

Daniel Fast and Prayer



Daniel Fast and Prayer Revival!

Purpose:

- The bible presents fasting as something that is good, profitable, and beneficial. Too often the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your focus off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

Reasons to Fast

1. Jesus Expected us to fast.
2. Enhance my relationship with God (Get Closer)
3. A discipline to humility
4. Response to Crisis, distress and Grief
5. Repentance
6. Spiritual Strength
7. Discipline of the body
8. Enhance our prayer life
9. Worship and love of God
10. Guidance for Decisions

Daniel Fast!

- Submitting and committing to God's way!
- Seeking God's presence!
- Seeking God's favor!
- Seeking God's Forgiveness.
- Seeking God's guidance

Daniel Fast!

- **10 days = Daniel 1:14**
- **21 days. Daniel 10**
- **Fruit/Vegetables/Water**
- **No Sweets-no sugar**

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