

New Life Fellowship Center

21 Days Daniel Fast Instructions/Guidelines (2024)

These guidelines were adopted for New Life Fellowship Center.

Please note: Fasting is a personal decision that should be made at the discretion of the individual. If you have health concerns or are under the care of a physician, we encourage you to consult with your medical professional prior to committing to fasting. The information provided here is NOT to treat and or diagnose any disease but is a spiritual guide as we embark on this spiritual journey. Do not try to be superman or superwoman. Use wisdom.

If you are on prescribed medication DO NOT STOP taking your medicine.

AGAIN, PLEASE SPEAK WITH YOUR HEALTH CARE PROVIDER.

Each person is encouraged to spend at least 15-20 minutes daily in personal prayer time.

New Life Fellowship Center will commence it's 21 Days of fasting on January 8, 2024, and end on January 28, 2024.

True Fasting

Isaiah 58:1-11

1 "Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins.

2 For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.

3 "Why have we fasted," they say "and you have not seen it? Why have we humbled ourselves, and you have not noticed?" "Yet on the day of your fasting, you do as you please and exploit all your workers.

4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?

6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

9 Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,

10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

11 The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

Purpose:

The purpose for this fast is twofold:

First: Die to our flesh so we can clearly hear God’s direction

Second: Pursue a more intimate relationship with Him.

This will be a modified Daniel Fast.

Therefore these guidelines will be based on the biblical text, Daniel 1:3-5, “Then the king instructed Ashpenaz, the master of his eunuchs, to bring some of the children of Israel and some of the king’s descendants and some of the nobles, young men in whom there was no blemish, but good-looking, gifted in all wisdom, possessing knowledge and quick to understand, who had ability to serve in the king’s palace, and whom they might teach the language and literature of the Chaldeans. And the king appointed for them a daily provision of the king’s delicacies and of the wine which he drank, and three years of training for them, so that at the end of that time they might serve before the king”.

In the text, Daniel fasted to remain true to serving God alone and staying true His Word. Daniel and the Hebrew Boys were not given an option they were given a directive, and this was their response. Daniel 1:8 But, Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with

the wine which he drank; therefore, he requested of the chief of the eunuchs that he might not defile himself.

On the Daniel Fast you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord.

Guidelines:

Based on Daniel's response all participants in this fast must first purpose in their hearts not to defile themselves either. The defilement in our days comes from our reliance and indulgence on all things except God. So, for 21 days we will abstain from all things not needed and indulge in God.

Foods Allowed:

All fruits: These can be fresh, frozen, dried, juiced, or canned.

Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables: These can be fresh, frozen, dried, juiced, or canned.

Vegetables include but are not limited to 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, 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.

Whole grains:

All whole grains including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

Nuts and seeds:

All nuts and seeds including but not limited to sunflower seeds, cashews, peanuts, sesame.

Also nut butters including peanut butter.

Legumes:

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans. All quality oils: including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages:

Juice (no sugar added) spring water, distilled water or other pure waters.

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

Foods to Avoid:

All meat and animal products including but not limited to beef, lamb, pork, and poultry. All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

The Pain of Fasting

Fasting is not easy. There are degrees of fasting, of course.

The pain of fasting is twofold. The physical pain is due to the detoxification of our bodies.

All the accumulated poison and garbage starts to come into our blood and we feel dreadful.

This can be alleviated by fasting on juice.

With juice fasting you have some control on the speed of your body's detoxification.

The soulish pain is due to the conflict in the spiritual realm between your flesh and the Spirit of God. This goes behind the natural desire to eat.

There is soulish pain because:

1. Most times our bodies are demanding food 3 times a day and complain that food is needed when they are denied.

A little training in fasting soon clears up this misconception.

2. You cannot use food as an emotional crutch to give pleasure, drowsiness, satisfaction, and escape. Instead, you must depend on God for comfort.

3. You are brought face to face with other painful issues in your life. God reveals the need for you to forgive others, to repent of your wicked ways, to stop running from Him and start trusting Him. There is thus also a spiritual and soulish detoxification which happens when we fast.

4. You will be attacked by demonic forces seeking to induce you to give up the fast. Jesus experienced this in the wilderness with Satan (Matthew 4:1-10). Great spiritual victories are won or lost on our willingness to endure spiritual hardship and temptation out of love and faithfulness to the Lord.

5. You will experience weakness at times, and we like to feel strong and in control. Fasting teaches us dependence upon God.

FASTING INCREASES YOUR STRENGTH IN LONG WAR

Now there was a long war between the house of Saul and the house of David. But David grew stronger and stronger, and the house of Saul grew weaker and weaker.
—2 SAMUEL 3:1, NKJV

We want it to end quickly. But some wars don't end quickly. If you are fighting a stubborn enemy who refuses to give in to surrender, then just know it is going to fight and fight and fight. There are demons who fight and fight and fight to hold on. But I have good news for you.

If you keep putting pressure on the enemy, you will get stronger and stronger, and he will get weaker and weaker.

What demons cannot handle is a long war. They want you to hit them and give up. But you have the mentality that you will continue in prayer, fasting, and putting pressure on this demon, because it is just a matter of time before it breaks!

This is our season of breakthrough. There are some battles that many have fought and can't seem to breakthrough. I believe that the Lord has given us keys that we have not applied in our life.

Focus Points:

1*Sanctify yourselves

Leviticus 11:44, John 17:14- 19

2*Repent / Humble yourselves

Psalm 66:17-18, 2 Chron 7:14, 1Peter 5:5-6, James 4:6-7, Ps 25:9-11

3*Pray to Be steadfast, unmovable

Hebrews 4:14-16

4*Pray for unbelievers to repent and be saved

2 Cor 4:4

5*Pray for endurance and Peace of mind

Ps 138:7, Isaiah 26:3

6*Pray for harmony with the will of God

Matt 6:10

7*Pray for Families to be strengthened

Eph 6:10-11

8* Pray for our children and young people to be saved, guided and protected by God

Psalm 34:11, Deut 4:9, Psalm 127:3-5

9*Pray for healing, restoration and strengthening of Marriages

Col 3:13-14

10*Pray for the sick to be healed and made whole

Ps 107:19-20, John 5:6

11*Pray for Devine protection

Psalm 91, Eph 6:10-17

12*Unity in the church, in the body of Christ

1 Cor 1:10

13*Loyalty and commitment to the ministry

Proverbs 20:6, Proverbs 3:1-3

14*Your Pastor and his family

Pray for church leadership

James 1: 5-6

15*Pray for our civic leaders, the government leaders

1 Timothy 2: 1-4

16*Pray for wisdom to make Godly choices and decisions

James 1:5, Psalm 25:4, Psalm 86:11

17*Pray against apathy

Psalm 5:3, Prov 23:17-18

18*Pray about the Opportunities that God will present will be greater than the crisis we've endured

Eph 3:20-21, Matt 7:7-8, Psalm 25:12, 13 Rev 3:8

19*Pray that the Lord will provide all the necessary resources of finances, persons, and materials needed to accomplish the churches mission

Isa 41:18

20*Pray to be open and receptive to the new thing that God is doing

Isaiah 43:18-19, Rev 21: 5, Isaiah 65: 17, Eph 2:15

21*Pray for boldness to share the gospel with others

Romans 1:16, Matt 28:18-20, Eph 6:19-20

FASTING SUMMARY

FOODS TO AVOID

(ALL MEAT BUT FISH IS ALLOWED}

NO ALCOHOL

**NO DAIRY PRODUCTS Ex. CHEESE, MILK,
YOGURT**

NO PROCESSED FOOD

NOTHING DEEP FRIED

NO CAFFEINE

NO SHELLFISH

NO PROCESSED SUGAR

NO CAKES NO ICECREAM

NO SODA

NO REFINED SUGAR

**YOU MAY USE HONEY OR AGAVE OR
DATE SYRUP**

NO WHITE BREAD, FLOUR OR PASTA

**COOKING OIL (PREFERABLY COCONUT
OR OLIVE OIL,**

FOODS ALLOWED

FISH FRESH OR CANNED

ALL FRESHLY SQUEEZED JUICE

VEGETABLE, ALL BEANS

ALL NUTS (UNSALTED AS LONG AS THERE ARE NO ALLERGIES

WHOLE GRAIN AND WHEAT BREAD ONLY

FRESH FRUIT OR FROZEN FRUIT. AVOID

CANNED FRUITS AS HIGH FRUCTOSE

CORNSYRUP IS NORMALLY ADDED.

QUINOA, BULGAR WHEAT

PLEASE READ ALL LABELS TO ENSURE

THERE ARE NO ARTIFICIAL FLAVORS, DYES, ADDITIVES AND OR SUGAR ADDED.

SUGAR FREE DOES NOT NECESSARILY MEAN SUGAR FREE.

PREPARING FOR THE FAST

1. Ease into it

Cut back on food and drink gradually for several days — or even weeks — before your fast. Otherwise, abruptly beginning a fast will be a shock to your body.

“Don’t eat three full meals a day with between-meal snacks and then suddenly stop eating one day,” Dr. Zein says. “If your body is used to regular refueling, you may have a hard time maintaining energy levels during a fast.”

2. Drink plenty of water

Staying hydrated will help you avoid dehydration, maintain your energy levels and lessen side effects like headaches, cramps and irritability.

3. Cut down on activity

“It’s not a good idea to do intense exercise when you’re not eating or drinking,” says Dr. Zein. “If you’re not planning to replenish

nutrients for a while, preserve your energy for vital daily activities.”

: Prepare Yourself Spiritually The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder our prayers. Here are several things you can do to prepare your heart:

Ask God to help you make a comprehensive list of your sins. Confess every sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4;17:3,4). Make restitution as the Holy Spirit leads you.

Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John5:14,15.

Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans12:1,2).

Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).

Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6)

Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).