

FAST, THE DANIEL

The following excerpts are taken from a book titled FASTING, written by Pastor Jentezen Franklin. This book can be purchased online at www.jentezenfranklin.org or at Books-a-Million. It will challenge and change your life.

The three duties of every Christian are giving, praying, and fasting.

When you faithfully follow the three duties of a Christian, God rewards you openly.

There are three reasons starting the year with a fast is a good practice. First, by doing so, you set the course for the rest of the year. Just as beginning your day with prayer sets the course for the rest of the day and covers anything that may happen, the same is true of beginning the year with a fast. Secondly: Blessings will happen for you and your family throughout the year because you fasted in January. This third point is so powerful. When you fast at the beginning of the year and pray, you release the principle found in Matthew 6:33, “*Seek first the kingdom of God and His righteousness, and all these things shall be added to you.*” If you seek Him first in the year, get ready for all these “things” to be added to your life throughout the rest of the year!

A “Daniel fast,” eliminating meat, bread, and sweets for twenty-one days, is a fast just about anyone can handle.

Without being combined with prayer and the Word, fasting is little more than dieting.

Tests have proven that the average American consumes and assimilates four pounds of chemical preservatives, coloring, stabilizers, flavorings, and other additives each year. These build up in our bodies and cause illness and disease. Periodic fasts are necessary to flush out the poisons. Fasting gives your body time to heal itself. It relieves nervousness and tension and gives your digestive system a rest. Fasting lowers your blood pressure and can lower your cholesterol.

“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service” (Romans 12:1).

In the book of Joel, the Lord said, “*And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions*” (Joel 2:28). God is going to pour out revival – *afterward*. After what? After a fast! Israel was in sin, and God was calling His people to fast in repentance as a people: “*Blow the trumpet in Zion, consecrate a fast, call a sacred assembly*” (v. 15). His promise to them was to pour out revival and blessings on the land. I don’t know about you, but I’m ready for those “afterward” seasons when God pours out revival, when our sons and daughters prophesy! What are we waiting for when we read scriptures like 2 Chronicles 7:14? Can you imagine if believers in America really took hold of this, if they humbled themselves (fasted) and prayed? God would heal our nation and send revival!

Satan gets disturbed – and defeated – when you decide to do more than be a Sunday-morning Christian The devil knows fasting releases God’s power.

Like Jesus told the disciples at the well in Samaria, when you open yourself to know the will of the Father and do the will of the Father, no steak or cake compares. Nothing can fill you and satisfy you like that. Get ready for the presence of Jesus like you have never had before.

According to Isaiah 58, health and healing will follow fasting: “Your light shall break forth like the morning, your healing shall spring forth speedily” (v. 8).

Fasting is not a Christian diet. You should not fast to lose weight, although weight loss is a normal side effect. Unless you put prayer with your fasting, there is no need to fast. Merely doing without food is just starving. When you fast, you focus on prayer and on God’s Word.

God expects every one of us to fast – not just some of us. In Matthew chapter 6, He names three things that Christians do: “*When you pray ...*” “*When you give ...*” and “*When you fast.*” He did not say “*if*” but “*when.*” If you have a time to pray and a time to give, then you should have a time to fast.

Dr. David Yonggi Cho pastors the largest church in the world in Seoul, South Korea. Seven hundred fifty thousand members go on a twenty-one day fast every year. He has fifteen hundred teenagers camp out on Prayer Mountain in tents to fast and pray for seven days each year.

Too many Christians find that they are malnourished in the Word but well fed on the world, and they live defeated lives as a result.

Fasting breaks the spirit of heaviness. (The spirit of heaviness has to do with despondency, depression, and oppression.) (Read Isaiah 61:3)

Amazing, isn’t it? Simply by missing some meals and setting your heart on understanding by studying God’s Word, you please God, you release beauty for ashes and joy for mourning, and the garment of praise defeats the spirit of heaviness. Your praise goes forth and scatters the enemy, you develop patience, you come in line with God’s priorities, you loose angelic messengers, and you find God’s right way for you and protection for your little ones.

So I ask you, do you remember the last time you walked away from a meal because you were so preoccupied with your first love (for Jesus) that the food was of no interest? Have you experienced seasons when it felt like the Bridegroom (Jesus) was distant? You just don’t sense His presence as close as you once did. You have no heart for worship and you lack the excitement and childlike enthusiasm you once had for spiritual things. Perhaps it is time to stop the busyness of your everyday life and declare a fast, a season of lovesickness to restore the passion of your first love back to its proper place in your life. When you fast, everything slows down. The days seem longer. The nights seem longer, but in the quietness of seeking, you will find Him whom your heart desires.

When we fast, we are effectively going on a hunger strike against hell to say, “Loose those who are bound by deception, lies, alcohol, drugs, pornography, false religion, etc!”

For twenty-one days, you eat only vegetables and fruits and drink only water. No colas, burgers, Twinkies, meats, sweets, or breads.

Fasting in and of itself is a continual prayer to God.

Fasting helps you establish dominion and authority over your flesh.

FOOD GUIDELINES FOR A DANIEL FAST

Foods You May Eat:

Whole Grains:

Brown Rice, Oats, Barley

Legumes:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black-eyed Peas

Fruits:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, 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, Garlic, Gingerroot, kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, turnips, Watercress, yams, Zucchini, veggie burgers are an option if you are not allergic to soy.

Liquids:

Spring Water, Distilled Water, 100% all-natural Fruit Juices. 100% All Natural Vegetable Juices. You may also drink protein drinks.

Others:

Seeds, Nuts, Sprouts

Foods to Avoid:

Meat	White Rice	Fried Foods	Carbonated Beverages
Caffeine	Refined Sugar	Sugar Substitutes	
White flour and all products using it			
Margarine, Shortening, High Fat Products			
Foods Containing Preservatives and Additives			

Remember:

The Daniel Fast will lead to spiritual insight.
The Daniel Fast is longer than one day.
The Daniel Fast is a partial fast.
The Daniel Fast requires abstinence from party or junk foods.

Note: For more information on the Daniel Fast go to www.jentezenfranklin.org