

21-DAY DANIEL FAST (January 4-24, 2021) "Turning to God with Repentance and Expectation"



Scripture References for Fasting: **Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14**

Relation to Prayer and Reading of the Word: **1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2**

Corporate Fasting: **1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37**

Biblical 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, you are encouraged to consult with your medical professional prior to committing to the fast (Eccl 4:4-6).

21-DAY DANIEL FAST GUIDELINES

January 4-24, 2021 (24 Hours Each Day)

January 13, 2021 - Liquids Only

January 19, 2021 - Liquids Only

Foods You May Eat*

- **Whole Grains:** Brown Rice, Oats, Barley; Whole Grain Breads; Grits
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soybeans
- **ALL Fruits:** i.e. 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
- **ALL Vegetables:** i.e. 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, Herbs, Spices, Olives (Olive Oil), veggie burgers are an option if you not allergic to soy.
- **ALL Nuts & Seeds**
- **Liquids:** Spring Water, Distilled Water, 100% Natural Fruit Juices, 100% Natural Vegetable Juices, Protein Drinks; Decaffeinated Beverages in moderation. On the days designated liquids only please do your best to only consume water which is best health choice but don't feel pressured. This is a fast that God has chosen to undo our heavy burdens.
- **Sweeteners:** Honey, Brown Sugar, Stevia & other Natural Sweeteners

Foods To Avoid*

- Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Butter, Shortening, High Fat Products; Desserts, Candy, etc.

Remember

- The Daniel Fast could lead to spiritual insight. "To those four young men God gave knowledge".
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.

**This list is intended to be a guideline and is not all-inclusive.*

The Life Church VA

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5 Prayer Points for “Turning to God with Repentance and Expectation”

- 1. Seeking God’s Face (2 Chronicles 7:14, Matt 6:33, James 1:5)**
 - a. Be filled with all wisdom and spiritual understanding.
 - b. Walk in humility and hope.
 - c. Study the Word of God daily.
 - d. Be filled with joy, gladness, and appreciation.
 - e. Have a sound mind stayed on Christ.

- 2. Establishing a Position of Repentance in Your Life (Isa 55:7, 2 Peter 3:9, 2 Cor 7:10, Act 3:19)**
 - a. Repent and turn from sin with godly sorrow.
 - b. Repent and commit to a God-centered life.
 - c. Repent and forgive yourself.
 - d. Repent and expect God’s forgiveness and lasting blessings.
 - e. Repent and receive a spiritual mindset.

- 3. Praying for a Peaceful Transition of Power in the United States its Appointed Leaders (Psalm 32:8, Proverbs 21:1, Eph 6:12)**
 - a. Pray for world leaders and those in authority.
 - b. Recognize God’s sovereignty over the transition of power process.
 - c. Remember that the battle fought is not against what is seen but unseen.
 - d. Know that our hope is in God, not man.
 - e. Wisdom for leaders to reason together during leadership transition.

- 4. Praying to Eliminate Personal Dysfunctions That Hinder Our Submission to God (Genesis 12:3, Isa 58:6, 1 Cor 10:13)**
 - a. Release generational curses.
 - b. Stand against doubt, fear, unbelief, worry, stress, suicide, depression, etc.
 - c. Remind us that our purpose is in serving the kingdom of God, not the world.
 - d. Renew a sense of boldness in God-given gifts.
 - e. Healing, protection, and wisdom to accompany financial increase.

- 5. Praying for Good Health and the Eradication of the Global Pandemic (Romans 8:18; Eccl 3:2-3, 3 John 1:2)**
 - a. Divine healing from all kinds of sicknesses, diseases, and afflictions.
 - b. Make us vigilant, attentive, and proactive in eradicating all diseases.
 - c. Heal our self-centeredness and indifference of COVID-19.
 - d. Give insight to researchers and medical professionals to create effective vaccines.
 - e. Comfort those who suffer from the death of loved ones from COVID-19 and other illnesses.