



HOUSE OF PRAYER AND EMMANUEL RADIO (Daniel Fast, from 08 to 29 January 2018)

RECOVERY

Introduction

Definition of Fasting

To fast means to deprive oneself of food and drink (except water), partially or completely, for a determined period, in order to pray and to meditate on the Word of God.

Why Do I fast?

The main reason that motivates a servant or a maidservant of God to fast is to seek the face of God and grow closer to Him.

The Bible records that most great men of faith have fasted: Moses, Elijah, Daniel, and Paul (Exodus 34:28, 1 Kings 19: 8, Daniel 9: 3, Daniel 10: 2-3, 2 Corinthians 11:27).). The Lord Jesus Himself fasted (Matthew 4: 2)

The Bible also mentions some other reasons why some individuals or groups of people have fasted.

Here are some reasons from the Bible:

1. Jesus expects us to fast (Matthew 6: 16-18; 9: 14,15)

2. To drive out rebellious demons (Matthew 17:21)
3. To humble ourselves (Psalms.35: 13)
4. For repentance (1 Samuel. 7: 6)
5. In times of distress and desolation (Judges 20:26, Esther 4:16)
6. To seek direction and guidance from God (Acts 13: 2; 14:23)
7. Waiting for the fulfillment of God's promise (Luke 2:37)

If we want to find a common factor to all the reasons mentioned above, we will see that they all lead to the same goal: deliverance. Any practice of fasting must be based on a clear motivation. This implies that we must have a major reason that drives us to fast. One could say that fasting without a goal is nothing more than going on a diet.

Isaiah summed it up so well in his book in verse 6 of chapter 58:

Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?... **Isaiah 58: 6**

Moreover, we must always remember that at the time of fasting, we must intercede and pray with intensity and fervor (1 Kings 18.41), be attentive to the voice of God and submit to His will and directions.

In short, do not be distracted. Stay away from TV, the internet, social media ... or any other distraction.

RECOVER WHAT WAS LOST

During my pastoral experience, I met many people who are dissatisfied with the direction of their lives. They claim to have a revelation of promises from God. And yet their lives do not bear witness to the fulfillment of such promises. It seems like their circumstances keep on getting worse.

These people do not realize that their disappointment does not come from God. They are simply being robbed by the thief mentioned by the Lord Jesus in John 10:10

While waiting for the fulfillment of the promises of God, the Christian must keep watching and praying, be in a good state of mind and never lose sight of what the Lord has already put in his or her possession.

During the twenty-one days of Daniel's Fast, we will walk with you and help you to recover what **the Lord has given you** that have been stolen from you by the devil. We will also give you the biblical tools that will allow you to secure what you already have while waiting for the other promises of God to come to pass.

The twenty-one days will be divided into three periods of seven days (three weeks). Each week we will meditate on a particular theme and prayer:

First week: BE PREPARED

Second week: GET READY

Third week: RECOVER

Every day, you will receive a biblical devotional and video clip via email to help guide your prayers and personal meditation. At the end of each meditation, there will be proclamation verses.

YOU SHALL RECOVER IT ALL

DANIEL FAST

(Daniel 10: 2-3 In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

As in any biblical fast, Daniel's fast is to deny the flesh and deepen the relationship between man and God. It is not a practice imposed by God or the church. It is a voluntary Act. It is a choice made toward God with the intention to strengthen the character of the person who commits himself to fasting.

In the voluntary choice of Daniel, let us underline some important points:

1. It was accurate

Daniel was not vague in his opposition to the Babylonian regime. He defined the problem immediately.

- The king's food was against the dietary laws.
- Daniel and his friends had sworn against the wine.
- The king's food was offered to idols / demons

2. It was a spiritual commitment

The Daniel's fast involves a spiritual commitment to God. "Daniel purposed in his heart that he did not want to be defiled" (Daniel 1: 8).

3. It was a statement of faith to others

Daniel made a statement of faith when he asked for vegetables to eat and water to drink. He then dared to ask the king's intendant to compare the appearance of the four sons of Israel to that of the young men who ate of the King's food.

4. Depend on God for the results

Daniel said, "... and you will act with your servants according to what you have seen" (Dan 1:13).

Instructions

Daniel Fast is a diet program that focuses on spiritual development through discipline and the desire to spiritually prepare oneself for a closer relationship with God (The basis for fasting 21 days is found in Daniel 10: 2-3. At that time, I, Daniel, was three weeks in mourning. I ate no delicacy, he did not enter meat or wine in my mouth, and I did not go away until the three weeks were completed.) Just like Daniel in the Bible, who refrained from taking the rich foods and meat of the king, someone who launches into the fast of Daniel gives up rich foods and diminishes his appetites; literally and figuratively, because it seeks to acquire a better relationship with God through constant Bible reading and prayer and partial fasting.

Step 1

Prepare your pantry: Temptation may be impossible to avoid, but it is much easier to escape when it is not in front of you on your shelves. Get rid of your cabinets and the fridge of rich foods and meat, including fish and poultry. Remove processed foods and ready meals, as well as

processed ingredients like processed flour and sweet products. Keep the meat in the back of your freezer out of sight.

Step 2

Fill your kitchen with raw vegetables, whole foods. The Bible says that Daniel ate vegetables and drank only water to fill it during the fast. Eat fresh whenever possible, **avoid canned products**. Ideally drink only water, and get rid of any other drink.

Step 3

Fast also from other figurative appetites, like the appetite for things that are of the world. It could be television, sports or social activities. As the purpose of Daniel's fast is to draw closer to God, take away all those things that distract you from this closeness.

Step 4

Take time to pray and meditate on your own spirituality. Meditation can be done in a quiet space, where you have time, at least thirty minutes or more, to sit comfortably and reflect on your life, spiritual growth and achievements.

Step 5

Exercise discipline during the Fast. Learn to say no, and refrain from forbidden things during fasting. The only person who can control your fast is you, so you need to be faithful while fasting in relation to your choices. For example, you should avoid going out to social activities that could harm your spirituality.

Step 6

Continue to fast until you feel that you have reached your goal of becoming close to God through fasting and prayer and meditation.

Some useful tips

The book of Daniel, says Daniel and three of his friends went on a fasting of vegetables and water for 10 days when they refused to eat food from the king's table because the food may have been defiled. It is used as the foundation of the fast called "Daniel's fast", the main goal is to strengthen your relationship with God and purify your body.

Consult your doctor

The Daniel fast is a path to spiritual health. It should not have a negative impact on your physical health in any way. If you have medical conditions such as diabetes, kidney disease, or are pregnant or breastfeeding, consult your doctor.

Where to start?

Start with a clear goal. Be specific. Why do you want to fast? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray every day and read the Bible.

Pray without Ceasing

Prayer will help you to focus on the reason why you are fasting and it will also help you turn your attention to what you need to change in order to go deeper spiritually.

Prepare Spiritually

Confess your sins to God (read Psalms 51). Ask the Holy Spirit to reveal areas of weakness. Forgive all those who have offended you and ask forgiveness to those you have offended (Mark 11:25, Luke 11: 4; 17: 3-4). Surrender your life entirely to Jesus Christ and reject the desires of this world that are trying to harm you (Romans 12: 1-2).

Limit television and media

It is recommended to abstain or limit the handling of electronic entertainment devices, such as television, video games, cinema ..., during the Daniel fast . This allows you to fully focus on fasting and getting closer to God. The time you usually watch TV, use the internet or watch movies can be used to meditate, pray and read the Bible.

Get ready for side effects

You are likely to experience detox symptoms in the early days of fasting as your body gets used to living without refined sugar, caffeine and other items not included in the fast. When withdrawal symptoms appear, study your Bible and pray.

Read food labels

Since additives, refined sugar, sodium and many other items are banned during Daniel fasting, you must read all food labels to make sure that you do not get any of these items through packaged foods. For example, canned fruits are usually added with refined sugar, and canned vegetables usually contain sodium.

Plan in advance

Because of the limited food convenience options that meet Daniel's fasting standards, you will likely have to prepare all your meals and snacks on your own. If you have time to prepare in advance for the fast, you can cook the meals, such as vegetable soup, and freeze them, so you'll have quick meals available for the times when you are in a hurry during your fast.

Drink a lot of water

Hydration is essential in any diet. When taking part in a partial fast, water is essential. Dehydration is often presented as hunger. This makes sense, because many foods, especially fruits and vegetables, consist mainly of water. Water will help remove impurities from your body and help you stay hydrated while fasting. Place a pitcher of water in the refrigerator and drink it all day until you drink at least 64 ounces of water.

Plan your meals

Plan your meals in advance. Make some shopping lists and stick to them. Maintaining a clean and healthy pantry will help you stay on the fast. Planning your meals in advance ensures that you will have a wide variety of options that you will enjoy.

Plan your snacks

While Daniel's fast is not a strict fast, it is always a continual diet and excess that must be avoided. Snacks should be modest and consist of simple fruits, nuts or vegetables.

Community Fast

Having support makes it easy to stick to your goals. Spiritual Journeys are often better in community. An advantage of fasting with others is a sense of responsibility. When you know that others are counting on you, you are more likely to continue on achieving your desired goal.

Listen to your body

Remember, fasting should not cause any physical damage. If you feel dizzy or weak, consult your doctor. It is likely that you will experience physical changes while following the fast, especially if you are used to a diet that includes caffeine or large amounts of refined carbohydrates. Keeping a food diary will help you track the physical effect you notice and it can help you associate the good or negative impact of certain foods on your body.

How to end

Do not overeat when the time comes to end your fast. Start eating solid foods gradually; have some soup, eat **small** portions or snacks.

A list of foods to eat during Daniel's fast

Fruits

These can be fresh, frozen, dried, juiced or canned: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, figs, grapes, grapefruit, guava, honeydew melon, kiwi, lemons, mangoes, nectarines, oranges, papayas, peaches, pears, pineapple, plums, prunes, grapes, raspberries, strawberries, mandarins, watermelon ...

To avoid: all fruits that contain artificial or coloring flavors. Added sugar is also prohibited.

Vegetables

These can be fresh, frozen, dried, juiced or canned. Vegetables include artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, peppers, green cabbage, corn, cucumbers, eggplant, garlic, ginger root, kale, leek, lettuce mushrooms, mustard greens, okra, onion, parsley, potatoes, radish, rutabagas, green onions, spinach, cabbage, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, ...

Whole grain

Whole wheat, brown rice, millet, quinoa, oats, barley, semolina, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn ...

Nuts and seeds

Sunflower seeds, cashew nuts, peanuts, sesame. Also nut butters, including peanut butter.

All legumes

These can be canned or dried. Dry beans, pinto beans, split peas, lentils, red beans, black beans, white beans.

Oils

Olive, canola, grape seed, peanut and sesame.

Drinks:

Spring water, distilled water or other pure waters and fruit juice that does not contain sugar or other ingredients during Daniel's fast. This means no tea, coffee, milk, soft drinks or alcoholic beverages allowed.

Other: tofu, soy products, vinegar, seasonings, salt, sea salt, herbs and spices.

Foods to never eat: Startch

You can only eat unleavened bread without leaven or yeast. No processed or refined breads are allowed, whole grain patties or unleavened bread, available at health food stores, can be eaten. You can also eat unrefined brown rice, barley, oats and other whole grains.

Meat

During Daniel's fast, you can not eat meat, including poultry, fish or dairy products. But you can have other source of proteins such as: soy, nuts and legumes.

Fats

No processed foods that contain additives are allowed on the diet. Authorized oils include brand oils like canola, coconut, grape seed, olive, peanut and sesame oils, according to Daniel's ultimate fast. You can not have butter, lard, margarine. No dairy products are allowed. You can have peanut butter made without preservatives or other additives not listed on the approved list.

Seasonings

Herbs, salt, sea salt, pepper and other natural condiments are allowed, provided they contain no unauthorized ingredients.

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Contract sheet between you and the Lord /
2018

REASONS WHY DO I FAST:

Start date: _____

End date: _____