

Second Baptist Church of Boulder

By Eileen Lingham Walker

Why Fast?

Matthew chapter six has much to say about Prayer and Fasting, but the word that stands out the most is “**when.**” It is not if you fast but, when you pray and when you fast. Fasting speaks of a voluntary abstinence, not to change God, but to change us. It means, that for a certain period of time, a person abstains from certain foods, and (or) beverages and (or) certain activities.

Fasting is a powerful spiritual discipline that allows you to connect with God in a deeper level. Something very supernatural happens when we humble ourselves with prayer and fasting and seek the Lord.

Seven Benefits of Fasting:

1. It increases our sensitivity to God(Ephesians 3:16-20)
2. It gives us light and understanding (Ephesians 1:18)
3. We prosper (III John 2)
4. Health and healing (James 5:15 and Isaiah 58:8)
5. Guidance (Ezra 8:21 and Isaiah 58:11)
6. Protection (Ezra 8:21)
7. Increase in Spiritual Power (Mark 9:29)

We see God’s desire for us to fast in 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?”*

There are basically four Types of Fasts;

1. Absolute(refrain from all food and drink for a few days),
2. Supernatural absolute (refraining from all food and drink over an extended period of time and is medically impossible.
Examples: Moses and Jesus
3. Liquid fast involves only liquids
4. Partial fast abstains from certain foods and (or) activities

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. Men, women, and young adults realize the spiritual disciplines of prayer and fasting, they turn to the Daniel Fast.

There are 2 distinct scriptures that give us advice about the Daniel Fast.

First: In *Daniel 1*, the Prophet didn't eat anything except for vegetables and fruits, and drank only water. So the Daniel Fast food guidelines tell us that the fast should only include these items.

So from these scriptures we get two of the guidelines for the fast:

1. only fruits and Vegetables
2. Only water for a beverage

Second: In *Daniel 10* we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No Meat, No sweeteners, sugars and no breads

It is additionally recommended:

1) Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

- 2) Refrain from artificial or processed foods or any chemicals

A Personal Fast: ALWAYS BE LEAD BY THE HOLY SPIRIT

1. Read: Matthew 6 and Isa 58
2. Humble and consecrate yourself: Ezra 8:21,28 and I Chronicles 29:5
3. Seek God: Ezra 8:21 and Matthew 6:33
4. Spend time with God: Hebrew 7:19
5. Spend time in the Word of God: Proverb 4:20-23
6. Minister to the LORD: Colossians 3:16, Acts 13:1-2 and various Psalms
7. Pray: I Thessalonians 5:17 and Romans 8:26-27
8. Walk in Love: I Corinthians 13:4-8 and Ephesians 3;14-21
9. Believe for the reward: Matthew 6:18, Romans 14:23b and Hebrew 11:6
10. Be Thankful: Psalm 92:1 and I Thessalonians 5:18

A Proclaimed Fast

1. Read: II Chronicles 20:1-6 and Acts 14:21-23
2. Apply 1-10 of the Personal Fast

Note: If you have any health issues and/or are suffering from any heart disease, it is advisable to consult with a professional health care provider before you start the Daniel Fast

The Daniel Fast

Books/Papers:

All biblical based

1. [The Ultimate Guide To The Daniel Fast](#)
by Kristen Feola
 2. [The Roots and Fruits of Fasting](#)
by Dr. Mary Ruth Swope
 3. [Fasting: Opening the door to a Deeper, more Intimate, more Powerful and Relationship with God](#)
By Jentezen Franklin
 4. [Fasting and Prayer \(2006\)](#)
By Minister Eileen Lingham Walker
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5. [Website: Buzzle.com](#)