

Seeking for Breakthrough: 21-Day Daniel Fast (August 5–26, 2013)

I. INTRODUCTION

- A. Our leadership team invites you to join us for a **21-day Daniel Fast** (August 5-26), or for those needing more time to prepare, they can join us in the last **14 days** of the fast (August 12-26).
- B. I apologize for the last-minute notice for this 21-day fast. It just occurred to me that in preparing for my *IHOPU End-time Intensive on the book of Daniel* (August 21-31), I should do it in a spirit of heightened consecration like Daniel embraced when he received his visions. Daniel was on a 21-day fast when he received the longest and most detailed end-time vision (Dan. 10:2-3). He recorded four visions that give details of how God will transition the earth to the age to come.
- C. Daniel went on a 21-day fast with intensity in prayer (Dan. 10)
²I, Daniel, was mourning three full weeks. ³I ate no pleasant food, no meat or wine came into my mouth...till three whole weeks were fulfilled... (Dan. 10:2-3)
- D. Daniel's fast made a significant impact in the spirit realm—Michael the archangel was released.
¹¹He [an angel] said to me, "O Daniel, man greatly beloved... ¹²from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. ¹³But the prince [demonic principality] of the kingdom of Persia [Iran] withstood me twenty-one days; and behold, Michael, one of the chief princes [archangel], came to help me... ¹⁴I have come to make you understand what will happen to your people in the latter days..."¹⁹He said, "O man greatly beloved, fear not!"... (Dan. 10:11-20)

II. PRACTICAL DETAILS

- A. **When**: It starts on Monday (August 5) at 12:01am & ends on Monday (August 26) at 12 noon.
OR start on Monday (August 12) at 12:01am & end on Monday (August 26) at 12 noon.
- B. **Who**: We invite anyone who desires to join us, regardless what city you live in.
- C. **Why**: For personal encounter with Jesus, to receive greater understanding of God's heart and plan as seen in Daniel, and for the release of grace for Jerusalem, national crises, and family.
- D. **Small Groups**: In small groups settings—read and discuss a chapter of the book of Daniel.
- E. **What**: We encouraged all to spend more time in prayer and study of the Word
- F. **How**: Fast food according to the Daniel fast, and fast media and entertainment. Set aside as many regular meetings (ministry, social, leadership, etc.) as possible for 21 days to be before the Lord.
- G. The purpose of biblical fasting is to set aside food and time to draw closer to Jesus and to contend for a breakthrough in His kingdom purposes. Fasting is to be first and foremost about pursuing spiritual goals. So during a fast, we give more time to prayer and Bible study.

- H. Many on the IHOPKC leadership team have made three additional commitments:
1. To be in the prayer room **6 hours a day** (for full-time IHOPKC staff) for the next 21 days (or 14 days). *We consider time in FCF services as part of our 6-hour commitment.* I encourage those not on staff to come to one prayer meeting a day at the GPR (if they live close by), or to have a personal prayer and Bible study for 1–2 hours a day.
 2. To **read the book of Daniel** each day for 21 days (this will take about one hour).
 3. To **fast media entertainment** and only use the Internet for work-related purposes, and to only engage in entertainment that is overtly biblical (Bible stories, the life of Jesus, etc.).

III. WHAT IS A DANIEL FAST?

- A. There are two primary scriptures related to the Daniel fast. In Daniel 10:3 we learn that Daniel ate *no meat or tasty foods and drank no wine*. In Daniel 1:12 we see that he *ate only vegetables and drank water*. The word that is translated *vegetables* in the NKJV is translated as *pulse* in the KJV—it comes from the Hebrew *zērōa*, which means “*that which grows from seed.*” It includes *vegetables*, fruits, whole grains, *legumes* (peas or beans), *nuts*, *seeds*, *tofu*, and *herbs*.

³*I ate no pleasant food, no meat or wine came into my mouth...[for] three whole weeks... (Dan. 10:3)*

¹²*...ten days, and let them give us vegetables to eat and water to drink. (Dan. 1:12, NKJV)*

¹²*...ten days; and let them give us pulse to eat, and water to drink. (Dan. 1:12, KJV)*

- B. **Daniel Fast:** A common approach includes eating in strict moderation *vegetables, fruits, whole grains* (breads or rice from whole grains), *legumes* (peas or beans), *nuts, seeds, tofu*, and *herbs*.
- C. Many agree that Daniel abstained from all meat, sugar, dairy products, wine, and from all pleasant foods (all that enhances the flavor of food—seasonings, salad dressings, sweetener, etc.). It calls for abstaining from all pleasant foods—not only “meats and sweets.”
- D. Biblical fasting is abstaining from food for spiritual reasons. A Daniel fast is more than a diet. Going on a Daniel fast mostly for health reasons is good, but it is a *Daniel diet* not a Daniel fast.
- E. The Daniel fast is a *real* fast from food for the purpose of enhancing our spiritual life. It is not merely a diet or eating with moderation. It involves significantly reducing the types and amount of food that we normally eat and significantly increasing our time with the Lord.
- F. The point of fasting is to embrace a season of heightened consecration and focus on the Lord. Fasting food is voluntary weakness— it weakens us physically and mentally as we position ourselves before the Lord that our heart may be tenderized and become more sensitive and able to receive more from the Lord.
- G. If you have any health problems at all we encourage you to consult your physician before fasting. Pregnant and nursing mothers should consider adding fish and cheese in a Daniel fast.

IV. THE PURPOSES OF THIS FAST

A. **To personally encounter the Lord.** As He does His work *in us*, He works more *through us*. We are fasting to personally encounter God and His love and for a renewal in our spiritual life.

³***I set my face toward the Lord God...by prayer... (Dan. 9:3)***

¹²***“You set your heart...to humble yourself before your God...” (Dan. 10:12)***

1. To confess and renounce our compromises and recommit our life to fully obey Jesus.

²⁰***I was speaking, praying, and confessing my sin... (Dan. 9:20)***

¹⁹***“Repent...that times of refreshing may come from God’s presence...” (Acts 3:19)***

2. To receive insight into God’s love—Daniel gained understanding that he was beloved.

¹¹***He said to me, “O Daniel, man greatly beloved, understand the words that I speak to you”...¹⁸Then again...¹⁹he said, “O man greatly beloved, fear not!” (Dan. 10:11, 19)***

B. **To pray for a breakthrough for Jerusalem.** Daniel fasted and prayed much for Jerusalem.

1. The battle for Jerusalem is a spiritual, political, and military battle for the control of Jerusalem. All nations will gather against Jerusalem (Joel 3:2, 12; Zech. 12:3; 14:2; Zeph. 3:8; Rev. 16:13-14; 19:19). This most significant battlefront in the spirit culminates in Jesus’ return and Satan being cast into prison (Rev. 19:11-20:3).

²***For I will gather all the nations to battle against Jerusalem... (Zech. 14:2)***

2. Jesus requires the Church to stand with Israel in their coming persecution (Rev. 12:17; Dan. 11:33-35). The battle for Jerusalem is a litmus test of the Church’s obedience, and will be used to help mature and perfect the end-time Church (Eph. 5:27).

3. We have been beckoned into the “Psalm 122:6 blessing” by virtue of our Israel Mandate.

⁶***Pray for the peace of Jerusalem: “May they prosper who love you.” (Ps. 122:6)***

C. **To pray for a breakthrough for our families, churches, and nation.** Many of the principles employed in praying for a breakthrough for Jerusalem can be applied in praying for others.

1. Angels are released through prayer with fasting for personal and national issues.

¹²***“Your words were heard; and I have come because of your words.” (Dan. 10:12)***

²³***“At the beginning of your supplications the command went out, and I have come...” (Dan. 9:23)***

2. We are crying out for a greater release of power for healing, and to see God’s power break in upon our families and upon national and international crises.

²¹***“This kind does not go out except by prayer and fasting.” (Mt. 17:21)***

- D. **Seeking greater understanding** of God’s heart and end-time plan. The four visions in Daniel give insight into God’s plan for Israel and for transitioning the earth to the age to come.

²²“**O Daniel, I have now come forth to give you skill to understand.**” (Dan. 9:22)

¹²“**You [Daniel] set your heart to understand...** ¹⁴**I [an angel] have come to make you understand what will happen to your people in the latter days...**” (Dan. 10:12-14)

1. One emphasis in all four visions was for Daniel to understand God’s end-time plan (Dan. 7:16; 8:15-19; 9:2-3, 22-23; 10:1, 11-14; 11:33, 35; 12:4, 9-10). Daniel intentionally sought understanding in the context of all four visions. Twice he sought it after receiving a vision (Dan. 7:16; 8:15), and twice he sought it with fasting and then God answered by giving him a new vision (Dan. 9:2-3; 10:11-14).
2. Part of the mandate of IHOPKC is to function in a forerunner spirit, which includes understanding and proclaiming the biblical end-time message. There will be unique dynamics in the generation in which the Lord returns, both positive and negative ones.
3. The Lord is raising up forerunners who will give understanding of both what the Lord and the enemy will do in that hour. Understanding in that hour will be essential in equipping God’s people to not be fearful, deceived, confused, offended, or seduced by sin in the context of the unique dynamics occurring in that hour. The Lord’s people are to be filled with peace, gratitude, confidence, clarity, and holy love.
4. God promises to give His people grace to understand His heart and end-time plans.

³³“**And those of the people who understand shall instruct many...** ³⁵**And some of those of understanding shall fall [martyrdom], to refine them, purify them, and make them white, until the time of the end; ... it is still for the appointed time.**” (Dan. 11:33-35)

V. OVERVIEW OF THE BOOK OF DANIEL

- A. **The first section is historical** (Dan. 1–6): Highlights six episodes in Daniel’s life.
Daniel 1: Dedication of youth, refuses to compromise, embraces a fasted lifestyle in Babylon
Daniel 2: Nebuchadnezzar’s first dream - God establishes a prophet before the secular leaders.
Daniel 3: Tested by fire, refuses idol worship (Rev. 13), deliverance from the fiery furnace.
Daniel 4: Nebuchadnezzar’s second dream - the sudden humbling of powerful world leaders.
Daniel 5: Belshazzar’s feast - the sudden downfall of powerful nations (fall of Babylon).
Daniel 6: Daniel in the lion’s den - supernatural deliverance of believers in persecution.
- B. **The second section is prophetic** (Dan. 7–12). Four visions that each relate to Israel’s destiny and conflict with the nations and how God plans to transition the earth to the age to come.
Daniel 7: 1st vision is of four world empires in history and the Little Horn (Antichrist).
Daniel 8: 2nd vision is of a ram, goat, and little horn (Antiochus/Antichrist) persecuting Israel.
Daniel 9: 3rd vision is of Gabriel and the 70-weeks prophecy of Israel’s trouble and salvation.
Daniel 10-12: 4th vision is of Israel’s persecution (Antiochus/Antichrist) and final restoration.