



Foods to eat

Daniels fast was for only vegetables.

You can miss a meal or two drinking fluids. Most fasting sometimes avoid red meats.

The hour intervals could be:

6AM-12Noon

6AM-3PM

6Am-6PM

But you must be consistent.

Fasting replaces the times you are to eat with praying, reading your word and seeking the face of God. We normally eat (3) times a day, so you give up: breakfast, lunch and dinner or break the fast at 6PM depending on your health.

Structure to follow

1 Peter 5:6-11 (relief from suffering)

Meditation brings revelation, knowledge, maintains our healing, and deliverance

1. Select some scriptures. A few examples out of the book of Psalms are: (51,63,88)
2. Begin the night before or the morning by praying to ask God for strength and ability to fast. This is because there is a spirit for fasting. God releases this spirit on the lions and this is why they could not eat Daniel up.
3. Praise and worship with the some worship songs.
4. Ask God for forgiveness of sin, for your: family, parents and ancestors. Also ask God to purge you by the power of the Holy Ghost, cleanse and wash you in the blood of Jesus.
5. Look into your spiritual life and identify or ask the Spirit of God to reveal to you demonic activities operating against you and your family.
6. Commit your affairs into the hands of God through the name of Jesus and by the power of the Holy Ghost. This includes presenting your needs to God and asking for his blessings for you and your family. Also plead the blood of Jesus over your children, relationships, finances, businesses and careers.

7. Confess the blessings by thanking God for already answering your prayers.
8. Meditation gets us closer to God and also maintains the blessings.
9. Take a few minutes to be quiet and ask the Spirit of God to talk back to you.
10. Pay attention to your dreams.

Set aside ample time to be alone with God the more meaningful your fast will be... 1 Corinthians 7:5 King James Version (KJV)

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Benefits of Fasting

1. Fasting changes us by drawing us to God or it shows our dependence on Him, so that His power can move in our lives.
2. Fasting does not change God.
3. Fasting breaks: habits, spiritual bondages, addictions for food, drinking and using substances, this includes desires for sex, the source of all problems.
4. Fasting quiets the heart to hear from God clearly to hear the Lord due to increase in our spiritual sight and vision.
5. Fasting helps the body to fight spiritual activities to provide a clear sober mind that can discern and analyze spiritual issues.
6. The Holy Ghost releases spiritual gifts.
7. Fasting produces a pure heart and a pure mind.
8. Fasting increases your hunger for the word of God.
9. It provides physical health benefits of weight.
10. It develops a spirit of giving.
11. It makes your light shine (ability of revelation increases).
12. God releases protection.
13. Fasting gives us better answers to prayer (examples: Daniel, Esther, Nineveh).
14. It increases intimacy with God and also increases retention.