

21 DAY CHURCH-WIDE

DANIEL FAST

DANIEL 1:12



WORD OF LIFE CHURCH
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21-DAY DANIEL FAST 2025
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The Year of Answered Prayers

This is a year of answered PRAYERS!!! 5785 is the year on the Hebrew Calendar. The 5 is the Hebrew letter, Heh. We are entering a year of divine opportunities. As we move into this new year, let us speak life, embracing God's grace and step into the opportunities He will provide for us. This is Word of Life's time to step into His plans and purpose. This is a time to stay in sync with the Holy Spirit, ready to embrace "Kairos" moments where we can make a difference.

If the word bountifully in Hebrew is Gamal - a word used for weaning a child, then when I say that God wants to bless you, that bountifully means He wants to wean you. It is a good thing to receive Gamal or bountifulness from God. It shows that you are ready to move on to bigger and better things and mature. This is our year of answered prayers.

NOW LET'S FAST AND PRAY FOR IT!



What Is Fasting?

What is Fasting?

Fasting is a powerful spiritual discipline. Through fasting and prayer, the Holy Spirit can transform your life. And the practice of fasting has strong roots in the Bible. Jesus himself spent time fasting and praying during his life on earth, and he expected his followers to fast as well. Most commonly, fasting is when you abstain from food or a certain type of food for a period of time. However, there are multiple ways to fast, all with the potential to help you grow spiritually.

It's important to ensure you're listening to both the Holy Spirit and your own body in the way you fast. Instead of abstaining from food altogether, you may fast from a particular type of food or even something other than food, such as social media. You might decide to fast until a certain time in the day or skip a certain meal. There are many ways to ensure you're getting the physical nourishment you need while still enjoying the spiritual nourishment fasting and prayer offer.

Fasting and prayer can also bring about more than just personal transformation. When God's people practice fasting and prayer, God hears from heaven and can heal our lives, our churches, our communities, our nations, and our world. Fasting and prayer can even bring about revival—a change in direction.

Fasting in the Bible

Fasting in the Bible

Fasting was an expected spiritual discipline in both the Old and New Testaments. In fact, we see examples of fasting in the Bible from several significant biblical figures. Moses, for example, fasted at least two recorded 40-day periods (Deuteronomy 9:18-19, Exodus 34:28). Jesus also fasted for 40 days and nights (Matthew 4:2).

If 40 days seems like an impossible amount of time to survive without sustenance, that's because, without divine intervention, it is. (Humans can only last about three days without water.) But biblical fasting didn't usually mean going without food or drink 24/7. The Jewish custom was to fast during the day but eat and drink as soon as it was dark.

Jesus encouraged his followers to intentionally approach fasting as a spiritual tool, not a biblical law. When a Pharisee questioned Jesus about why his disciples weren't fasting like the Pharisees, he offered his own guidance on the role of fasting. Comparing his disciples to guests at a wedding, Jesus said, "The wedding guests cannot mourn as long as the bridegroom is with them, can they? The days will come when the bridegroom is taken away from them, and then they will fast" (Matthew 9:14-16). This guidance can still apply to us today. When we feel far from God, fasting can help us mourn our distance from God and draw closer once again.



Why Should You Fast?

According to Dr. Bill Bright, who produced a guide to fasting, there are a number of reasons why the practice of fasting can be spiritually beneficial.

- Fasting is biblical. We see examples of biblical fasting in the lives of figures like Moses, Jesus, and King David.
- Fasting and prayer can restore or strengthen your intimacy with God. Many longtime Christians find that fasting helps them rediscover their “first love” for God again.
- Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humbled my soul with fasting” (Psalm 69:10). You may find yourself relying on God more fully for strength when you fast.
- Fasting and prayer can help us hear God more clearly. To listen to God as you fast, consider combining a time of fasting with a practice of listening prayer. Together, fasting and prayer can transform your prayer life into a richer and more personal experience of God.
- Fasting enables the Holy Spirit to reveal your true spiritual condition. When you see your own brokenness more clearly, you’re able to move toward repentance.
- When you experience revival in your own life through fasting, the grace and love of God can shine through you into the lives of others.

Daniel Fast

Fasting is a natural discipline that can bring supernatural results. I've seen fasting work when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, even Jesus ... fasted.

In fact, they didn't just fast for a day or two, but both Jesus and Moses fasted for 40 days! The Bible is filled with more than 70 references to fasting, but over the last several decades, fasting has disappeared from the church and is only beginning to make a resurgence today.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a type of partial Fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein.

Many users of this Biblically based fasting method follow it for 21 consecutive days.

Looking for Daniel Fast scripture readings? The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- ♦ Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink."
- ♦ Daniel 10: 2-3, which says, "In those days I, Daniel, was mourning three full weeks. 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."

The Fast will last from Saturday, January 11, @ 6 pm - Friday, January 31, @ 6 pm.
Every week we will focus on a different theme.

HOW TO

HOW TO PRAY & FAST MORE EFFECTIVELY

A. Make a Personal Commitment to Prayer and Fasting. The first step to successful prayer and fasting is to make a COMMITMENT to do it. That commitment is finalized by making a proclamation and your intentions known. If you are not committed to fasting, any excuse will help you avoid it. Read James 1:6-8.

B. Prepare Yourself for Prayer and Fasting. I Corinthians 9:27 – You have to prepare mentally, physically, emotionally and spiritually for a fast. Tell your body what to expect. Say this confession: I will bring my spirit, body, emotions and mind under subjection to the Word of God by giving myself to prayer and fasting.

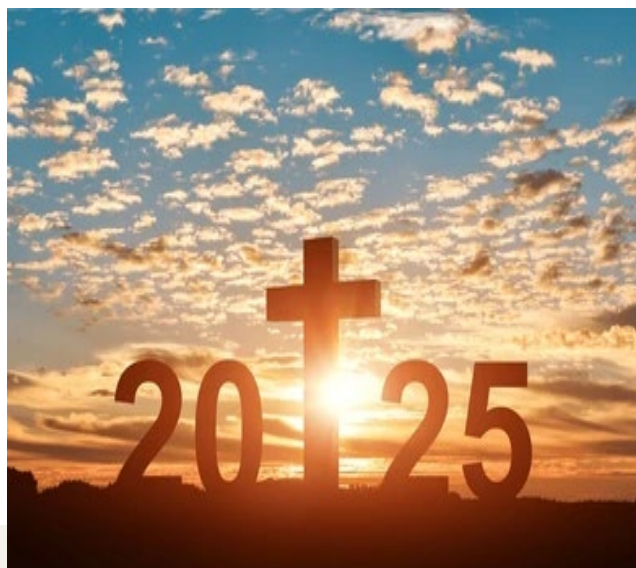
C. Stop Making Excuses. Read Luke 14:18: “And they all with one consent began to make an excuse.” You may say, “I’m too busy!” “I’m too old!” “I’m too young!” Read the example of an elderly woman in Luke 2:36-38.



What to Expect

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomforts such as headaches, irritability during withdrawal from caffeine and sugars, and hunger pains. Take time to rest and limit your activity, and exercise moderately. Fasting brings about miraculous results. You are following Jesus’ example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God’s face.

Prayer COMMITMENTS



1. The Lord will add to the church such to be a disciple and equipped for the work of the Kingdom of God.
2. Supt Anthony Lamar Scott and the first family, as well as Thomas', Scott', Ellis', Shepards', & Franklin's – clarity, protection, wisdom and strength to equip the church.
3. For knowledge, understanding, wisdom and discernment to navigate life.
4. Progress in our families, commitments, and communities.
5. That God will develop our ability and resources to transform lives, build leaders and strengthen families and have a greater impact on the community and the world.
6. That every worship service, bible study, workshop, gathering, conference and event will manifest the Kingdom of God in power and character, grace and truth.
7. That all of us will continue to see growth, development and prosperity in every area of our lives (i.e. faith, favor, family, business, education, relationships, finances, etc.)
8. For clarity and progress in our thoughts, purpose, destiny and decisions.
9. Maturity in our leadership ability to equip and empower disciples for the work of ministry.
10. For the spiritual progress of gifts, ideas, creativity, and our nation and world towards Kingdom living.

Fasting and Prayer

1. What Is Prayer?

WHAT IS PRAYER? Prayer is communicating and taking time to commune with God. Throughout the Bible, we are told to pray without ceasing (I Thessalonians 5:17). One of the keys to a successful fast is staying in close communication with God. Fasting without prayer is simply skipping a meal.

For thousands of years, biblical fasting has been the practice of abstaining from food for spiritual purposes. If you're used to a "three square meals a day routine," going without food as a spiritual practice may sound strange. But fasting was a very common religious practice when the Bible was written.

In his book "Hunger for God," John Piper writes: "Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away."

Fasting is how God's people have humbled themselves before Him for more than three thousand years! Jesus, David, and many other followers of our God have gone without food for a little while to worship and pray to the one who supplies all our needs.

Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humbled my soul with fasting" (Psalm 69:10). You may find yourself relying on God more fully for strength when you fast.

Fasting and prayer can restore or strengthen your intimacy with God.

Fasting and prayer can help us hear God more clearly. To listen to God as you fast, consider combining a time of fasting with a practice of listening prayer.

Sacrifice

2. The Greatest Sacrifice

The greatest sacrifice that we can ever give is our lives. St. Peter Chrysologus, Bishop of Ravenna, Italy, stated:

“Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. As the psalmist said in prophecy, there is nothing more pleasing that we can offer to God: A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.

“Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to give him yourself, you are never without the means of giving.

David writes in Psalm 51:16, 17

- a. For You do not desire sacrifice, or else I would give it;
You do not delight in burnt offering.
- b. The sacrifices of God are a broken spirit,
A broken and a contrite heart—
These, O God, You will not despise.



Mercy

3. Blessed and Merciful

Jesus taught, “Blessed are the merciful” (Matthew 5:7), and “Be ye therefore merciful, as your Father also is merciful” (Luke 6:36). Mercy is defined as compassion and includes feelings and acts of sympathy, kindness, forgiveness, and love.

Prayer knocks at the door, fasting obtains, Mercy receives. Prayer, Mercy and fasting: these three are one, and they give life to each other.

When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for Mercy, show Mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice Mercy: show Mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show Mercy to you. Therefore, let prayer, Mercy and fasting be one single plea to God on our behalf, one speech in our defense, and a threefold united prayer in our favor.



According to our understanding of the Hebrew definition of “pulse” that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat, aka your eating plan.

Consider it a stricter version of a vegan diet yet overall plant-based



Beverages

- Water only — it must be purified/filtered; spring or distilled water is best
- Almond Milk, coconut water, coconut kefir and vegetable juice

Vegetables (should form the basis of the diet)

- Fresh or cooked
- May be frozen and cooked but not canned



Fruits (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally, low glycemic index fruits like stone fruits, apples, berries, cherries and citrus fruits
- May be dried but should not contain sulfites, added oils or sweeteners
- May be frozen but not canned

Whole grains (consume in moderation and ideally sprouted)

- Brown rice, oats, quinoa, millet, amaranth, buckwheat, barley cooked in water



Beans and Legumes (consume in moderation)

- Dried and cooked in water
- May be consumed from a can as long as no salt or other additives are contained and the only ingredients are legumes or beans and water

Nuts and Seeds (sprouted are best)

- Raw, sprouted or dry roasted with no salt added



Related: Ezekiel Bread: Superfood or Gluten Trap?

COMMON FOODS

Here is a list of some common foods you can consume on their own or include in Daniel Fast recipes:

Vegetables (preferably organic and fresh or frozen)

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Tomatoes
- Turnips
- Yams
- Zucchini

Fruits (preferably organic and fresh or frozen)

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Legumes (preferably organic)

- Black beans
- Black-eyed peas
- Garbanzo beans
- Kidney beans
- Lentils
- Mung beans
- Pinto beans
- Split peas

COMMON FOODS CON'T

Here is a list of some common foods you can consume on their own or include in Daniel Fast recipes:

Nuts and Seeds (preferably organic, raw, unsalted and soaked/sprouted)

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Whole Grains (preferable organic)

- Amaranth
- Barley
- Brown rice
- Millet
- Quinoa
- Oats (groats soaked)

Liquids

- Water (spring, distilled, filtered)
- Vegetable juice (fresh pressed)
- Coconut milk
- Coconut kefir
- Almond milk

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And some allow sea salt or Himalayan salt, and others do not.

I recommend only using a bit of sea salt when necessary in flavoring dishes. Here are foods you definitely want to refrain from eating:

Iodized salt

Sweeteners

Meat, including shellfish

Dairy products

Processed foods

Breads, pasta, flour, crackers (unless made from sprouted ancient grains)

Cookies and other baked goods

Oils

Juices

Coffee

Energy drinks

Gum

Mints

Candy



NOTE: Nutritional supplements are optional. If any are taken while on the fast then they would preferably be in line with the accepted foods/ingredients that are listed.

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. That is why I suggest organic, fresh or frozen foods for use in Daniel Fast recipes.

What about pasta?

Make sure the label says whole grain or vegetable-based pasta like quinoa, black bean or brown rice with no additives or sugar. But, the diet should consist mostly of vegetables and fruits.

What about roasted nuts?

Try to stick to organic, raw, unsalted nuts and/or soaked or sprouted ones. These are harder to find, so if you have to choose roasted nuts, then get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

Protein-rich foods allowed on the Daniel Fast are almonds, sunflower seeds, lentils, quinoa, brown rice, split peas and some whole grains. Be sure to include plenty of these protein-rich items in Daniel Fast recipes.

What about salad dressing?

Salads are great on the Daniel Fast. You can use olive oil combined with lemon or lime juice as salad dressing options.

Do I need to eat organic foods while on the fast?

You don't have to eat organic, but I recommend it because opting for organic keeps toxins out of your foods, meaning no use of chemically formulated fertilizers, growth stimulants, antibiotics or pesticides.

Can I go out to eat?

Yes, you can. Just make sure what you get is compliant with the Daniel Fast, such as a salad with olive oil and a baked potato with no extras on it.

What about bread?

If you eat bread, then I would only recommend a sprouted or sourdough bread that comes from ancient grains.

How much can I eat?

As long as your food choices fit the Daniel Fast, then you can eat all and as often as you want until you are satisfied!

Risks and Side Effects

Check with your doctor before following a fasting diet plan, especially if you have a medical condition such as diabetes, or you are pregnant or nursing.

A fast diet is not typically recommended for pregnant or nursing women.