

# **Simon Temple 2021 Daniel Fast**

January 1, 2021 - 6:00 pm – January 21, 2021 - 6:00 am

From Pastor:

Jesus states it plainly that our Father in heaven is watching us as we fast, and He stands ready to reward us when our hearts are right.

From 6:00 am to 6:00 pm we will do a total fast except for water and juices. (Eat crackers only if needed to take medicine, to sustain you if you have health issues, or if you are eating to avoid becoming ill.) After 6:00 pm, we will consume only the foods listed on the last page of this document.

To make the most of your fast and to gain optimum spiritual edification, please carefully read the following:

## **How to Begin Your Fast**

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

### **STEP 1. Set Your Objective**

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land.

According to 2 Chronicles 7:14. Make this a priority in your fasting.

### **STEP 2. Make Your Commitment**

Pray about your fast. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14-15). For Him, it was a matter of when believers would fast, not if they would do it.

Before you fast, decide the following up front:

What physical or social activities you will restrict?

How much time each day you will devote to prayer and God's Word?

### **STEP 3. Prepare Yourself Spiritually**

The very foundation of fasting and praying is repentance.

Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

Ask God to help you make a comprehensive list of your sins.

Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)

Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3-4)

Make restitution as the Holy Spirit leads you.

Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5: 14,15.

Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1-2).

Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9-10; 103:1-8, 11-13).

Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6)

Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17)

#### **STEP 4. Prepare Yourself Physically While You Fast**

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

Limit your activity. Exercise only moderately or according to your health. Walk one to three times each week if convenient and comfortable.

Rest as much as your schedule will permit.

Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.

Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

#### **STEP 5. Put Yourself on a Schedule**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen to His leading. The more time you spend with Him, the more meaningful your fast will be.

Fasting requires reasonable pre-cautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic changes in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.

## **Step 6. Reduce time on social media**

In addition, I'm asking that we avoid distractions such as social media, idle conversations, unnecessary talking and texting, as well as frivolous spending.

Decrease your social media time to 0 times per day or if you have to, 1 time a day for no more than 10 minutes. This includes posting as well as viewing.

Avoid unnecessary talking to persons outside of your immediate family in conversations that have no meaning or basis for you to be a part of. If you have to have conversations with persons at work or gatherings, keep it professional or social but when or if the conversation becomes non-fruitful, end the conversation.

Try to use your phone or email as an option not a necessity. Talk to persons when needed outside your immediate family or circle of course, but on a limited basis. You don't have to be rude or mysterious just let them know if the issue arises that you're spending more time with God and trying to seek his face during your season of consecration. If they want to participate tell them to go to [simontemple.com](http://simontemple.com) to get this info and join us in our fasting. If they won't comply, allow the Lord to lead you on how to handle this person and/or situation.

Put a hold on spending on things not needed but only desired by the flesh. Sales, bargains and impulse buying should cease during the fast. Often buying fast food while out, unneeded mall visits, as well as automatic debits for things that we don't need may sometimes put us in a bind unnecessarily. Or even worse, we have the funds but purchase what we don't need because we can.

I'm asking that you keep track of what you saved and contribute half of it to the ministry of kindness offering to help those in need.

In addition and most importantly, I want you to not only fast but also pray. Make time to read God's word and pray 3 individual times per day for at least 15 minutes or more per session. Over the fasting period, increase your time in 5-minute increments or more, if possible. God wants to commune with you in an intimate way but you have to desire his presence in your life. 2 Chronicles 7:14 says, "If my people who are called by my name would humble themselves and pray and seek my face..." (Read the whole chapter as well as the other scriptures provided in fasting information).

## **Morning**

Begin your day in praise and worship.

Read and meditate on God's Word, preferably on your knees.

Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.

Pray for His vision for your life and empowerment to do His will.

## **Noon**

Return to prayer and God's Word.

Take a short prayer walk.

Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

## **Evening**

Get alone for an unhurried time of "seeking His face."

If others are fasting with you, meet together for prayer.

Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

A dietary routine is vital as well. Modify the schedule and the drinks you take to suit your circumstances and tastes.

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste will lift motivate and strengthen you.

The best juices are made from fresh watermelon, lemons, grapes, apples, cabbages, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.

Mix acidic juices (orange and tomato) with water for your stomach's sake.

Avoid drinks with caffeine. And avoid chewing gums and mints, even if your breath is bad. They stimulate digestive action in your stomach.

The Daniel Fast: "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:2-3

The Daniel Fast is based on two fasting experiences that the prophet recorded in the Old Testament Book of Daniel. Daniel Chapter 1 was when he turned down the meat and wine from the king and ate only vegetables and drank only water.

He asked to be checked to see the condition of his health after 10 days, at which time he was found to be healthier than all those who ate the rich diet of the king.

The second fast was recorded in Daniel 10 when he "ate no meat or delicate foods and drank no wine for 21 days."

It is from these accounts that the current day Daniel Fast has been developed.

There is a lot of room for interpretation, but the "core" of the fast is no fish or any animal products because of the "vegetables and water" fast in Chapter 1 and then no leavened breads, sweeteners, caffeine, etc. because of both chapters — and 21 days because of Chapter 10.

More and more Christian men and women are choosing the Daniel Fast as their guideline to

enter into the spiritual discipline. While the Daniel Fast is a partial fast, (rather than total abstinence from all food) it still provides many of the attributes of denying the self and seeking God.

## **The Simon Temple Daniel Fast**

No meat, sweets or caffeine during the duration of the fast. From 6:00 am to 6:00 pm we will do a total fast except for water and juices. (Only if needed to take medicine, to sustain you if you have health issues or if you are eating to avoid becoming ill. After 6:00 pm, we will consume only the foods listed below.

### **Foods We May Eat**

Whole Grains: Brown Rice, Oats, Barley, grits

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, And Black Eyed Peas

Fruits.

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

### **Foods to Avoid**

Meat

White Rice

Breads

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

Remember, the power in the fast is not about what you eat or don't eat. It's in consecrating your body, soul and spirit unto the Lord. A fast should never put the body in harm, so if you need to make some adjustments, then that is totally appropriate.