

GLOBAL CATALYTIC MINISTRIES

DANIEL FAST

"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."

DANIEL 1:8

When you are living amidst the pressures of persecution, risking your life daily just by owning a Bible or believing in Christ, the warfare is intense. How do we handle this warfare? We fast regularly. When we make disciples, the first thing they learn is that they are signing up for persecution, and this will require regular fasting as we war in the Spirit. We are comforted in knowing that Daniel fasted and prayed while living under persecution by the Babylonians in the modern day country of Iran where many believers live in persecution. He sought the Lord through fasting and regular times of prayer and grew in favor with God and government officials (Daniel 1:9). Daniel also received angelic help in overcoming the prince of Persia (Daniel 10:13). When we are fasting and praying, we lean on examples like this for direction and encouragement.

We need to remember that God is for us. We already have everything we need in the Spirit and God has given us His "yes" and "amen." We are not fasting to move the hand of God, but looking at Daniel's example, our fasting moves the spiritual realm.

"FOR WE DO NOT WRESTLE AGAINST FLESH AND BLOOD, BUT AGAINST PRINCIPALITIES, AGAINST POWERS, AGAINST THE RULERS OF THE DARKNESS OF THIS AGE, AGAINST SPIRITUAL HOSTS OF WICKEDNESS IN THE HEAVENLY PLACES." - EPHESIANS 6:12

The biblical fast we follow is what we see Daniel do. It is the only **prescribed fast by man** that we see God partner with, resulting in spiritual breakthrough. Because of the two examples in the book of Daniel, we typically will call fasts of either 10 or 21 days. We also follow this biblical example of *when to fast* by calling fasts as the Spirit leads. Because of that, we sometimes fast for more than 40 days at a time as the Spirit leads. Lastly, because of Daniel's example, fasting is *specifically designated* for moving the spiritual realm and bringing spiritual breakthrough over a neighborhood, city, region or nation as opposed to the idea of fasting for an individual or some product we wish to gain, etc.

WHAT CAN I EAT ON A DANIEL FAST?

- Fruit, vegetables, beans, nuts and seeds
- No animal products
- No rice, bread, noodles etc.
- No salt, sugar or oils

