My help cometh from the LORD, which made heaven and earth.**

- **3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.**
- Have Faith that God will come through for you! Have faith you're on the Lord's side! The devil defeating, sin forgiving side!

**That's why Daniel could say:**

**Daniel 11:32 "...but the people that do know their God shall be strong, and do exploits."**

**Once you know, God doesn't get caught sleeping on his people, you know where your help comes from!!!**

### **Step 6: Yield All Results to God**

Daniel said, **"as you see fit, deal with your servants" (Dan. 1:13).** That's just the thing...it's not your results you're after...Its Gods results....I promise His plan is better! His reward is better!

Are you breaking through...or do you want God to get through! Let God break through to you!

Prayer is better, when God breaks through, fasting is better, giving is better, when God breaks through.

Can you break through, maybe eventually...But it's easier for God to get through than you! Yield all results to Him. The income, and the outcome, the start and the finish! It's God's!