

Daniel Fast - Daniel 10:1-3 KJV

10:1 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing was true, but the time appointed was long: and he understood the thing, and had understanding of the vision.

2 In those days I Daniel was mourning three full weeks.

3 I ate no pleasant bread , neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

NOTES:

Before fasting in any form whether it be this particular fast or a complete fast you should consult your doctor if you have any serious health problems and/or if you are on medications. Even some over the counter meds instruct you to take them with food. They can be very harmful if you don't follow the instructions.

Having said that the New Testament teaches fasting as well as the Old, so it is very important that every born again believer in Christ fast often.

Your fast does not have to be for 21 days to be effective but the longer you can make it and the closer you can stick to it the more will be accomplished.

The most effective type of fasting is the complete fast with water only. The following is a list of suggestions to help you in your Daniel fast.

In verse three Daniel said: I ate no pleasant bread:

This would eliminate from your diet all types of bread, pastries, sweets, and basically anything with sugar added. Things with natural sugar such as apples and oranges or different types of fruit would be O.K. if you need them.

Neither came flesh nor wine:

This would eliminate all types of meat from your diet during your time of fasting. The wine would be the modern day equivalent of soft drinks, even diet drinks due to the fact that you are seeking to abstain from food and drink that you would normally really enjoy.

The purpose of the whole thing is to deny yourself so that your spirit man can grow stronger.

Once again remember the closer you can stick to the fast the more you will accomplish and you should pray and read your Bible as much as possible and drink lots of water.