

# 7 Tips for Observing a Daniel Fast

January 9-30, 2017 [21 Days]

First Church of the Nazarene

Tallahassee, Florida

[www.tfcn.org](http://www.tfcn.org)

## 1. Be Specific.

*Daniel was very clear in his objection to the **Babylonian diet**. He defined his objection immediately. --Daniel 1:8*

- a. *The king's food was likely **not kosher**, against **Jewish dietary laws**.*
- b. *Daniel and his friends had vowed against **wine**.*
- c. *The king's food **could have** been offered up to **idols or demons**.*
- d. *Write out and sign a commitment that outlines:*
  1. *Why you are fasting.*
  2. *How long you are fasting.*
  3. *From what you are fasting.*

## 2. Daniel Fasted as a Spiritual Commitment.

*The **Daniel Fast** involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself." --Daniel 1:8*

*Ask for the Holy Spirit's Guidance!*

## 3. Daniel Reflected Inner Desire by External Discipline.

*Most people desire better health, but don't discipline themselves to say no to junk food, and other unhealthy foods. Our physical health is more than answered prayer.*

Our physical health is normally linked to many of these factors:

- a. Your **food** choices.
- b. The level of your **spiritual commitment**, as reflected in constant prayer during the diet of Daniel and his friends.
- c. Your **time commitment**. If you determine to fast for a certain time, keep it. For example, if you determine to fast ten days, don't stop on day nine.
- d. Your **testimony commitment**. Your fast is a statement of faith in God. You want God to heal your body. **Faith is foundational to the Daniel Fast.**

#### **4. (In N.T.) James Prayed to See the Role of Sin in Your Relative Health or Sickness.**

*Read James 5:13-20 KJV*

*James 5:13 - Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms. 14 Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man avails much.*

#### **Observations:**

~Our actions and attitudes are vital. James said, "are there any among you suffering? Let him pray.

~Is anyone cheerful? Let him sing psalms."

--James 5:13

~The sick person must call for the elders.

--James 5:14

~Sin is something related to the cause of sickness.

--James 5:15

~Lack of health or healing may be the result of spiritual rebellion. --James 5:15

~Lack of health or healing may be due to sin of wrong consumption, *i.e. poor diet, drugs, pornography, etc.* --James 5:15

Repentance is linked to health. --James 5:16

~Prayer alone may not gain healing, faith in God is the major factor. --James 5:15,17-20

*"Fasting is God's Testing Ground,  
and Healing Ground."*

## **5. Daniel Fasted as a Statement of Faith to Others.**

*Daniel made a statement of faith when he asked to eat only vegetables to eat and water to drink. Then Daniel asked the overseer (administrator) to compare the appearance of the 4 sons of Israel with the other people who ate the king's food.*

## **6. Learn the Effects of the Food You Eat.**

*What makes some food good for us? What makes other food bad for our bodies? What are the negative effects of foods do to our bodies? If we answer these questions, there would certainly be **some foods we would never want to eat again.***

## **7. Daniel Yielded All Results to God.**

**Daniel said, "as you see fit, deal with your servants."** Daniel 1:13. We can't know if Daniel or his friends ever again ate King Nebuchadnezzar's questionable food. In Daniel 10, we find a different 21-day Daniel Fast. It seems to imply that Daniel ate meat and drank wine

again. We don't know if they were from King Belshazzar's table.

**Daniel 10:2-3** <sup>2</sup> In those days, I Daniel was mourning three full weeks. <sup>3</sup> I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, until three whole weeks were fulfilled.

As Elmer Towns says,  
"Fasting for an answer is similar to prayer. Sometimes you can pray once in an act of faith, and God hears and answers. On other occasions, you must continuously ask in faith before an answer will come.

*We need to pray often and fast continually to build up our faith and our spiritual character."*

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*May God Richly Bless Your Purpose Invested  
In This Daniel Fast.*

*Enjoy Your Time Together With Him!*

*I would be interested in hearing from you about your Daniel Fast journey!!*

*~ Pastor Dave Pullen  
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