

Daniel Fast for 2012

Isaiah 58:6 & 8 "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? Then shall thy light break forth as the morning and thine health shall spring forth speedily: and thy righteousness shall go before thee: the Glory of the Lord shall be thy reward."

The DANIEL FAST is found in Daniel chapter 10. He said in verses 2 & 3; "In those days I, Daniel, was mourning three full weeks. (21 days) I ate no pleasant bread, neither came flesh or wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

This fast is a 21 day fast. We will start it corporately on JANUARY 8th, and will go through JANUARY 28th. That will give us 21 whole days of fasting.

Don't be gloomy about fasting, be excited. As you go through the fast, you will enjoy it, but when you are getting ready, all you think of is what you will NOT be able to eat. But, I hate Satan ruling in areas of my life MORE than I hate fasting, so I fast for VICTORY.

This fast will be for specific purposes. FIRST, we are fasting for people to be saved. SECOND, we are fasting for God's Power to be released here at NLM. You may also have some other specific goals for this fast. Those can include; healing, more spiritual power in your life, a closer walk with God, salvation of family members, financial needs, etc. Whatever your individual goals are, remember that we are fasting foremost as a group for souls to be saved.

When a group fasts, there is MULTIPLIED strength, power, authority, worship, love and favor, with God and man. As one person gets a breakthrough, it tends to flow to others around them.

WHY 21 DAYS? Daniel Fasted 21 days when the answer came from the Lord. Consider this as well: (Interesting possibility from Bible numerology) The number of perfection is 7. The number of wholeness is 3. $3 \times 7 = 21$. Perfect wholeness. That is what is needed in each of us, and in the church as a body. You may not "feel" the presence of God as strongly as you once did. If you want God's presence in your life, pressed down and running over, join in this fast, and trust God to do what He wants to do in your life.

Allow me to give you some reasons for fasting:

1. Fasting breaks poverty. Joel 2:15 - Israel was under a curse. The locusts were eating everything. But, when they fasted and prayed, God restored what the devil had taken. The threshing floors were full of wheat, and the vats overflowed with wine. This speaks of provision and prosperity.
2. Fasting breaks sickness, and brings healing. Isaiah 58 lists 20 promises to those that fast. Verse 8 says that your health shall spring forth speedily.

3. Generational curses are broken through fasting. Isaiah 58:12 says that "you shall raise up the foundations of many generations..." I believe that many in the church today suffer from curses that are on them through no doing of themselves, but it has come on them through a generational curse. Fasting **BREAKS** the curse. Curses can't have dominion over you and your family if you fast and pray.

4. Sexual addictions are broken. Deuteronomy talks about how sexual sins of the fathers can be passed on to the children of the 4th generation. And the sexual sins of a couple can be passed on to 10 generations. I believe that when you fast, these addictions, and others, are broken by God's power. You will weep over things that you used to look at, listen to and do.

Are you tired of the flesh ruling your life? Some say, "the Spirit is willing, but the flesh is weak." This is just a cop out so that we can keep on doing what we've always done, and **NOT** change. In Jeremiah, Chapter 5, God lists ways that His people had forsaken Him. He says that they were incapable of speaking the truth, that they were perverse in their natures, that they were adulterers, (and that also applies to **SPIRITUAL** adultery); they were impious, meaning that they had no reverence for God and His house. There was spiritual corruption, as well as civil corruption. **NO** one was living right, and God was tired of dealing with them. As you read Jeremiah, you will find out that finally, God allows them to fast and repent, but it shows us that we **CAN** go too far.

Adam and Eve were enticed by the devil, but he used **FOOD** to draw them away. In Matthew Chapter 4, Jesus is tempted by the devil, but before the devil tempted Him, he fasted forty days and nights - (40 entire days). John 13:16 says "the servant is not greater than his lord..." Thus saying that we ought to emulate Him, and follow His example. He prayed. He fasted. If He had to fast and pray to overcome the devil, why should we think that we can do better?

In Mark 9, we are told how demonic powers are broken through prayer and fasting. Some demonic beings may respond to just prayer and the authority of the Word or the Holy Spirit, but there are those that **ONLY** respond to fasting and prayer.

In Acts 13, after a fast, The Holy Spirit revealed that He wanted Saul, (Paul), and Barnabas to be set forth to ministry. Over and over, we see God revealing things to people of God when they fast.

We can start 2012 as a banner year for ourselves **AND** this church . This may be different for some, but if we do what we've always done, and think like we've always thought, and talk like we've always talked, all we'll ever have is what we have had in the past.

Isaiah 58:10-11 tells us some of what God will do **WHEN** we fast and pray.

Now, let me give you some truths and ideas about fasting.

1. Headaches, bad breath and feeling run down is a sign that the fast is working. (Especially if the fast is a total fast.) The body is cleansing itself, and these are some of the symptoms that show it is doing what it is supposed to do. Drink **LOTS** of water when you are on a fast.

(At least a gallon + per day) The water will help the body to flush out poisons that have built up over time. Also, after about three days, the body starts to feel better.

2. Fasting will **NOT** impair your health. **HOWEVER**, if you are taking certain medications, you may want to check with your Doctor to see if you can do a total fast. Just look at this: no meats of any kind: no sugar; no sweets; no bread; no caffeine; no "soda pop." How healthy would you be in 21 days?

3. Fasting increases your faith. As you fast, you increase the amount of time you spend in the Word of God, because the time spent eating is spent reading the Bible, and as you read it. Especially if you read it aloud, you literally "EAT" faith, because you are speaking His Word. Romans 8:17 "So then Faith cometh by **HEARING**, and **HEARING** by the Word of God."

4. Miracles. Are you willing to fast 21 days in order to receive a miracle? As you fast and pray, and get **SPECIFIC** about your prayers, God will start to show you answers. He also will show you areas of your life that you need to take control of. I have told you of Rev. David Torres in Seattle, Washington. After a 21 day fast. God completely healed him of diabetes.

5. Focus on the Word of God. **NOT** on TV, or the radio, or newspapers, etc., but on God's Word. If you **DO** watch TV or listen to the radio or cd's, make it Christian in nature. Saturate your body, mind and spirit with God!

6. Your prayers **NEED** to be specific. **MAKE A LIST** of things you want God to change in your life, and people that you want God to touch as you fast, and trust God to work.

Listen, with the Daniel fast, diabetics, people with heart problems, etc., **CAN** enter into this fast. **YOU CAN DO IT!** And I believe that as you do, the Holy Spirit will fill and refill you with His power. (If you are under a Doctor's care, you should inform/consult your Doctor as to what you intend to do)

I believe that God will do some specific things if we will join together as a church and fast.

1. If we will obey, I believe He will **FILL** this house before the end of 2011.
2. If we will obey, I believe that a spirit of revival will be "in the air."
3. If we will obey, I believe that God will increase finances to each of you, and that, as a result, more money will be given to the church to reach out and get people to accept Jesus as Savior.
4. If we will obey. **MIRACLES** will be done. Lost loved ones will come to the Lord. Sugar diabetes, heart troubles, high blood pressure, cancer will be spoken of in the **PAST TENSE**, as we obey Him and fast and pray.

Children can fast, as well as adults. They do not have to, but they can enter in if they wish.

Church, it's time to seek the Lord for our families, church and country. We **CAN** make a difference in: our **FAMILY**; our **CHURCH**; our **COMMUNITY**; and our **COUNTRY** as we fast and pray. (See 2 Chronicles 7:14)

TIPS FOR FASTING

1. PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness (Psalm 139:23-24). Forgive anyone who may have offended you and ask forgiveness from those you may have offended (Mark 11 :25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2)

2. PREPARING PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. There are some medications that must be taken with specific foods. Some people should never fast without professional supervision.

3. HOW TO BEGIN

Start with a clear goal. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

4. DECIDING WHAT TO FAST

What you fast is up to you. It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meals, and drank only water. You could even stop watching television or something else that would be a sacrifice from your normal activities. Remember to replace that time with prayer and Bible study.

5. WHAT TO EXPECT

When you fast, your body detoxifies, eliminating poisons from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity, and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

6. HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks. Most of the fasts mentioned in the Bible were public fast initiated by the priests; Jesus gave us the model for private fasts in Matthew 6:16-18; 9:14-15

Whether you are beginning a private fast, or fasting corporately with us here at NLM this year. I believe you will find these tips helpful. The type of fast you choose is between you and

God, depending on your spiritual and physical ability. He will honor your best. You may want to include a combination of fasts. For example, you may want to participate in a Full Fast for 1-7 days and then continue with a Daniel Fast.

SCRIPTURE REFERENCES FOR FASTING: Matthew 6:16-18, Matthew 9:14-16, Luke 18:9-14

RELATION TO PRAYER AND READING OF THE WORD: 1 Samuel 1:6-8, 17-18; Nehemiah 1:1; Daniel 9:3,20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2; 1 Corinthians 7:5

CORPORATE FASTING: 1 Samuel 7:5-6; 2 Chronicles 20:34; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. (Isaiah 58; Jeremiah 14:12; 1 Corinthians 8:8). May God greatly bless you as you fast!