



DANIEL FAST

A 10-day Devotional Guide
By Joseph Nieves





WELCOME TO THE DANIEL FAST

THE FAST

We'll be starting a partial fast called "The Daniel Fast" beginning Monday, January 22nd – Wednesday, January 31st. During this time, we will limit our diet to eating fruits and vegetables, whole grains, and drinking water, similar to the fast found in Daniel 1:12. Although we'll eliminate some common things from our daily diet, there are generous options available (see reverse-side for "Foods to Eat" and "Foods to Avoid"). If you have any condition which might prohibit you from being a part of the Daniel Fast, there are other options, i.e.: You may choose to eliminate caffeine, coffee, soda, or sweets; or fast from TV, Facebook, and other social media. Remember: the details are not as important as the spirit in which you participate. *If you have any known medical conditions or suspect such conditions, consult your doctor before beginning any fast.

THE FOCUS

Fasting is a spiritual discipline designed to connect us more deeply with God. Fasting involves giving up something PHYSICAL (ie: comfort food) for the sake of something SPIRITUAL (ie: a fresh filling of God's Spirit). Over the next 10 days, we will sacrifice some of our regular food intake and replace it with Bible reading, prayer, and journaling. The overall goal is to work up a greater appetite for God Himself! Remember: The focus of this fast is spiritual (a greater sense of dependency on God). This isn't about weight loss or legalistic rules, so don't fixate on the menu... fixate on the heart behind it! Above all, God's most interested in your heart & hunger for Him!

THE FINISH

Start: Monday 1/22, begin meals of pure, simple fruits, vegetables, and whole grains for the next 10 days.

Finish: Wednesday 1/31 - We will unite as one church to worship and end the fast together for a Night of Worship.

FOOD GUIDE

INCLUDE

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (soy).

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

AVOID

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to **coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.**

Another Resource

There are many different versions of what has become known as the "Daniel Fast". What is more important is your commitment to God during this time.

Ideally, one should do without the following:

- No animal products
- No Sugar
- No Caffeine
- No Alcohol

To get a bit more specific this means absolutely No Meat, Milk, Fish, Fried Foods, Butter and Margarine, Shortening, White Flour, Preservatives and Additives, Refined Sugar (high fructose corn syrup, etc.) Sugar Substitutes (NutraSweet, etc.) , Caffeine (coffee, black tea, green tea, white tea) and Alcohol (Beer, wine, etc.)

Note: Decaf coffee is also off limits since it still contains a small amount of caffeine.

ORGANIC FOODS TO EAT DURING THE DANIEL FAST:

WHOLE GRAINS:

Brown Rice, Oats, Barley

LEGUMES:

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

NUTS:

Peanuts, Cashews, Walnuts, Almonds, Sunflower seeds, etc.

FRUITS:

Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon, Oranges, Coconuts, etc.

VEGETABLES:

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Green Peppers, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Red Peppers, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc.

DRINKS:

Spring Water, Distilled Water, 100% Fruit Juices, 100% Vegetable Juices, naturally decaffeinated teas (Peppermint tea, Chamomile, etc.)

HELPFUL TIPS

Find good vegetarian restaurants in your area. During this fast you may discover just how good some vegetarian restaurants can be. In addition to this, Arabic, Lebanese, and Greek restaurants are perfect for anyone on the Daniel fast. You will find various salads, vegetable plates, and even soup that fits within the guidelines.

Making frequent trips to the grocery store is also beneficial during the Daniel Fast. Stock up on a wide variety of Whole Grains, Legumes, Fruits, Vegetables, Nuts, water and juice. Having a variety of foods to eat can be an enjoyable experience throughout each day.

There are several foods that I consider treats even though they fit within the Daniel Fast guidelines.

- Dry popped corn made with an air popper
- Peanuts and pistachios (I prefer them in the shell)
- Pineapple chunks (Canned in water, not syrup)
- Baked Corn Chips (made from 100% Ground corn) and salsa (fresh with no preservatives or sugar)

In order to buy food that is appropriate for the Daniel Fast you will need to buy Organic Food. This means you will be buying food without chemicals, preservatives, or other similar additives. Organic food is simply better. It is the way God intended food to be, in it's natural state unaffected by unhealthy man made processes.

Often I hear people complain about the price of Organic food. To save money on Organic food, shop at stores that specialize in selling Organic food. When you buy organic food at a regular grocery store, you can pay too much. Fortunately, organic food stores buy organic food in greater quantities for less money. They pass that savings onto their customers. In fact, the more people who shop Organic, the cheaper Organic food will be.

The Daniel Fast does not have to be more expensive than your normal grocery bill. For the average person, the amount spent on caffeine (coffee), alcohol, snacks (chips, pop, cookies, ice cream, etc.) is much more. You might be surprised at how much you save when these "Royal Foods" are eliminated from your grocery list temporarily.

During the first 3 days of this fast, your body will begin to flush out toxins. You may find yourself making trips to the bathroom more often. As your body starts to eliminate excess toxins, be prepared to feel great. You will feel lighter and healthier than you might remember. Your stomach will also begin to shrink so you will not feel as hungry. This is a great bonus for those trying to lose weight, and help flatten their stomach or slim down.

If you are a heavy coffee drinker or sugar addict you won't be able to depend on those things for energy. You may need much more sleep than usual, but this is a natural reaction. Give yourself permission to sleep more. Eventually, your body won't need to rely on the caffeine and/or sugar just to get through the day. Once you eliminate these addictions from your diet you will also release your body and mind from this dependency. Last but not least, you will save money and time by eliminating trips to the local coffee shop, or dessert aisle at your grocery store. After the first week,

you will not feel the same hunger like you might be used to. You will no longer crave the many unhealthy ingredients that can keep you overweight, and even addicted. This is due to the body's natural reaction to eating healthy. Instead of filling your body with addictive sugar, excessive salt (sodium), and other toxins, your body can now rely on "healthy fuel". Your body will not have to work as hard to break down the natural foods eaten during the Daniel Fast. That leaves more energy for you once your body starts to adjust.

In our daily routines, we are often so accustomed to eating without thinking. The Daniel Fast requires that you think about the food you put in your body. By planning meals in advance, you save time and money when shopping at the grocery store. Don't buy what you won't eat, and don't waste what you buy! This fast is a commitment that takes the same determination that Daniel had. Don't worry, you can build this determination as you go. It is important to take those first steps before convincing yourself that you might not be able to stay on track. Of course it will be difficult to break the daily food habits that have been formed over many years. With each healthy meal you will become stronger not only physically, but mentally and spiritually.

Eating many times a day is best for maintaining higher energy. By constantly giving your body fuel, you will have more energy. Doing this also increases one's metabolism, and more calories are burned daily. This can mean eating more small meals, and snacks. Even a piece of fruit such as an apple will serve the purpose.

Losing weight while doing the Daniel Fast is a given. By eating healthier with these natural and organic foods, your body can lose excessive weight. This can be done without exercise, however a combination of exercise and a good diet will certainly help lose weight faster. The best remedy to losing weight and keeping it off is to make long term dietary changes. I recommend life long changes to keep unwanted, and unnatural weight from ever coming back!

As you reap the benefits of doing the Daniel fast, you can gain insight and knowledge about the fuel you put inside your body. Hopefully you will find many things you can change with your normal diet. Unfortunately, a "normal diet" to most people still contains foods that are unhealthy. This can contribute to illness and even disease over time. For example there is refined sugar (and fructose) in more items than most people realize. This can cause contribute to weight gain, high blood pressure, diabetes, and heart disease. I challenge you to look for items without high fructose in your average grocery store. You will find this ingredient in basic everyday items. This includes cereals, pasta sauce, juice drinks, bread, and other items that you might normally consider healthy. Another ingredient to

watch for is MSG which is an addictive ingredient used as a preservative in many foods. It is no wonder why so many children and adults in America are hyperactive, obese, and ill.

While you are also fasting from meat you may also start to feel relief from minor health issues like greasy skin. For some there will be relief from other more serious health issues. You may also discover relief from the effects of hormones, another major problem with today's meat. The meat you buy may be from animals that have been injected with hormones (bst). This is also true of the milk, and eggs found in typical grocery stores today.

After the Daniel Fast, you can continue to avoid eating unhealthy foods. One way to be sure that you are not eating this "defiled" food is to buy meat, eggs, and milk without added hormones. You can often find a statement on the packaging such as "This milk is derived from cows that have not been treated with BST". Some people have reasonably suggested that the reason so many of today's children and young adults are taller and bigger is because of this hormone epidemic. Take time to pray about this and all food you have put in your body in the past, and how you can honor your body, your children, and God in the future.

One of the biggest things you will learn at the end of your fast is how often you spend time craving something more than you need. It used to be hard to sit still and just enjoy a bowl of Oatmeal with Soymilk without turning on the T.V., or finding another distraction. It's distractions that rob us of our very lives each day. On any given afternoon, I would have to make a run to Starbucks for a coffee, and at night often had a beer or two. Then there's the snacks. Even though I usually had eaten healthy, I was still snacking too much, having too much caffeine and sugar, and sometimes too much alcohol. I was always trying to fill a void, even if in a small way. Over time it adds up and can cost us our health, joy, freedom, time, and money. Remember, only God can fill the void.

Daniel's fast was a time that Daniel set aside to honor God. Regardless of the amount of time spent fasting, the Daniel Fast is a time to spend with God. He will be your strength.

Day One: Monday, January 22

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God)

SCRIPTURE READING:

Matthew 6:5-8

6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

7 "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. 8 Do not be like them, for your Father knows what you need before you ask him.

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

When Jesus taught us to pray in Matthew 6, He said that we should go into our room, close the door and pray to our Father in heaven. Let me encourage you to find time each day to be alone with God in silence, stillness and solitude. Jesus said, "I know what you need," so don't worry about your needs. Just BE with me.

The challenge for so many of us is that we get so busy in life that we don't take the time to slow down and BE with God. We get so busy with our "things to do" that those "things to do" come in between our main "thing to do" which is to BE still and know that He is God. As a result, we feel distant and disconnected from Him.

Let me encourage you today and for the next 10 days to BE with God, and watch how God supernaturally will BE with you. Take time to be with Him, commune with Him, talk to Him and just be silent before Him. Let Him speak to you and draw near to you. Give God some good quality time this week. I know when you do, He will fill you, and give you everything you need.

QUESTIONS TO CONSIDER

What does it mean to you that Jesus knows what you need?

How would your prayer life change if you simply trusted God with what you need?

JOURNAL

Look at your schedule over the next ten days and schedule specific times to BE with God each day.

PRAYER

Lord, teach me to pray. Teach me to spend time with you. Teach me to spend time alone with you so I can commune with you and connect with you. Lord, I have many needs, but my greatest need is to be in your presence. Over the next 10 days, help me to be aware of your presence in my life and my need for more of you.

(Conclude with 2 Minutes of Silence)

Day Two: Tuesday, January 23

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

PSALM 62:5-8.

5 For God alone, O my soul,
wait in silence, for my hope is
from him.

6 He only is my rock and my
salvation, my fortress; I shall
not be shaken.

7 On God rests my salvation
and my glory; my mighty rock,
my refuge is God.

8 Trust in him at all times, O
people; pour out your heart
before him; God is a refuge for
us. Selah

*(Read the passage aloud
slowly 3 times, each time
looking for words or phrases
that jump out at you)*

DEVOTIONAL

David was a man after God's own heart. In this Psalm, he models to us exactly how we should pray when feeling overwhelmed by the challenges of life. He first begins by waiting in silence and then centers his heart and mind towards God. He recognizes that his hope is found in God alone. He trusts the Lord and pours out his struggles, fear, anxiety, worry, and heart to God. David cried out with his soul and declared that God was his refuge. He did not allow what he was facing to overwhelm him. Instead, in quietness and silence before God, he chose to trust.

QUESTIONS TO CONSIDER

What are you facing today that seems overwhelming? What challenges, worries, fears, and anxieties are threatening to steal your peace, your joy and your strength? Whatever you are facing today, take some time to sit before God and pour out your soul to Him. If we want God to help us with our problems, then we must face our problems in the presence of God. Whatever is bringing you anxiety, worry, doubt or fear, do as David did and pour out your soul to Him. He is our Rock, our Fortress, and our Deliverer. Therefore, we will not be shaken.

JOURNAL

What are you angry about? What are you worried about? What are you stressed out about? Pour out your heart before God. He can handle it.

PRAYER

Dear Lord, like David, there are times I feel stressed, overwhelmed and worried about the uncertainties of the future and about the challenges of life. Help me Lord to trust in you. You are my Mighty Rock, my Refuge and my Salvation. Today, I take refuge in you. I rest in your unfailing love.

(Conclude with 2 Minutes of Silence)

Day Three: Wednesday, January 24

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

PSALM 27:1-4

1 The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

2 When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.

3 Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

As we begin day three of our ten day fast, what are you asking God for? What are you praying for? What is it that you really need? What are the problems you are really facing? David had multiple challenges. He was struggling with darkness and discouragement. He was dealing with anxiety and fear, and he was facing attacks from the enemy. I'm sure David had a list of things he needed God to do for him, however, David chose not to focus on the ugliness of his problems but on the beauty of the Lord. He says, "one thing I ask from the Lord, that I may dwell in the house of the Lord all the days of my life, and gaze upon the beauty of the Lord." David recognized what his soul needed the most was to sit in stillness and silence with God and simply gaze, reflect and contemplate the beauty of the Lord. God's beauty is not necessarily what He looks like but who He is. God is good, God is holy, God is righteous, God is glorious, God is faithful and God is love, to name a few. David chose to focus on God's beauty instead of the ugliness of his circumstances.

QUESTION TO CONSIDER

How could gazing and reflecting upon God's goodness, faithfulness, and love instead of your worries, problems, difficulties change your life? How could focusing on the beauty of God instead of the ugliness of your circumstances transform your soul?

JOURNAL

Take some time and write about the goodness, faithfulness and love of God. Write about his beauty and faithfulness in your life.

PRAYER

Dear Lord, one thing I ask, and one thing I seek is to gaze upon your beauty, your love, your goodness and faithfulness. Reveal to me your beauty in the ugly circumstances of my life. Show me your glory while I struggle with my difficulties. Help me to continuously focus on you, your power and your glory in my life.

(Conclude with 2 Minutes of Silence)

Day Four: Thursday, January 25

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before Go)

SCRIPTURE READING:

ACTS 1:4-5

And while staying with them he ordered them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

The Disciples waited ten days to receive the promise that Jesus gave them in Acts 1. He promised that they would receive power from the Holy Spirit. But, why make the Disciples wait? Why didn't Jesus just give them power immediately so they could begin their ministry? I believe the reason why they had to wait was that in those ten days God was more interested in doing something **IN** them than **FOR** them.

God is more interested in doing something **IN** you than **FOR** you over these ten days. God does His deepest work during times of fasting, praying and waiting on Him. That's exactly what the Disciples found themselves doing the day they "suddenly" received the promise, and that's exactly what God wants to do in us over these ten days. Waiting is difficult because we are always in a rush, but God does His deepest work in the waiting room. What are some things that you have been waiting on God for? Perhaps God is waiting on you to wait on Him before He releases His power in your life.

QUESTION TO CONSIDER

What are some ways that you can slow down your soul in order to spend more time waiting on God? How does this passage of Scripture directly impact where you are at in your life right now? What is God saying to you?

JOURNAL

Take some time to journal some of your thoughts, feelings and prayers.

PRAYER

Dear Lord, teach me to wait. I find myself always pushing, striving and trying to make things happen. Help me to trust you and be patient in the waiting. Teach me to trust in your plan for my life. I lean into your grace and rest upon your promises knowing that you are in control and at the right time, your purpose will be fulfilled in my life.

(Conclude with 2 Minutes of Silence)

Day Five: Friday, January 26

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

1 SAMUEL 3:10

The LORD came and stood there, calling as at the other times, 'Samuel! Samuel!' Then Samuel said, 'Speak, for your servant is listening.'

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

Prayer is more about God speaking to us than us speaking to God. When we fast, our spirit becomes more sensitive and open to God's voice. When we sit in silence, God comes to us and He speaks to us. As we begin Day Five of our fast, take time to listen to God's voice. God was calling out to Samuel on multiple occasions, but Samuel was unable to hear God's voice until he sat quietly, and attentively with expectancy. Our issue is not whether or not God is speaking. Our challenge is whether or not we are listening. We are halfway through our fast, let's open up our hearts and tune in to His voice and listen to what God is saying. Maybe He is asking you to trust Him in an area of your life that you are finding it hard to trust Him. Maybe He wants to address that area your life that you are struggling in. Maybe He wants you to take a step of faith. Maybe He is saying to you, I want you to spend more time with me. God often speaks in that still small voice.

QUESTIONS TO CONSIDER

What voices do you need to silence in order to hear God's voice? What has God been saying these past few days through the Scriptures you have been reading? What is that still small voice speaking?

JOURNAL

Take some time to journal what you feel God has been speaking to you.

PRAYER

Dear Lord, my prayer today is that you speak to my heart and my life. I desire to hear your voice. I sit in silence and stillness and wait patiently to hear your voice. I echo Samuel's words, "Speak, for your servant is listening." My heart is open. My spirit attentive. Here I am, Lord. In Jesus name.

(Conclude with 2 Minutes of Silence)

Day Six: Saturday, January 27

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

MATTHEW 6:12, 14

"...and forgive us our sins, as we have forgiven those who sin against us. If you forgive those who sin against you, your heavenly Father will forgive you.

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

Forgiveness is one of the hardest and most important decisions we will ever have to make. Intentionally or not, people will hurt us, disappoint us, let us down, talk bad about us, be jealous of us, walk out on us and offend us. Jesus said that when people sin against us, forgive. He goes on to say that when we pray, pray that God would forgive us our sins AS we forgive those who have sinned against us. Our temptation is to hold on to unforgiveness, allow the offense to fester and grow into bitterness. Jesus teaches us that when we forgive, God forgives us. On the flip side, there are times when we need to seek the forgiveness of others. When we have been offended by others, when our hearts change towards others or when we have hurt others by our words or deeds. If we have talked about others negatively, gossiped about them, have been critical of them, or our hearts have changed towards them because of an offense, then we need to ask God and others to forgive us.

QUESTION TO CONSIDER

Who are you struggling to forgive? Take time during the fast and ask God to show you if you are struggling with unforgiveness or with the need to forgive. Also, ask God if there are people you need to ask them to forgive you.

JOURNAL

Take some time to journal your thoughts and feelings regarding forgiveness. Take some time to reflect on how God has forgiven you and then reflect on those whom God wants you to forgive

PRAYER

Father, there are times that I struggle with unforgiveness. I get angry, upset, and offended when people hurt me, disappoint me, talk about me or let me down. Would you show me who I need to forgive? Would you show me who I need to ask for their forgiveness? Would you forgive my sins as I forgive those who have sinned against me? Thank you Jesus for forgiving me. In Jesus name.

(Conclude with 2 Minutes of Silence)

Day Seven: Sunday, January 28

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

PSALM 103:1-5

1 Bless the Lord, O my soul,
and all that is within me, bless
his holy name!

2 Bless the Lord, O my soul,
and forget not all his benefits,

3 who forgives all your iniquity,
who heals all your diseases,

4 who redeems your life from
the pit, who crowns you with
steadfast love and mercy,

5 who satisfies you with good
so that your youth is renewed
like the eagles.

*(Read the passage aloud
slowly 3 times, each time
looking for words or phrases
that jump out at you)*

DEVOTIONAL

Worship is more than that "thing" we do on Sunday mornings. Worship is when we dig deep down into our innermost beings and bless the Lord from our soul. Our soul is the core of who we are. It includes our mind, our hearts, our will, and our emotions.

David worshiped with his mind by reminding himself of all the blessings of God. He worshiped from his heart by worshiping God with all that was within him. He worshiped God with his emotions. When he found himself in a pit of despair, he opened his soul to God and worshiped Him. His worship flowed from a surrendered soul that had experienced the goodness of God in spite of his pain.

Today, take a moment and bless the Lord from your soul. Worship Him with everything that is within you. Remember His many blessings. Remember how good He has been. Remember that you are forgiven, healed, redeemed and that you are crowned with steadfast love and mercy. Remember that He has satisfied you with good things, and your strength is being renewed every day. Bless the Lord O my soul.

QUESTION TO CONSIDER

What are some ways that you can express worship to God that comes from your soul? Take a moment and bless the Lord with your mind, heart, and emotions.

JOURNAL

Take some time to journal some of your thoughts, feelings and prayers of worship.

PRAYER

Dear Lord, I worship you and I bless you from my innermost being. I Bless the Lord with all of my soul and all that is within me, I will bless your holy name. You are a great God and I thank you for forgiving me, healing me, transforming me, loving me, showing mercy to me and satisfying me with good things. Bless the Lord O my soul, and all that is within me, I bless your holy name.

(Conclude with 2 Minutes of Silence)

Day Eight: Monday, January 29

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

1 KINGS 18:41-45

Then Elijah said to Ahab, "Go up, eat and drink; for there is the sound of abundance of rain." So Ahab went up to eat and drink. And Elijah went up to the top of Carmel; then he bowed down on the ground, and put his face between his knees, and said to his servant, "Go up now, look toward the sea." So he went up and looked, and said, "There is nothing." And seven times he said, "Go again." Then it came to pass the seventh time, that he said, "There is a cloud, as small as a man's hand, rising out of the sea!" So he said, "Go up, say to Ahab, 'Prepare your chariot, and go down before the rain stops you.'" Now it happened in the meantime that the sky became black with clouds and wind, and there was a heavy rain. So Ahab rode away and went to Jezreel.

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

There was a drought in the land for three and a half years. Elijah prayed six times earnestly for it to rain, but it did not rain. However, on the 7th time Elijah prayed, he experienced a breakthrough and there was heavy rain. Elijah knew how to pray and he knew how to pray through until he experienced a breakthrough.

Too often we give up praying after the 2nd or 3rd prayer. We get tired, bored, or we simply just give up. We think that our prayers are going unanswered. We think God is not listening. What I have learned is that the only prayers that go unanswered are the prayers that are never prayed. God always answers prayer. This passage reminds us that we can't give up when we pray, but we must pray until we see God answer our prayers. I like to say P.U.S.H! Pray Until Something Happens. That's what God wants us to do. Pray and don't get weary.

Today is day eight of our ten day fast. We are on the home stretch. It's easy to think that God is not listening because we don't see anything happening. I just want to encourage you to keep praying, keep believing, and keep pushing until you see something happen. Don't give up now. You might be on prayer 5 or 6. Breakthrough is right around the corner. God is about to show up and show off on your behalf. Don't quit, PUSH!

QUESTION TO CONSIDER

Why do we sometimes get discouraged when we don't see God answer our prayers immediately? What can we do to continue to persist in prayer, even when we are discouraged?

JOURNAL

Take some time to journal some of your thoughts, feelings and prayers.

PRAYER

Dear Lord, I am not going to quit, give in or throw in the towel. Although I may not see you at work, I know you are working behind the scenes on my behalf. I am going to continue to push in prayer until something happens. I am going to keep believing and keep trusting that you are going to bring breakthrough in my life.

(Conclude with 2 Minutes of Silence)

Day Nine: Tuesday, January 30

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

MALACHI 3:10-11

10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

All of us want to live a blessed life. We all desire to walk in the favor and blessings of God, but are we meeting the conditions to receive the fullness of God's blessings? Scripture teaches that when we tithe, give the first 10% of our income to God, God in return will not only bless us, but He will open the floodgates of heaven and pour out so many blessings over our lives that there will not be enough room to store it. Imagine that!

Here is the condition, when we release our tithe, God releases the blessings. Fasting is a wonderful way to deepen our intimacy with God, however, tithing releases the fullness of God's blessings over our lives and family. In other words, you can fast, but if you are not obedient with your tithe, you could miss the fullness of what God wants to do in your life. Why is tithing so hard? Because it has to do more with our hearts than with our money. You will know if you are fully surrendered to God by how fully surrendered your finances are to God.

If you are struggling with tithing and giving beyond, why don't you take some time during this fast and ask God to deal with that area of your heart? Fully surrender to His will and put Him first in your life. That begins when you put Him first in the area of your finances. When we release the tithe, God will release the blessing.

QUESTIONS TO CONSIDER

Why is it so difficult for me to surrender my finances to God?
What is it that God is asking me to do that I have been resistant to doing?

JOURNAL

Take some time to journal what you are feeling, and what you feel God is saying to you today.

PRAYER

Father, I surrender my heart and my finances to you. I relinquish control of that area of my life. I make a commitment to you to put you first in my life by being obedient and tithing and giving. When I tithe and give generously above my tithe, I hold on to this promise that you will open the floodgates of heaven and pour out so many blessings over my life that there will be no room to receive it. In Jesus name.

(Conclude with 2 Minutes of Silence)

Day Ten: Wednesday, January 31

(Take 2 minutes in complete silence and stillness to quiet your heart and soul before God.)

SCRIPTURE READING:

1 SAMUEL 10:8-10

8 A third time the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me." Then Eli realized that the Lord was calling the boy.

9 So Eli told Samuel, "Go and lie down, and if he calls you, say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place.

10 The Lord came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for your servant is listening."

(Read the passage aloud slowly 3 times, each time looking for words or phrases that jump out at you)

DEVOTIONAL

CONGRATULATIONS! You did it. I'm so proud of you. You made it to Day 10. Tonight we will celebrate what God has done at TC beginning at 7pm with a Night of Worship. After the service, you are free to break the fast as you wish!

So here we are, Day 10. What a journey we had. There were many challenges, doubts, and temptations along the way, but God has brought us through. Before you get all excited and take a bite into that burger or drink that cup of coffee, let me ask you this question, What is God saying to you?

I'm reminded of the story of little boy named Samuel in 1 Samuel 10. Notice that God was speaking to Samuel, but Samuel was unable to discern the God's voice. God called Samuel three times. It wasn't until the third time that Samuel was able to hear God's voice.

Like Samuel, God is speaking to us, but do we hear Him? Or, are we so distracted that we just cannot hear His voice. We've got so much going on in life that when God speaks, we just don't hear Him. His voice get's lost in the noise of life. However, fasting is like drano for your soul! It vanishes clogs and helps make us more sensitive to God and His voice.

As we have been fasting these 10 days, what is God saying to you? Today take some time to write it down what you feel God may be saying to you. Also write down the changes you feel God is leading you to make in your life. Does He want you to try a new career? Go to school? Get involve volunteering? Get into a small group? Forgive someone? Lose weight? Control your eating habits? Get out of debt? Get your finances in order? Forgive? Be a better spouse? Give up that habit?

The danger after a fast is that we will go back to life as usual. Eat the same foods, watch the same shows, read the same books, do the same things, and fail to spend time with God and miss His blessing on our lives. I don't believe that that is what God wants us to do. He doesn't want us to go back to life as usual. He wants us to go to life unusual. We may go back to eating some of the same foods that we once ate, however, God wants us to continue to seek after Him. He wants us to continue to call upon Him. He wants us to be different.

If you are going to hear God's voice, simply do what Samuel did. Just tell God "Speak, for your servant is listening." Allow God to speak into your life. Once He does, marinate on it. Let it sink down into your soul. Write it down.

You might ask, how do I know if God is speaking? Usually God leaves an impression upon your heart. What you feel, is what He feels. His desires, become your desires. The voice you hear is not your own but God's. There are three things that confirm His voice. The first is His Word. God's voice will never contradict His Word. Secondly, God speaks through others. Your spouse, someone you love, a close friend or a Pastor. Thirdly, God's voice is always accompanied by His presence. in His presence there is peace, clarity, direction, and confidence.

QUESTION TO CONSIDER

As we conclude this fast together, what has God said to you? What is God asking of you? Where do you need to change? What is He saying?

JOURNAL

Take some time to journal some of your thoughts, feelings and prayers.

PRAYER

Father, speak to me, for I am listening. I take time today to open my heart and my ears to your voice. I submit my will to yours so when you do speak, I am ready to do what you are asking me to do. Confirm your voice with your presence.
In Jesus name.

(Conclude with 2 Minutes of Silence)

[illegible]

Join us to celebrate all that the Lord
has done during our ten-day fast at



WEDNESDAY
JANUARY 31ST @ 7PM



845.692-2848 | office@tc.live
160 Blumel Rd, Middletown NY 10941

