

# Foundation for the 21 Day Fast

## Daniel Chapter 10

Before a person can understand why a 21 Day Fast, or as it has been called, “**Daniel Fast**”, that person needs to understand the person of Daniel.

Daniel was a young man who sought for knowledge from Jehovah God. When he received that knowledge from the Lord, he gave his message to the people. Daniel was given visions and images to describe God’s revelation of the last days of history for Israel then, as well as the last days that this generation is still awaiting.

Daniel teaches us that perseverance is necessary. The central message of Daniel is a call for the people of God to keep on being faithful even when human circumstances appear to hide all hope. The example of Daniel stands as a role model for each person who wants to be listed among God’s people.

Here’s the lesson of the fast that we learn from Daniel:  
*“Prayer keeps God’s people faithful. Only through constant connection with God can we as His people persevere and follow the life He has set out for us. Prayer is the highway to proper and higher living for God’s people. Prayer brings hope in the midst of trouble and threat. When enemies surround God’s people, prayer is the link that gives vision and hope. Through prayer God’s people confess their sins and seek God’s new directions for life.”* (Disciple Study Bible, NIV p. 1042)

Daniel was a real person who confronted real issues and led many people in the life of faith. Danger never

dampened his daily dedication to his Lord God. Daniel was one who exalted his God through his life and example.

In chapter 10 of the Book of Daniel, we read right off in verse 1 that Daniel received a vision from God . . .

But in verse 2, we read why Daniel received that vision:  
*“When this vision came to me, I, Daniel, **HAD BEEN** in mourning for 3 whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips and I used no fragrant lotions until those 3 weeks had passed.”* (NLT)

Fasting is defined as, *“To abstain from food. To eat very little or abstain from certain foods.”* That’s how the dictionary defines the word.

Biblical fasting is: *“Refraining from food for a spiritual purpose.”*

Jesus gives us 3 duties in the Gospel of Matthew in chapter 6 when He says the following: In verse 2 He says, *“When you **GIVE** . . .”* In verse 5 Jesus says, *“When you **PRAY** . . .”* And in verse 16 Jesus says, *“When you **FAST** . . .”*

These 3 duties according to Jesus are to be VITAL parts of our life as believers and followers of Him.

Jentzen Franklin said, *“Although fasting lasts for a short season, it brings long-term results, which sharpens us,*

# Foundation for the 21 Day Fast

## Daniel Chapter 10

*enabling us to face the challenges of life in His strength. Through fasting, you can experience spiritual renewal and direction for your life . . . restoration of relationship . . . healing . . . release from bondages . . . and so much more! Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we will pray and seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year!* **“But seek the kingdom of God and His righteousness FIRST, and all these things will be added to you”** (Mathew 6:33).

Fasting can help you Recover Your Passion, Recapture Your Dream and Restore Your Joy! Fasting is a principle that God intended for everyone to practice. It is not a punishment; it is a privilege!

**When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.**

### **Why should I fast?**

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to be in tune with the desires of God?
7. Do you need to break away from struggles and battles that have been holding you hostage?
8. Is there a friend or loved one that needs to know and experience the Love of Christ?

9. Do you desire to know God's will for your life?

**Following this Document each week we will provide a weekly guide to help you along the way during the week.**