



SCRIPTURE REFERENCE:

DANIEL 10:2-3

2 In those days I, Daniel, was mourning three full weeks. 3 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. (NKJV)

DANIEL 6:10

Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees *three times that day*, and prayed and gave thanks before his God, as was his custom since early days. (NKJV)

FASTING

People who have never fasted don't know what is involved. Fasting can sound like drudgery and seem difficult. Many associate fasting with a long, long period of time, and yet a fast can be as short as one meal and still allow God to do some wonderful things in your life.

WHAT IS THE PURPOSE OF FASTING: The purpose of the **Daniel Fast** is to sharpen your spiritual sensitivity to the Spirit of God. It is to undo unbelief. This is the key to fasting, Jesus told His disciples they were unable to cast out the evil spirits because of their unbelief. If they had been fasting and praying, however, they would have had the belief to cast them out. Fasting put you in a position of higher faith.

Many people fast to diet, but that should NOT be your goal in fasting. If losing weight is your purpose in fasting, you are missing the fullness of the reason for fasting.

WHAT FASTING DOES:

1. God will use fasting to lead you. Jesus was led in fasting in **Matthew 17:21**. This was after He had been on the Mount of Transfiguration with three of His disciples. When He descended, a man whose son was demon-possessed came to Him and said, "*I brought my son to Your disciples, but they couldn't cast out the spirits.*" Jesus answered, "*...Because of your unbelief...this kind goeth not out but by prayer and fasting*" (**Matthew 17:20,21**)
2. Fasting and Prayer will not only bind up your unbelief; it will also break the powers of darkness. (*Judges 20*) When you are not seeing results after having stood on the Word and having had people pray, you need to fast and pray. Then you will see the powers of darkness break.
3. Fasting and prayer will show you what to do in a situation. Sometimes there is a key answer you must get from God. (**II Chronicles 20**)
4. Fasting and prayer will show you how to get out of a selfish attitude. (**Exodus 32**) It will get the carnality out of you and put you into a right spiritual place with God.
5. When you fast and pray, it undoes unbelief in you and gives you BOLDNESS to reach out and take hold of the things of God – things you never had before!

WHAT TO DO DURING THE FAST:

- **Abstain** from eating **meats** including **fish**; and **sweets** for twenty-one (21) days.
- **Monitor** what you allow to enter into your eye and ear gates through **Television**. Refrain from over indulgence in secular television and replace this time with God in prayer, study of the



Word or ministry to someone in need.

- **Pray** three (3) times daily. **You choose** the times most appropriate for you.
- **Read** Daily Bread Scriptures on PRAISE, WISDOM & FAITH three (3) times daily.

**DAILY BREAD FOR THE NEXT 21 DAYS
21 SCRIPTURE READINGS TO MEDITATE ON DURING THE FAST**

For best results follow directions:

During the fast feed your spirit the bread of heaven (Word of God) **three times daily**. As you do this your faith in God will become stronger and your doubts, fears and unbelief will starve to death.

In addition to reading the King James Version of the Bible, I encourage you to read other translations of the scriptures as well. By doing this the Holy Spirit can illuminate hidden revelation from the Word of God. This will help bring greater clarity, understanding and meaning to the scriptures as you read them.

Recommended Translations: Amplified Bible; New Living Translation; and the New International Version.

Prior to reading the scripture for the day make the following confession:

“Father, I thank you for the Spirit of Wisdom and Revelation that dwell in my heart, and for the illumination that comes from Your Word. I praise you for the fresh revelation that enters my spirit and gives me understanding and wisdom to apply it to my life today.”

IN JESUS NAME, AMEN.

After reading the scriptures praise and thank God for the Word taking root in your heart and for the change that’s taking place in your life today.

DAY ONE

Psalms 112; Psalms 115; Psalms 35

DAY TWO

Psalms 34; Psalms 37; Psalms 75

DAY THREE

Psalms 91; Psalms 27; Psalms 84:11

DAY FOUR

Psalms 119:1-30; Psalms 119:31-60; Psalms 61-90

DAY FIVE

Psalms 119:91-130; Psalms 119:131-160; Psalms 119:161-176



DAY SIX:

Psalms 121; Psalms 100; Psalms 103

DAY SEVEN

Psalms 124; Psalms 126; Psalms 150

DAY EIGHT

Proverbs 1; Proverbs 2; Proverbs 3

DAY NINE

Proverbs 4:1-9; Proverbs 4:10-18; Proverbs 4:19-27

DAY TEN

Proverbs 6:16-19; Proverbs 6:20-35; Proverbs 7

DAY ELEVEN

Proverbs 10:1-10; Proverbs 10: 11-21; Proverbs 11:24-25

DAY TWELVE

Proverbs 13:1-10; Proverbs 13:11-20; Proverbs 13:21-25

DAY THIRTEEN

Proverbs 14:23-24; Proverbs 15:1-4; Proverbs 15:30-33

DAY FOURTEEN

Proverbs 14:12; Proverbs 14:34; Proverbs 16:3,7,20,32

DAY FIFTEEN

Isaiah 65:24; Jeremiah 33:3; Jeremiah 9:23-24;

DAY SIXTEEN

Isaiah 43:1-3; Isaiah 46:9-10; Isaiah 57:19

DAY SEVENTEEN

Isaiah 54:17; Isaiah 55:6-1; Proverbs 28:1

DAY EIGHTEEN

Matthew 7:23-27; Hebrews 11: 1-3; Mark 11:23-25;

DAY NINETEEN

1 John 5:4; Hebrews 10:35-36; Hebrews 4:15-16

DAY TWENTY

1 John 5:14-15; 1 Peter 5:8; 2 Corinthians 2:14

DAY TWENTY ONE

Romans 8:28; Romans 8:37; Mark 10:27



- **Spend time** sitting before the Lord **quietly**, meditating on what you have read, allowing the Holy Spirit to speak to your heart.
- **Spend time** praising and worshipping God.

There is no magic in fasting. It is a consecrated time where you deny your flesh its desires so as to discipline it and bring it under subjection to the Spirit of God.

If you are under the care of a physician, or on medication that requires you to adhere to a specified diet, please follow your normal schedule as prescribed by your doctor.

Scriptural fasting and prayer are usually coupled together. (**Acts 13:1-3**.)

This fast will last for twenty one (21) days.

If you follow the instructions of the fast I believe that God will show Himself strong on your behalf and He will do exploits through you. (**Daniel 11:32**)

THE REWARDS OF FASTING (**Isaiah 58:8-14**)

1. God will shed **HIS** own glorious **LIGHT** (Word) upon you. (V.8)
2. God will **HEAL** you. (V.8)
3. Your godliness will **LEAD** you **FORWARD**. (V.8)
4. Goodness will be a **SHIELD BEFORE** you. (V.8)
5. The glory of the Lord will **PROTECT** you from **BEHIND**. (V.8)
6. When you call, the **LORD WILL ANSWER**, Yes, I am here. He will **QUICKLY REPLY**. (V.9)
7. **YOUR LIGHT** will shine out from the darkness, and the darkness around you shall be as bright as day. (V.10)
8. God will **GUIDE** you **CONTINUALLY**. (V. 11)
9. God will **SATISFY** you with **ALL GOOD** things. (V. 11)
10. God will **KEEP** you **HEALTHY**. (v.11)
11. You will be like a **WELL-WATERED** garden, like an **EVER-FLOWING** spring. (v.11)
12. Your **SONS WILL REBUILD** the long deserted ruins of your cities. (v.12)
13. You will be known as “the **PEOPLE WHO REBUILD** their walls and cities.” (v.12)
14. The Lord will be your **DELIGHT**. (V.14)
15. God will see to it that you **RIDE HIGH** and get your **FULL** share of the **BLESSINGS** He promised to Jacob your father. (v.14)