



21 DAYS OF PRAYER + FASTING

fasting guide

what is fasting?

Fasting has been observed since Old Testament times as an ancient pathway to create space in our hearts for God to speak to us. Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives.

During 21 Days of Prayer and Fasting, Pastor Van is preaching on the book of Daniel as our Sunday sermon series, and we invite you to join us as we partake in the Daniel Fast.

the daniel fast

Daniel 1:12-16

12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

the goal of fasting is to draw near to God.

Daniel 10:2-3

2 At that time I, Daniel, mourned for three weeks. 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

THE DANIEL FAST CONSISTS OF A WHOLE FOOD, PLANT-BASED DIET, ABSTAINING FROM ALCOHOL, ADDED SUGARS, INDULGENCES, AND MEAT.

*We encourage you to ask the Holy Spirit to guide you as you make decisions pertaining to the fast and consult a doctor if you have preexisting health concerns that may inhibit your ability to fast.