



## 21 DAY DANIEL FAST TO A BETTER LIFE & A BETTER CHURCH

### **What is the Daniel Fast/Consecration?**

The word "fast" means to abstain from eating food. A consecration is the "setting apart of one's self." The Daniel fast is both a fast since we're abstaining from certain food and a consecration since we're setting ourselves apart to experience God in a greater way. The purpose of fasting is simple – more of God, less of ourselves! The result is seeing God move in powerful ways during and after the fast in your life & our church. *We're also adding a daily exercise regimen to maximize the results in our bodies.*

### **Spiritual Discipline while Fasting**

During the fast, you should limit negative influences into your spirit from any source including media, people, etc. For 21 days we are setting ourselves apart and breaking our normal habits for more of the Word, worship, and prayer.

You do not need to tell others that you're fasting. If at a restaurant, don't explain why you are only eating a salad, just do it. You'll lose your reward from God *if you seek approval from man* for your fast.

While you're fasting you should have a targeted prayer list and everyday during the fast, pray over the manifestation over those things on your list. The list just helps you be focused in your times of prayer.

### **What can I eat during the fast?**

The idea of the fast is that we don't eat "desirable food" (Daniel 10:3) or food that we'd normally eat. For example, if you use a sugar substitute, you are still enjoying the same "pleasure" as sugar. Therefore, you really didn't fast, you dieted.

- Vegetables, preferably fresh or frozen. Vegetables such as potatoes, beans, and soybeans will help provide substance.
- Fruit juices or fruit (no artificially sweetened drinks or artificially sweetened fruit), apple juice, orange juice, grapefruit juice, cranberry juice
- It is advisable to take vitamin, mineral, and possibly protein supplements
- You may also include various nuts (cashews, almonds, peanuts) to serve as a protein supplement
- Drink 8 glasses of water or more each day
- Whole grains – like brown rice

### **What shouldn't I eat?**

All of the stuff that our Americanized bodies really like!

- Sugar and sugar products (desserts, processed foods, soft drinks, etc.)
- Drinks with added caffeine (coffee, certain teas, etc.)

- Meats, fish, poultry, & any dairy related products, eggs

### Fasting Schedule

	<b>Prayer Target</b>	<b>Scripture Study</b>	<b>Exercise Regimen</b>
<b>Day 1</b>	That we are Shalom (nothing is missing, nothing is lacking, nothing is broken, all is well, we are whole)	<b>Exodus 14:14 &amp; Philippians 4:7</b>	30 Min of Cardio
<b>Day 2</b>	The salvation of every unsaved family member, co-workers, and friends	<b>1st Timothy 2:3-4</b>	30 Min of Abs
<b>Day 3</b>	We bless the nation of Israel	<b>Numbers 6:23 &amp; 1st Chronicles 16:36</b>	30 Min of Cardio
<b>Day 4</b>	For the release of all debts from our lives	<b>Deuteronomy 15:1-7</b>	30 Min of Chest
<b>Day 5</b>	For the complete release of all hurt, un-forgiveness, and pain against others and ourselves	<b>Mark 11:25</b>	30 Min of Cardio
<b>Day 6</b>	That the leadership of our nation would heed the voice of God and seek Godly counsel	<b>1st Timothy 2:1-4</b>	30 Min of Arms
<b>Day 7</b>	That our praise would go before us and conquer ALL of our enemies	<b>2nd Chronicles 20:20</b>	30 Min of Cardio
<b>Day 8</b>	That we would have only productive, loving, and Godly relationships	<b>Amos 3:3</b>	30 Min of Legs
<b>Day 9</b>	That there would be a fresh outpour of the Holy Spirit in our region through our Church	<b>Acts 3:19</b>	30 Min of Cardio
<b>Day 10</b>	That we would have no ungodly fear	<b>2nd Timothy 1:7</b>	30 Min of Abs
<b>Day 11</b>	That we would have unity amongst our church staff and leadership & that the enemy will not be allowed to create divisions, strife, or misunderstandings in our church	<b>Romans 14:19 &amp; 1st Corinthians 12:25</b>	30 Min of Cardio
<b>Day 12</b>	For a large numerical harvest of people into Harvest Christian Center	<b>Psalms 2:8</b>	30 Min of Chest
<b>Day 13</b>	For our Bishop to have greater wisdom, strength, focus, the right team around him for the utmost excellence and efficiency, and that he'd receive increase for his labor	<b>1st Timothy 2:1-3</b>	30 Min of Cardio
<b>Day 14</b>	For healing from any illness and perpetual health in our lives in all areas	<b>James 5:14-18</b>	30 Min of Arms
<b>Day 15</b>	That we'd walk in obedience to God's word	<b>Acts 17:11</b>	30 Min of Cardio

<b>Day 16</b>	For the correct strategy to navigate through every situation we encounter	<b>Proverbs 4:7</b>	30 Min of Legs
<b>Day 17</b>	For supernatural financial increase to abound from our generosity. We understand we cannot simply pray for increase, but we must sow toward it	<b>Nehemiah 2:20</b>	30 Min of Cardio
<b>Day 18</b>	That our church would have influence in Arts & Entertainment, Business, Education, Family, Government, Media, and Spirituality	<b>Isaiah 6:8-9</b>	30 Min of Abs
<b>Day 19</b>	That we live out & demonstrate our 10 Core Values	<b>Genesis 11:6</b>	30 Min of Chest
<b>Day 20</b>	That we receive a 100 fold return from all “Forced Investments” in our lives	<b>Amos 9:13 &amp; Mark 10:27-31</b>	30 Min of Cardio
<b>Day 21</b>	That God would empower us to fulfill the mission He’s given us to open one new campus each year with faithful laborers	<b>Matthew 9:38</b>	30 Min of Arms

**Side Effects & Important Exceptions** – If you have questions, you should consult a physician. This is not intended to be medical or nutritional advice. You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. You may need to take Advil or Aspirin. Again consult your physician before beginning any diet or exercise regimen. Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor. Children, especially small children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering their health.

Also, if you have extreme difficulty with the fast, you will have to make adjustments. This is not a failure of will but it is using wisdom.