



# OF FASTING

#bettertogether

JANUARY 1<sup>st</sup> - JANUARY 21<sup>st</sup>, 2019

## THE "DANIEL FAST"

But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

Now God had given the chief of staff both respect and affection for Daniel. But he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. "Please test us for ten days **on a diet of vegetables and water,**" Daniel said. "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see." The attendant agreed to Daniel's suggestion and tested them for ten days.

At the end of the ten days, Daniel and his three friends **looked healthier and better nourished** than the young men who had been eating the food assigned by the king. So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.



Daniel 1:8-16 NLT

**C**ONGRATULATIONS on your willingness and commitment to our Love Life Church family for this 21 day fast! I believe that 2019 will be your greatest year ever, because you have chosen to prioritize a "God First" attitude to start this New Year off!

People say, "Why do I need to fast to have a more spiritual walk?" Why? Because my friend, the Word of God says so. You see, Fasting is a spiritual discipline designed to connect us better with our Heavenly Father. It's all about aligning ourselves with the Lord and what He really wants to do in and through us. Jesus Himself lived a fasted life during His ministry time here. There were times when the Disciples were so concerned about Him not eating that they would command Him to eat. Jesus would reply, "My food is to do the will of Him who sent Me, and to finish His work." (Jn. 4:34)

Jesus also said, "When you fast..." (Not, "if you fast"). You see, God's expectation for us is to be fasting in our Christian walk.

This is why He touched on the subject of "fasting" often.

Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God – reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God and controlling our flesh. Remember, the idea is to be realistic, not legalistic. Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting!

Now, we all know that Jesus ate; it is just that it was not the priority of His life. We, too, are going to discipline ourselves by forsaking certain types of foods that drive the flesh! By doing this we will better connect with our Father for sure.

*"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh wars against the Spirit, and the Spirit ...*



Oh, taste and see that the Lord is good

Steep your life in God-reality,  
God-initiative, God-provisions.  
Don't worry about missing out. You'll  
find all your everyday  
human concerns will be met.  
Matthew 6:33 (MSG)

... against the flesh; and these are contrary to one another, so that you do not do the things that you wish." (Gal. 5:16, 17) Notice that our success is tied to the "spiritual walk" in life. When we feed the flesh we lose, but when we feed the spirit we win!

"For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life." (Gal. 6:8)

By putting our flesh under control of our spirit man we will live an overcoming life. We do this by making choices that demand our flesh to submit too. When you fast your flesh rises up against you in a very aggressive way! It does not want you to change and it certainly does not want to give up control in your life! It may sound crazy, but your flesh actually wants to kill you!

"For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live." (Rom. 8:13) CRAZY!

Let's show the flesh who's in control and live the "abundant life" that Jesus came to give us!

Listen friends, this is going to be a challenging time, but it will be worth it. The enemy will bring his pressure, **but we will overcome all!** I have complete confidence in your resolve to start and finish this race with me! So, as we join together as a church family, receive from God what He has prepared for all of us in 2019!

**Pastor Dan**



**Simply stated,  
Biblical fasting  
is refraining from food  
for a spiritual purpose.**

The Daniel fast is a partial food fast. The focus of the fast is on fruits, vegetables, and water to drink.

## BIBLICAL REASONS WHY CHRISTIANS SHOULD FAST

Reasons and examples of fasting in the OT:

- In times of war or at the threat of it (Israel)
- When loved ones were sick (2 Samuel 12:21, 22)
- When a loved one dies (1 Chronicles 10:12)
- When seeking God's forgiveness (Ahab, Daniel)
- When seeking God's direction (Israel, Daniel)
- When seeking God's protection (Ezra)
- Needing to be set free from bondages (Isaiah 58)
- Needing healing in the body (Isaiah 58)
- Needing spiritual awakening (Isaiah 58)
- Needing spiritual maturing (Isaiah 58)



Reasons and examples of fasting in the NT:

- When dealing with temptations (Matthew 4:2)
- When serving the Lord (Acts 14:23)
- When beginning a work for the Lord (Acts 14:23)
- When selecting and appointing elders (Acts 13:2)
- Sharpening spiritual senses (Acts)
- Life of a disciple (Luke 5:35)
- Strengthening of marriage (1 Corinthians 7:5)
- Strengthening of the Christian walk (1 Corinthians 7:5)

**When:** Fast will begin Tuesday, January 1<sup>st</sup> @ 7:00 AM

Fast will end Monday, January 21<sup>st</sup> @ 7:00 PM

**Who:** All born again adults and young adults

✓ If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast. This fast is voluntary and is in no way a mandatory action for our church.





# List of **FOODS** to **INCLUDE** in your fast diet

## **Foods to avoid** on the Fast...

**All Fruits:** These can be fresh, frozen, dried, (juiced or canned can be used, but not the best, watch for added sugar).

Apples  
Apricots  
Avocados  
Bananas  
Berries  
Blackberries  
Blueberries  
Boysenberries  
Breadfruit  
Cantaloupe  
Cherries  
Coconuts  
Cranberries  
Dates  
Figs  
Grapefruit  
Grapes  
Grenadine  
Guava  
Honeydew melons  
Kiwi  
Lemons  
Limes  
Mangoes  
Melons  
Mulberry  
Nectarines  
Oranges  
Olives  
Papayas  
Peaches  
Pears  
Pineapples  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tangelos  
Tangerines  
Tomatoes  
Watermelon

**Vegetables:**  
These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes  
Asparagus  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chili peppers  
Collard greens  
Corn  
Cucumbers  
Eggplant  
Garlic  
Ginger root  
Kale  
Leeks  
Lettuce  
Mushrooms  
Mustard greens  
Okra  
Onions  
Parsley  
Peppers  
Potatoes  
Radishes  
Rutabagas  
Scallions  
Spinach  
Sprouts  
Squashes  
Sweet potatoes  
Turnips  
Watercress  
Yams  
Zucchini

**Legumes:**

Dried beans  
Black beans  
Cannellini beans  
Pinto beans  
Split peas  
Black-eyed peas  
Green beans  
Green peas  
Kidney beans  
Lentils  
Lupines  
Peas

**Seeds:**

All nuts (raw or toasted, non processed, without sugar)  
Sprouts  
Ground flax  
Cashews  
Walnuts  
Sunflower  
Sesame  
Almonds  
Peanuts  
Natural Almond/Peanut Butter

**Other:**

Natural Oils  
Spices (read the label to be sure there are no preservatives)  
Small amounts of Honey  
Small amounts of Sea Salt

**Whole Grains:**

Whole wheat  
Brown rice  
Millet  
Quinoa  
Oats  
Rolled Oats  
Plain Oatmeal- not instant  
Barley  
Grits (no butter)  
Whole wheat pasta  
Whole wheat tortillas  
Plain Rice cakes  
Ezekiel Bread

**Liquids:**

Water (spring, distilled, filtered)  
Herbal Tea (caffeine free)  
Fruit Tea  
100% pure Fruit Juice  
100% pure Vegetable Juice (do not use from concentrate)  
\* The ideal way is to blend your juices with a blender or juicer rather than buying them in a can or bottle.



All animal products, including all meat, poultry, fish, eggs...

Caffeine  
Coffee  
Mochas  
Cappuccinos, etc.  
Carbonated beverages  
Sodas  
Energy drinks  
Alcohol

Refined sugar  
Sugar substitutes  
Raw sugar  
Syrups  
Molasses  
Cane juice

Margarine  
Shortening  
Butter  
White rice

All leavened breads  
White flour  
White bread  
Baked goods

All dairy  
Milk  
Cheese  
Yogurt  
Cream  
Mayonnaise

All deep fried foods  
Refined foods  
Processed foods  
Food additives  
Foods containing preservatives

In those days, I, Daniel, had been mourning for three entire weeks. **I did not eat any tasty food, nor did meat or wine enter my mouth**, nor did I use any ointment at all until the entire three weeks were completed. Daniel 10:2,3 NASB

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting... Daniel 9:3 NASB

# SEVEN KEYS TO A SUCCESSFUL DANIEL FAST

## 1 Be Specific.

Like everything that has to do with the Christian walk and faith, we must be specific in what we are doing. During the fast, **spend time with God daily**, asking Him to help you become more spiritually fit, and to change the areas that are causing you to fail or stumble as a Christian. Believe for the people that you have committed to the Lord to be saved –that their eyes will open to the Truth. Confess daily that Jesus is Lord over Love Life Church, and that we will grow and be successful in all that God has called us to do. Also, expect that through this time, your lifestyle of eating will change to a healthier one.



## 2 Be Committed.

The Daniel Fast involves a spiritual commitment. Recognize that this is a spiritual time between you and your Lord. Fasting puts the body under subjection to your spirit. The Word says, *“Walk in the Spirit and you will not fulfill the lust of the flesh”* [Ga. 5:16]. Do the things that build the spirit –**meditate on the Word and the messages that you are hearing in church. Read Proverbs and a chapter in John every day for the 21 days. Pray in the Spirit. Sing to the Lord and give Him thanks daily.**

## 3 Be Disciplined.

Make sure that your decisions during the day will help you fulfill the fast, and not hinder it. This is probably not a good time to go out to lunch or dinner with co-workers or friends who are not fasting.

Get up every morning confessing your success in your commitment to fast before God.

## 4 Resist Temptation.

*“... Resist the devil and he will flee from you”* [Jas. 4:7]. Beware of “food” temptations, and even those who would try to convince you that you don’t need to do this fast. Unless it is a doctor, do not listen to those who try to hinder you! Try to stay away from grocery stores as much as possible. Stock up what you need for the fast, or have someone that is not fasting shop for you.

## 5 Be submitted to God.

*“Submit to God ...”* [Jas. 4:7]. Give your life and time to God. **Put Him first in everything** by seeking His Wisdom. Trust Him to help you have strength during this time, just as He did for Daniel!

## 6 Expect supernatural intervention.

As Daniel fasted, God gave him knowledge and skill in learning and understanding of visions and dreams.

Stay connected with updates & encouraging words at

[www.lovelife.church](http://www.lovelife.church)  
and

Facebook [lovelifechurch](https://www.facebook.com/lovelifechurch)

Instagram [@lovelife.church](https://www.instagram.com/lovelife.church)

Twitter [@lovelifechurch](https://www.twitter.com/lovelifechurch)

Fasting opens our hearts and minds to receive and to perceive what God is saying and what God is doing in us. **Expect greater wisdom and ability in everything you do during this time.**

## God loves you.

If you finish this fast or not, if you commit to this or not, know that **God loves you PERIOD!** This fast benefits you. It will get you closer to God and more in tune to spiritual things. It will help you control the flesh so that you can have victory in the spirit. But know this; it does not make God love you more or less! This fast will only benefit you and our church because we are getting closer to God by disciplining our flesh and mind to the things of God.

*“And now about fasting.*

*When you fast, declining your food for a spiritual purpose, don't do it publicly, as the hypocrites do, who try to look wan and disheveled so people will feel sorry for them. Truly, that is the only reward they will ever get. But when you fast, put on festive clothing, so that no one will suspect you are hungry, except your Father who knows every secret. And he will reward you.”*

*Matthew 6:16-18 (TLB)*

LOVE LIFE CHURCH • 8016 W. CAMELBACK RD., GLENDALE, AZ 85303

