

The background is a detailed stained glass artwork. It depicts a figure, likely a saint or prophet, in a white robe with arms outstretched in prayer. The figure is set against a complex, multi-colored mosaic of geometric shapes in shades of blue, green, yellow, and brown. The overall style is reminiscent of traditional Gothic or medieval stained glass windows.

# Daniel Fast Guide

A MEANINGFUL TIME OF PRAYER &  
WORSHIP FOR THE EVANGEL COMMUNITY

starts monday, september 12

ends sunday, september 18

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 EVANGEL COMMUNITY CHURCH

## Welcome to the Daniel Fast.

**We're glad you have picked this up and are joining us on this journey.** We pray it's meaningful for you, the Evangel community, and that God uses it far beyond what we hope or imagine.

**We hope you'll join our Daniel Fast mailing list.** Scan the QR code to sign up to receive daily text, audio, and video versions of the devotional during the fast. We'd love to stay connected with you.

**We're praying for you.**



## Join us for a Prayer & Worship Service.

**Wednesday | September 14 | 6:30 PM**

## Questions?

If you have questions, an experience to share, or a prayer request during the Daniel Fast, please let us know.

Be in touch with Pastor John Mohrbacher – [john@evangelup.org](mailto:john@evangelup.org).



## What is a Daniel Fast?

In the book of Daniel, we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

## Why are we fasting?

The purpose of fasting is ultimately God himself. There are many reasons to undertake a fast, but the main goal for them all is to align your heart directly with God's. Think of that as the big picture. The small picture, the immediate purpose for a fast, can vary. So, the first step for any kind of fast is to declare our immediate purpose.

- We will be asking God to mature our body in the area of evangelism and discipleship.
- Seeking God's direction for our future. As Evangel continues to grow, we seek wisdom as we steward the many gifts God has entrusted us with.
- We will also be praying for our students, teachers, and families in the area as a new academic year begins and school gets into full swing.



## Types of food included in this Daniel Fast

- Vegetables, preferably fresh or frozen vegetables. Vegetables such as potatoes, beans, and soybeans will help provide substance.
- Nuts and pure nut butters are good sources of protein.
- Fruit and pure juices such as apple juice, orange juice, grapefruit juice, cranberry juice, etc. (No sweetened drinks or sweetened fruit.)
- You may want to consider adding vitamin, mineral, and possibly protein supplements during the fast.
- **Water: Drink 8 glasses of water daily throughout the fast. This is very important.**

## Types of food not included in this Daniel Fast

Sugar and sugar products (desserts, soft drinks, etc.) Drinks including caffeine (coffee, tea, etc.) Bread, grains, and rice. Meats, fish, poultry, dairy products, eggs.

## Lastly, an invitation to go deeper.

Our Daniel Fast this year includes content from Gary Rohrmayer's book, [21 Days of Prayer & Fasting](#). We are pleased to have a limited number of Gary's books available for those that might like a longer, more immersive prayer & fasting experience. Stop by the Welcome Center to request a copy, available free of charge, while supplies last.



**YOUR DAILY START.** Each day you'll find an opening statement regarding a **fasting discipline** or **challenge**, a selection of **scripture** to read, a **key passage**, a **reflection**, and **prayer**. We encourage you to add your own thoughts in the space for **notes** which follows each day. Ready?

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## Day 1 | Monday, September 12

As you start this fasting experience with your church family, remember that fasting is a sacrificial act that realigns our affections, moving them from the temporal to the eternal. It turns each moment of craving into a prayer of intense dependence.

**READ:** *Psalm 109*

**KEY PASSAGE:** *Psalm 109:24*

<sup>24</sup> My knees give way from fasting; my body is thin and gaunt.

**REFLECTION:**

“If religion requires us to sometimes fast and deny our natural appetites, it is to lessen that struggle and war that is in our nature; it is to render our bodies fitter instruments of purity, and more obedient to the good motions of divine grace; it is to dry up the springs of our passions that war against the soul, to cool the flame of our blood, and render the mind more capable of divine meditations. So that although these abstinences give some pain to the body, yet they so lessen the power of bodily appetites and passions, and so increase our taste of spiritual joys, that even these severities of religion, when practiced with discretion, add much to the comfortable enjoyment of our lives.” -*William Law*.

**PRAYER:**

Father in heaven, my flesh is tired, my spirit is weakening; grant me the mental focus, spiritual awareness, and physical will to push through the quitting points as I seek to realign my desires to your perfect will and your mission and for your glory. In Jesus' name, I pray. Amen.



# Day 2 | Tuesday, September 13

Fasting is a humbling experience that reveals who or what we really depend upon or are controlled by.

**READ:** *Psalm 69*

**KEY PASSAGE:** *Psalm 69:10*

When I weep and fast...

**REFLECTION:**

“More than any other single discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately — anger, bitterness, jealousy, strife, fear. If they are within us, they will surface during fasting. At first, we will rationalize that our anger is due to our hunger. Then we know that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.” -Richard Foster

**PRAYER:**

Father in heaven, as I move through this fast, I seek the transforming work of the gospel in my life. Reveal the controlling influences in my life. Grant me the courage to face them, to renounce them, to confess them and to surrender them into your healing hands. Draw me closer to you through this fast. In Jesus’ precious name I pray. Amen.

**MY NOTES FROM DAY 2:**

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## Day 3 | Wednesday, September 14\*

Are you being surprised in your fasting experience? God loves to surprise his children by strangely satisfying them with his presence.

**READ:** *Isaiah 58 & Psalm 1*

**KEY PASSAGE:** *Isaiah 58:6,11*

<sup>6</sup> Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

<sup>11</sup>The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

**REFLECTION:**

“The rewards of fasting are not often instantaneous but are experienced over time. They come as surprises, like in the midst of a worship service when my soul is stirred and strangely satisfied. Or when I am reading the Word and my inner being is lifted beyond this world with a fresh perspective. Or when I am in prayer and the groaning of my heart experiences a peace that is unexplainable. I have found the rewards ultimately lead to a more intimate and satisfying experience with the God who made me, saves me, and fills me.”

-Gary Rohrmayer

**PRAYER:**

Father in heaven, today during my fast may I experience the sweet satisfying nature of your presence and experience the refreshing power of your abiding strength. Father, for your honor and glory I want to be like a well-watered garden, like a spring that never runs dry. In Jesus' name, I pray. Amen.

**\*Prayer & Worship Service tonight @6:30PM**







# Day 4 | Thursday, September 15

Remember to accompany your fast with confession of sin. Confess your sin, your spiritual weaknesses, your lack of dependence on God; through this we can experience the cleansing forgiveness of Jesus Christ.

**READ:** *John 1:1-2*

**KEY PASSAGE:** *1 Samuel 7:6*

<sup>6</sup> When they had assembled at Mizpah, they drew water and poured it out before the Lord. On that day they fasted and there they confessed, “We have sinned against the Lord.” Now Samuel was serving as leader of Israel at Mizpah.

**REFLECTION:**

“Confession recognizes the absence of God’s presence in our lives through our own willfulness or indifference. Fasting is an act of craving more of God’s presence, power and purity in our lives and ministry. Confession is admitting there is something wrong between us and God. Fasting is longing for the fullness of God to flood our souls. When we practice confession in our fasting, our fasting becomes more than a tool to bring God back to us; it becomes an instrument moving us back to God because God never moves.”

*-Gary Rohrmayer*

**PRAYER:**

Father in heaven, show me through this fast those areas of spiritual weakness and self-reliance in my life so that I may confess them and receive your healing, cleansing and purifying forgiveness. Father, I want to experience a new level of spiritual refreshment and strength that can only come through you. In the strong name of Jesus Christ our Lord I pray. Amen.

**MY NOTES FROM DAY 4:**

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## Day 5 | Friday, September 16

Fasting is a tool that aids in discerning the call of God in our lives. Fasting helps us slow down and hear God's voice.

**READ:** Acts 9

**KEY PASSAGE:** Acts 9:3-6,9

<sup>3</sup> As he neared Damascus on his journey, suddenly a light from heaven flashed around him. <sup>4</sup> He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?"

<sup>5</sup> "Who are you, Lord?" Saul asked.

"I am Jesus, whom you are persecuting," he replied. <sup>6</sup> "Now get up and go into the city, and you will be told what you must do."

<sup>9</sup> For three days he was blind, and did not eat or drink anything.

**REFLECTION:**

A discerning fast "involves focusing on our choices instead of on our foods and praying our decisions through to successful conclusions...this type of fast helps us receive God's wisdom to make our decisions. This type of fast is not for every minor decision in life, such as where to go for lunch or what minor purchase to make. A discerning fast offers help in weighty decisions such as choosing a mate, resigning from a job, and other life-changing choices. Fasting brings more light into the application of good decision-making skills."

*-Elmer Towns*

**PRAYER:**

Father in heaven, today in my fast I yield to you and seek your wisdom in my life. Through this fast today grant me a greater perspective on those decisions before me, both minor and major. I want your best in my life. Protect me from being impulsive and rash and guide me in your perfect ways. In Jesus' name, I pray. Amen.





## Day 6 | Saturday, September 17

Fasting is more about replacing than it is about abstaining – replacing normal daily activities with focused praying, confessing, feeding on the Word and worshipping the Lord.

**READ:** *Nehemiah 9*

**KEY PASSAGE:** *Nehemiah 9:1-3*

<sup>1</sup>On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads.

<sup>2</sup>Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.

<sup>3</sup>They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshipping the Lord their God.

### **REFLECTION:**

“We tend to think of fasting as going without food. But we can fast from anything. If we love music and decide to miss a concert in order to spend time with God, that is fasting. It is helpful to think of the parallel of human friendship. When friends need to be together, they will cancel all other activities in order to make that possible. There’s nothing magical about fasting. It’s just one way of telling God that your priority at that moment is to be alone with him, sorting out whatever is necessary, and you have canceled the meal, party, concert, or whatever else you had planned to do in order to fulfill that priority.” -*J. I. Packer*

### **PRAYER:**

Father in heaven, as I fast today, I desire to seek your face through earnest prayer and honest confession, feeding on large portions of your word and offering responsive praise. In Jesus’ name, I pray. Amen.





# Day 7 | Sunday, September 18

Fasting has its spiritual rewards. One of the rewards of fasting is experiencing the guiding hand of God in our lives.

**READ:** *Isaiah 58; Psalm 23*

**KEY PASSAGE:** *Isaiah 58:6, 11*

<sup>11</sup> Is not this the kind of fasting I have chosen... And the LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.

**REFLECTION:**

“Every time I have fasted, I have found my worship experience sweeter. I found the illumination of God’s Spirit brighter and my hunger for God’s word stronger. Through my fasting God has guided me, comforted me, challenged me, and corrected me. It is not that I have bent God toward me through fasting, but that I, through fasting, have bent my heart toward him.”

*-Gary Rohrmayer*

**PRAYER:**

Father in heaven, I want to experience your guiding and empowering hand on my life and ministry. There is nothing like knowing that the hand of the Lord is on my life. Today through my fasting I bend my heart and my will toward you and your ways. In Jesus’ name, I pray. Amen.

**MY NOTES FROM DAY 7:**

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