

FASTING FOR A BREAKTHROUGH

Men and Women

Allen will undertake acorporate consecration fast from January 3 - January 23, 2016 for the ministry of deliverance entrusted to the body of the church.

Goal: To establish the spiritual discipline of fasting for the purpose of spiritual growth and communion with God

Achievement: Deliverance from spiritual strongholds and deliverance to the Lord as a whole. The results will be spiritual breakthroughs, spiritual healing in the body of Christ as well as physical healing. As we fast, pray, and yield ourselves to God, our fasting will lead to spiritual insight in what God has purposed in our life for 2016

What is fasting?

- Fasting is a spiritual discipline that moves the hand of God. It is a great exchange that involves giving God what means most to you and receiving something greater in the spirit.
- Fasting is going without a physical desire or need for a spiritual purpose. Food is essential to life; it brings God glory to see the people of God sacrifice food for something spiritual.
Deuteronomy 8:3; Matthew 4:4; Luke 4:4

Are We Commanded to Fast?

Fasting is not given as a commandment; it is a spiritual discipline that is acknowledged through the Bible.

Scriptural references: Esther (Esther 4:16); Daniel (Daniel 10:3); Paul (Acts (9:9); Anna (Luke 2:37); Cornelius (Acts 10:30); Samuel (1 Samuel 16); Elijah (1 Kings 19:18); John the Baptist (Matthew 3:4; Luke 1:15); and Jesus Himself (Matthew 4: Luke 4:2).

Esther (Esther 4:16); Daniel (Daniel 10:3); Paul (Acts (9:9); Anna (Luke 2:37); Cornelius (Acts 10:30); Samuel (1 Samuel -B); Elijah (1 Kings 19:18); John the Baptist (Matthew 3:4; Luke 1:15); and Jesus Himself (Matthew 4: Luke 4:2).

The Daniel Fast

Scriptures

1. A spiritual commitment - he would not defile himself with the portion of the king's meat, nor with the

which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. (Daniel 1:8)

2. *Inner desire reflected by outer discipline* – “*I was mourning for three weeks; I did not eat any pleasant bread (rich foods), meat or drink any wine.....until the three weeks were passed.*” (Daniel 10:2-3)
3. *Increased prayer life* – “*He knelt down at the open windows and prayed to God three times a day and gave thanks to His God.*” (Daniel 6:10) *Fasting without prayer is meaningless.*
4. *A statement of faith to others* – “*Then let our countenance be looked upon before thee and the countenance of the children that eat of the portion of the king’s meat. . .*” (Daniel 1:13a) *Daniel was making a statement of faith when he asked for only water and vegetables and then asked the overseer to compare him and the other sons of Israel to the young men who ate the king’s meat.*
5. *Fasting, Health and Healing (Physical and Spiritual)*

The Daniel Fast may be preventive – keeping us from disease or it can be curative, moving God to intervene as the Great Physician, if we already have a disease. God’s promise: “I am the Lord (Jehovah Rapha) who heals you” (Exodus 15:26)

- *Why would someone enter the Daniel Fast? Isaiah 58: 6, Exodus 15:26, Ps. 50:7-15*
- *How did God use a prescribed diet? Leviticus 3:17*
- *What is the purpose of the foods to be eaten during the Daniel Fast?*
- *How can the Daniel Fast assist in the healing process? James 5:13-16*
- *What physical benefit does the body derive from fasting? Corinthian 6:19, John 2:21, Romans 14:7,8*

The Daniel Fast Prescription

“Steps for fasting for preventive or curative health: from the biblical account of Daniel”

Step 1. Be Specific

***Define your problem immediately, and have a clear solution to the problem
(Daniel 1:1-8)***

What specific problems can you identify in your present diet? What are the potential health risks associated with these problems?

Step 2. Fast as a Spiritual Commitment (Daniel 1:8)

The Daniel Fast requires a spiritual equation, not just a physical solution.

How would improved health help you better serve the LORD?

Step 3. Reflect Inner Desire by Outer Discipline. (Daniel 1:12)

The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following: (1 Corinthians 10-15)

- ***Your food choices***
- ***Your spiritual commitment***
- ***Your time commitment (Psalms 50)***
- ***Faith in the foundation to the Daniel Fast.***

Step 4. Pray to Perceive Sin's Role in poor Health

How has sin contributed to your poor health? (Genesis 3:6—James 5:13-16)

Step 5. Fast as a Statement of Faith to Others. (Daniel 1:13)

Daniel's statement of faith was not just a private act. Faith is acting on God's Word by expressing your willingness for it to be a public act.

Step 6. Learn the effect of the Foods You Eat. (Daniel 1:16)

Step 7. Yield All Results to God.

Submit yourself to the consequences of your convictions (1:13). What did Daniel say?

Daniel Fast Foods

(Please note that these are just guidelines; do not treat them as law.)

Whole Grains : Barley, brown rice, oats, Beans/Legumes : Red beans, black beans, dried beans, long beans, French beans, pinto beans, split peas, black eyed peas, lentils.

Vegetables : Asparagus, artichokes, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.

Fruits : apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangeloes, watermelon.

Nuts and Seeds: almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, nut butters.

Liquids : Distilled water, spring water, 100% natural fruit or vegetable juice

Again, do not treat them as laws, if you have taken by accident, do not feel condemned, or you will not benefit from this fast—God is looking at your heart)

AVOID: Caffeine, Carbonated soft drinks, Milk, Cheese, Meat, White rice, Fried food, Refined sugar, Sugar substitutes, Food containing preservatives or additives White flour and food made with it, butter, margarine and high fat products.

For meal plans and recipes go to: www.ultimatedanielfast.com

Outcome:

1. *Spiritual Insight and Wisdom* – “As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.” (Daniel 1:17)

2. *New Spiritual Direction and Effectiveness- "Daniel, don't be afraid. God has heard your prayers ever since the first day you decided to humble yourself in order to gain understanding." (Daniel 10:12)*
3. *Spiritual and Physical Health - "When the time was up, they looked healthier and stronger than those who had been eating the royal food." (Daniel 1:15)*
4. *An Excellent Spirit and Favor among God and Men – "Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm." (Daniel 6:3)*
5. *A closer walk with God. Fasting and praying draws you closer to God and when you draw closer to Him, He draws closer to you (James 4:8). Why? Because prayer is communication with God and as you speak to Him, He speaks to you.*
6. *Brings about Humility - With your physical need for food being unmet, you come to realize your dependence on God for everything. Jesus taught his disciples to pray, "Give us this day our daily bread" (Luke 11:3). Jesus was not only speaking of physical food, but he was also speaking of spiritual food. Through fasting, you acknowledge that without God you are nothing.*
7. *Keeps Your Focus on God - Fasting changes your perspective on things. It becomes your spiritual lens through which you view everything. Fasting reminds you to focus on God and to set your affections on things above and not on things of this earth (Col. 3:2).*
8. *Brings you to a place of submission and obedience - Fasting is an act of self-denial and mortification of the flesh. It is saying to God "Lord, I want You more than this.". When you are able to bring the flesh under subjection through fasting, it becomes easier to bring other areas of your life under subjection, whether it is lying, drinking, jealousy, unforgiveness, adultery, or any other sin. When you learn to rely on God for strength in the area of the physical need for food, you can learn to rely on Him for strength in areas of sin in your life.*
9. *yielding all results to God – Daniel stated, "as you see fit, deal with your servants." (Daniel 1:13b)*

God wants us to genuinely offer Him the sacrifice of our very being - to lay our all on the altar. God is truly glorified when we sacrifice our will for His will in our life, and this all begins inwardly and it spills outwardly all over those around us. It is then and only then that we receive our breakthrough.

- ***(Daniel's conviction was based on his faith and trust in God. So he submitted himself to God and trusted Him for the consequences).***
- ***Deal with the Possibility of Fast's Failure***

- *Don't terminate your fast, or cut it short. A fever frequently gets worst before it is broken*
- *Second, realize that some diseases are so advanced that it is beyond physical healing.*
- *Remember that all healing is subject to the Will of God.*
- *Your disobedience to God's timing for your fast and forgiveness of your sins.*
- *God is not moved by shallow repentance or prayers that do not come from the bottom of your heart.*