

# Daniel Fast

*Basic guide on how to prepare for*

*Fasting.*



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# How to prepare for Daniel fast

*Daniel 10:12-13.*

**"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."**

*Isaiah 58 :6*

**Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?**

Fasting is a requirement for every believer. It is one of the ways we as believers put the flesh to death. It is a denying of ourselves and worldly desires to gain more of the spiritual things that are made available for us as children of God.



*Here I have created a basic guide on how to prepare for fasting.*

# 1. Pray and ask God to remove any unbelief



Where there maybe hidden unbelief ask God to reveal it and help you to fully trust in him. It is important to pray for your fast from even before that day comes. Get scriptures on fasting and begin to meditate on those verses. This helps to prepare you mentally for the fast and positions you to know what God requires from you during that time.

# 2. Get a journal



What are you expecting from God during this 21 day of fasting? I would encourage you to get a journal something that represents you, this will help you to be more interested in writing in your journal during this time. Write down your prayer request and what you are desiring God to do. Also, ask yourself what is your motive?

# 3. Be sure to prepare yourself physically



Begin to prepare maybe a week or two before by cutting down on foods you are accustomed to eating. This is to prevent your body from going into shock.



## 4. Create a list of foods you are allowed to eat.



Being prepared is important for your 21-day journey. I would suggest going to the grocery a week before along with your list to get the necessary food items so you won't be distracted by anything on the day of the fast.

## 5. Food Prepping is great.



Cutting up your fruits, vegetables, and labeling them is a great way to prepare so you know what foods you may be using each day.

## 6. Seek guidance from your doctor



If you have any health conditions it is wise to seek medical advice from your doctor before you proceed with this fast.



# Things to do during your time of fasting

- Repent and ask God to forgive you of any sin that is before him.
- Get up before the break of dawn and pray.
- Read and meditate on the word of God.
- Spend time worshipping God for who he is.
- Spend time soaking in his presence.
- Drink plenty of water it helps remove the toxins from your body.
- Pray in the spirit .
- Cut down drastically on how much tv you watch , you don't want anything to cause contamination.
- Cut down also on social media use.

*After your fast give God praise for what he has done during this time. Come off slowly don't eat all at once be sure to pray to end your fast.*

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# Scriptures for fasting.



## 2 Chronicles 7: 14

- if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land

## 1 John 1:19

- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

## Joel 2:12

- "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

## Mathew 6:16-18

- "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

## Mathew 9 :14-17

- Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast." "No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved."