

# HARVEST CHURCH

## Daniel Fast Information Guide

Congratulations on your willingness and commitment to join Harvest Church for this 21 day fast! We are so excited that you have decided to join us in this time of prayer, fasting and personal devotion. There is no better way to reset our spiritual compass and bring about refreshing in every area of our lives. This guide is designed to be flexible so no matter what spiritual level you are currently at, you can participate at any level. Whether you have done a season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way. The tools provided in this guide are a practical guideline to help you navigate through your personal 21-day journey of corporate fasting and prayer. We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next few days. May God continue to bless you and enlarge you as you seek Him first!

“For You, O Lord, will bless the righteous; with favor You will surround him as with a shield.”

Psalm 5:12

As you prepare for your fast, these are simply guidelines and suggestions on different things you can do. Do not let what you eat or do not eat become the focus of your fast. Keep the main thing, which is drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God. Important Note: Fasting requires reasonable precautions. If you have health concerns and feel the need to consult your physician prior to beginning your fast, please do so. Here are a few tips to help keep your mind focused on drawing closer to God:

- 1) Start Where You Are:** We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you’ve fasted before or this is your first time, start where you are, use what you have, and do what you can. Your personal fast should present a level of challenge to it, but it’s very important

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to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food. The goal is to draw nearer to God.

**2) Find Your Zone:** When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. Quite simply, you must learn to fast in a way that works for you; because we are not all on the same spiritual level as it pertains to fasting. While any true fast does involve abstinence from food or at least certain types of food, typically, different fasting combinations work better for different people. The goal to having a successful fast is all about finding your Fast Zone, and that is different for everybody and can change depending on the season you are in. The best way to describe your Fast Zone is that it's the place where you feel most spiritually in tune with the Lord. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy, and you can feel the fast working in your life. Finding your Fast Zone can help you sustain your fast for the length of the 21 days without breaking it early. Here is a great example of what I'm talking about:

Let's say you choose to go on a Daniel fast of fruits, vegetables, and water only. But 12 days into the fast you begin to get weary in well doing and you ask yourself "should I eat beans too?" If adding beans to your fast will help you stay

the course, then by all means, add beans to your fast! This is called staying in your Fast Zone. But for some people eating beans takes them out of the zone, and that's okay too. Everybody has a different Fast Zone.

**The Daniel Fast:** The Daniel fast is an extremely effective fast for spiritual focus, bodily discipline, and purification of the body and soul. In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel Chapter 1 states that he only ate vegetables

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and water, and in Daniel Chapter 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich foods, as well as no meat or wine. The foundation of the Daniel Fast is fruits and vegetables, in other words, it is a plant based fast. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do. Just remember to find your personal Fast Zone. **Please review the attached Daniel Fast Food Guide as reference when purchasing and consuming items.**

**Personal Devotions:** Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

**Final Note:** Whenever a fast is recorded in Scripture, it is followed by a season of growth and blessing. And as you will discover over the next few weeks, your commitment to fasting will usher in some of the greatest manifestations to take hold in your life. That is what we are most excited about. And we look forward with anticipation to all of the great things God is going to do. So as we join together as a church family, let's take 2020 by storm and prepare ourselves for what God is going to do!

Blessings and Favor,

Apostle Chris & Pastor Christina