

Empowerment Fast

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Prayer and Study

Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is a time of consecration from the things of the world to the things of God. First, fasting allows you to improve your communication with God through prayer and as your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life. It is critical to increase your prayer time during a fast. A second and powerful way to develop a closer relationship with God is to study the scriptures. The scripture is the very Word of God. To know God, you have to know HIS Word. In addition to prayer, during a fast, you should increase your time of studying His Word. When the fast is over, you should be spiritually renewed and strengthened because you have controlled your flesh and intensified your commitment to God through prayer and study.

Biblical Model

In the book of Daniel, chapters 2 and 10, Daniel describes two examples of his personal fasting and the dramatic results it produced. Daniel was found to be equally as fit and strong as those who ate regularly during the time he fasted.

Isaiah described God's chosen fast in Isaiah 58. Jesus fasted in the wilderness (Matthew 4, etc.) and spoke of the necessity of fasting for believers. It was a normal part of early church life. Fasting is one way we respond to the admonition throughout the Scriptures to die to our self-will and not to accommodate the desires of the flesh.

Accountability

Accountability is a powerful tool for success. You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy. During this period, as you continually place your flesh under submission to your spirit, you will find increasing opportunities to reflect the character of God in your daily walk.

Restricting television and entertainment. It will be difficult for you to consecrate yourself if you feed yourself on television and movies during this time.

Overview of the Fast

A fast drastically restricts normal food intake by cutting away many of the foods you commonly eat to

satisfy your appetite. During the fast, there will be a sense of hunger much of the time and a sense of sacrifice even when we eat. We recommend that you spend time preparing your meals in advance to avoid temptation.

Types of food ALLOWED in the Daniel fast:

- ALL Vegetables, preferably fresh or frozen vegetables. Vegetables such as potatoes, beans, and soybeans will help provide substance.
- Pure fruit juices or ALL fruits (no sweetened drinks or sweetened fruit): apple juice, orange juice, grapefruit juice, cranberry juice.
- Any plant products (frozen is ok, if there are no preservatives added)
- Whole grains, whole wheat and brown or wild rice (be sure there is no white rice in the wild rice)
- Pure olive oil, peanut oil(in moderation)
- Natural Herbs and spices
- Fish allowed on Friday after 6pm until Sunday at 6pm.

Foods NOT ALLOWED in this Daniel fast:

- Sugar and sugar products, refined sugar products (desserts, soft drinks, diet soda etc.)
- Wines, Alcoholic beverages
- Drinks including caffeine (coffee, tea, etc.)
- Refined Bread, grains, and rice
- Meats, poultry, dairy products, eggs
- Salad dressings (most include sugar in their ingredients)

Water: Drink 8 glasses of water daily throughout the fast. This is very important.

Side effects: 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.

Important exceptions: 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 your health. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments. This is not a failure of will but is wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives.