

# DANIEL

## FASTING GUIDE

### 1.- BE SPECIFIC.

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

- A) The king's food was against dietary laws.
- B) Daniel and his friends had vowed against wine.
- C) The King's food had been offered up to idols/demons.

### 2.- FAST AS A SPIRITUAL COMMITMENT.

The Daniel's Fast involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" Daniel 1:8.

### 3.- REFLECT INNER DESIRE BY OUTER DISCIPLINE.

Many people have an inner desire for better health, but they can't discipline themselves. This time of fasting will be for 'focus', separating ourselves for 21 days and applying a plan for a total victory over carnal desires. This fast will be to bring ourselves into submission to God and rule over our desires.

A) The level of your spiritual commitment will rise to new discoveries that you do have the ability to do what the devil has lied to you about. Have a constant prayer and worship in your heart during the fast.

B) Time Commitment. 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.

C) Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, loose the bands of wickedness, loose the heavy burden of those bound by Satan, break the yokes of bondage and let the oppressed go free.

### 4.- DESIRE FOR THE HOLY SPIRIT TO SHOW YOU THE AREAS IN YOUR LIFE TO BE IMPROVED AND CORRECTED.

"Lord, not my will, but thine will be done..."

### 5.- FAST AS A STATEMENT OF FAITH TO OTHERS.

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 Isarel with the four men who ate the king's food.



