

21 Day Daniel Fast



Day 1 – 7

REVIVAL
LIFESTYLE CHURCH
rlc

Extract: Fasting Journal by Jentezen Franklin

When I don't sense that cutting-edge anointing, when I need a fresh encounter with God, fasting is the secret key that unlocks heaven's door and slams shut the gates of hell.

The discipline of fasting releases the anointing, the favour,
and the blessing of God in the life of a Christian.
*So if you are not content to go through this year the way you
went through last year, now is the time
to use the discipline of fasting to see breakthroughs.*

You know there's more—there's an assignment for your life,
and there is a genuine desperation for those things gripping your
heart. Keep these words of Jesus in mind throughout your fast:

***Whenever you fast, do not put on a gloomy face as the
hypocrites do, for they neglect their appearance so that they will
be noticed by men when they are fasting.***

***Truly I say to you, they have their reward in full.
But you, when you fast, anoint your head and wash your face so
that your fasting will not be noticed by men, but by your Father
Who is in secret; and your Father Who sees what is done in
secret will reward you.***

Matthew 6:16-18, NASB, emphasis added

There are dimensions of our glorious Lord that *will never be
revealed to the casual, disinterested worshipper*. There are walls
of intercession that will never be scaled by dispassionate religious
services. *But when you take steps to break out of the ordinary
and worship Him as He deserves, you'll begin to see facets of
His being you never knew existed.*

*He'll begin to share secrets with you about Himself, His plans,
and His desires for you. When you worship God as He deserves,
He is magnified. Your prayers take on a powerful edge when you
fast. You will be amazed at the things God will show you as you
press in to Him!*

The Extraordinary

Note from Ps. André Labuschagne

Matthew 17:17-21!! Vv. 20 - 21 ... **So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by *prayer* and *fasting*.”**

The extraordinary takes us to do *something extraordinary*

***Prayer* and *fasting*!**

God has always taken total care of His people. When Israel followed Him there was no lack - they were strong - no enemy could stand before them.

**God doesn't have any problem backing up His Word —
the only problem He has is finding people who would do what He says
and allow Him to be God in their lives!**

The true **motive** of fasting ... **Matthew 17:20-21**

Beware it doesn't become a fad.

Daniel and his fasting

***Daniel's life in the palace more closely resembles that of Joseph,
who also rose to a position of prominence in a foreign government.***

Daniel *achieved success* without bending his own principles of integrity.

Somehow he managed to thrive in an environment marked by ambition and intrigue, **while still holding to his high-minded Jewish/godly ways and honouring them. (Like so many others in the Bible.)**

For at least 66 years, Daniel served pagan kings with great diligence and great resourcefulness.

**Yet... he never once compromised his faith,
even when threatened with death!**

**He, like many others, gives us a model of how to live among people
who do not share or respect your beliefs!**

Daniel 1 & 10 ... Read these two chapters.

This is why Daniel fasted!

**Daniel 10:2 “mourning for three whole weeks” —
for his own sins and the sins of his people.**

DAY 1

PRAYER FOCUS: Worship and Adoration

On this the first day of the twenty-one day Daniel fast,
we will set time aside to bring worship and adoration to God
(Father, Son and Holy Spirit).

Spend time worshipping God – with a strong sense of adoration.

We worship and adore Him for His unconditional love towards us.
For the finished work of the Cross. Declare His attributes to Him
and worship Him for who He is to you.

Jesus taught us to pray in **Matthew 6:9...** **“Our Father in heaven,
hallowed be Your name...”**

This indicates that God is not only majestic and holy,
but also personal and loving.

The first line is a statement to praise and hallow,
or honour (keep holy), God's holy Name.

Our first priority in prayer, therefore, is to praise, worship
and magnify the Lord our God – Father, Son, and Holy Spirit.

**Splendour and majesty are before Him; strength and joy in His
dwelling place. Ascribe to the Lord, O families of nations,
ascribe to the Lord glory and strength, ascribe to the Lord the
glory due His name. Bring an offering and come before Him;
worship the Lord in the splendour of His holiness.**

1 Chronicles 16 :27 – 29 (NIV)

**Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Come, let us bow down in worship,
let us kneel before the Lord our Maker;
for He is our God and we are the people of His pasture,
the flock under his care.**

Psalms 95: 1, 6, 7 (NIV)

In your prayer journal make a list of things you personally can
worship God for and then worship Him for all He has done.

Day 2.

PRAYER FOCUS: Repentance and confession.

First we come to God with worship and adoration. Then there should be a cry out to God of repentance and confession of our sins and the sins of our people before God. We need to return to God with all our hearts.

*Declare a holy fast...
and cry out to the Lord [in penitent pleadings].*

Joel 1:14

*“Even now,” declares the Lord, “return to Me with all your heart,
with fasting and weeping and mourning.”*

Rend your heart and not your garments.

Return to the Lord your God, for He is gracious and compassionate...

Joel 2:12 – 14

Daniel 9:1 – 19 (a few extracts from these verses only)... I, Daniel,
understood from the Scriptures, according to the Word of the Lord...
that the desolation of Jerusalem would last seventy years. So I turned
to the Lord and pleaded with Him in prayer and petition, in fasting, and
in sackcloth and ashes. I prayed to the Lord my God and confessed...
we have sinned... we have been wicked and have rebelled...

At that time I, Daniel, mourned for three weeks.
I ate no choice food; no meat or wine touched my lips;
and I used no lotions until the three weeks were over...

Daniel 10:2

The good news is (Joel 2:18 - 32) ... the Lord's blessings will come AND
(verse 28 – 29) “And afterward, I will pour out my Spirit on all people...”

Remember Acts 2 (when the Holy Spirit was poured out according to the
above Scripture) after Peter's message the following happened:

verses 37 – 39 *When the people heard this, they were cut to the heart
and said to Peter and the other apostles, “Brothers, what shall we do?”*

*Peter replied, “Repent and be baptised, every one of you,
in the name of Jesus Christ for the forgiveness of your sins.*

And you will receive the gift of the Holy Spirit...

We need, in a time of fasting, to return to the Lord with all our hearts
and repent.

Do we need our land to be healed?

Do we need a fresh outpouring of the Holy Spirit?

Yes, we do!

So use today to return to the Lord, repent of our sins and see the blessings
of God unfold in your life.

DAY 3

PRAYER FOCUS: Salvation of Souls

Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.

John 4:35

We often think there is plenty of time for precious souls to be saved. However, this is not so. Anything could happen and the opportunity to see loved ones and friends saved could be missed.

There is no greater burden for which to seek the Lord than the salvation of souls. If you have unsaved friends and family — and we all do — they need to hear of God's love for them, but they also need to understand that there is a very real, very dark, very horrific place for those who do not accept Jesus.

The Lord spoke more of *hell* than He did of *heaven*. So, today, let your focus be the souls of those close to you who need salvation. Do not be discouraged but persistent. Keep praying!

My spiritual "hit list": Unsaved family members and friends to target in prayer during this fast. Write their names down on a list.

Thoughts for your journal:

- What are your own personal reasons for fasting?

**I tell you, now is the time of God's favour,
now is the day of salvation.**

2 Corinthians 6:2 NIV

DAY 4

PRAYER FOCUS: Pastors

YOUR PASTOR — ALL PASTORS — need prayer. Sometimes the weight of ministry can get so overwhelming that the joy, freshness, and power of the calling can be forgotten. As with Elijah, the spirit of Jezebel attempts to ensnare through lust and pride, and if that doesn't work, it brings discouragement and defeat. (See 1 Kings 18-19.)

The attacks affect not only pastors, but often their families as well.

Fasting and praying for protection, restored joy, and increased anointing in your pastor's life will release untold blessings on him, your church, and even your own life. If you know of specific areas you could target in prayer, list them.

Thoughts for your journal:

- Do you need a deeper, more intimate, and powerful relationship with the Lord?
- Do you need a fresh encounter with God?

Now may the God of peace, Who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, make you complete in every good work to do His will, working in you what is well-pleasing in His sight, through Jesus Christ, to Whom be glory forever and ever.
Amen.

Hebrews 13:20-21

DAY 5

PRAYER FOCUS: Direction, Guidance, Dreams, and Visions.

During this fast, seek God for direction and guidance in your life. Paul said, “**I was not disobedient to the heavenly vision**” (Acts 26:19). Vision comes from God to help you and other people and to establish His Kingdom in the earth (not to be confused with ambition, which comes from flesh and is self-seeking). Remember the six stages of a vision:

- *I thought it* — God gives you the vision.
- *I caught it* — You start to get excited about the vision.
- *I bought it* — You consider the cost of the vision and pay the price.
- *I sought it* — Nobody can talk you out of it.
- *I got it* — You actually possess the dream and are glad you paid the price to get it.
- *I taught it* — You pass it on to the next generation.

Never settle for less than God's best for your life!

As God instructed Habakkuk:

**“Write the vision and make it plain on tablets ...
though it tarries, wait for it” (Habakkuk 2:2-3).**

What vision has God given you? Write it down and focus on it during the fast.

**The steps of a good man are ordered by the Lord,
and He delights in his way.**

Psalm 37:23

Day 6

PRAYER FOCUS: Intercessors

Paul said, “the weapons of our warfare are mighty through God to the pulling down of strongholds” (2 Cor. 10:4 KJV).

And such weapons need to be honed to properly hit the target.

In **Matthew 17**, the disciples were frustrated because they could not cast the demon out of the boy. Jesus explained,

“This kind does not go out except by prayer and fasting” (v. 21).

Among other things, fasting helps you focus and target your prayers more effectively.

If you want new miracles, new closeness, new intimacy with Him, then it's time to fast and pray.

You are the spiritual “gatekeeper” in your home, your family, your city. Your intercessory prayers for these areas help maintain a wall of protection against demonic attack.

Interceding is intervening, or stepping in on behalf of another. Even people who would never speak to you in person have no defense against your prayers.

Your prayers can go into bars.

Your prayers can go into crack houses.

Your prayers can go anywhere.

E. M. Bounds said,

“Prayers outlive the lives of those who uttered them.”

Spend today focusing on your own intercessory prayer life, praying for other intercessors, and praying that God would raise up more intercessors. We need prayers that will outlive our generation!

List of intercessory targets for my family, city and country:

**And pray in the Spirit on all occasions
with all kinds of prayers and requests.**

With this in mind,

be alert and always keep on praying for all the saints.

Ephesians 6:18 NIV

DAY 7

PRAYER FOCUS: Breaking Addictions

You cannot enjoy the fullness of life in Christ when you are still a slave, bound by addictions. Sexual and chemical addictions like alcohol, drugs, nicotine, antidepressants, and insomnia, overeating and so on, can get broken through the discipline of fasting.

If there are addictions in your life, list them below and ask God to give you grace during this fast to walk away free of those chains! Perhaps there is a family member or loved one suffering with addiction.

Write down his or her name to target for prayer during this time.

**So if the Son sets you free,
you will be free indeed.**

John 8:36 NIV

If you are ready to bring supernatural blessings into your life
and release the power of God to overcome any situation,
begin today making the discipline of fasting as part of your life.
You will be greatly rewarded!

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