

QUINN CHAPEL

African Methodist Episcopal Church

8 day Corporate Daniel Fast

Sunday, October 31st - Sunday, November 7th

Food for thought: Did you know that the number "8" is the Hebrew number for New Beginnings?



How to Prepare for the Daniel Fast

The Daniel Fast is a unique type of fast because you can eat, unlike a liquid fast where only water or juices are consumed. But just because you can have food doesn't mean the Daniel Fast is easy.

Fasting, in any form, is difficult because you're doing battle *physically and spiritually*. However, there are steps you can take to strengthen you for the fight. Following are ways you can prepare your heart, mind, and body for your 8-day Daniel Fast journey.

Spiritual Preparation

1. Pray

Begin praying for your Daniel Fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When God reveals it to you (and He will), confess your sin quickly and repent. Take time to get your heart ready for what God wants to do in and through you on the fast.

2. Read verses on fasting.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on some people who fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages in any translation are:

Isaiah 58, 2 Chronicles 20:1-4, Ezra 8:21-23, Nehemiah 1:1-4, Esther 4:15-17, and Matthew 4:1-11).

3. Buy a journal or use a notebook.

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through His Word.



How to Prepare for the Daniel Fast - continued

4. Write down prayer requests.

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible, and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.

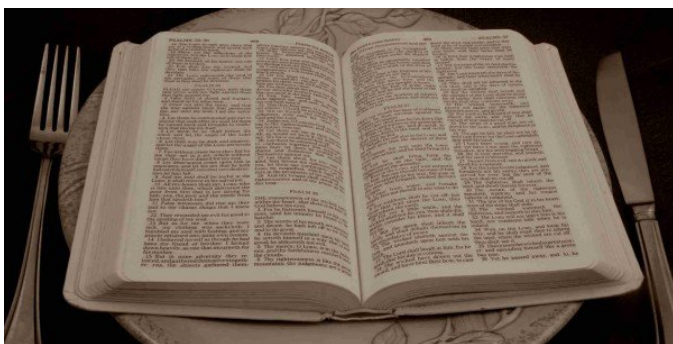
5. Find a prayer partner.

It's important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it's certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

Physical Preparation

1. Ease into the fast.

Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects. Trust me, the temptation to eat everything you can't have on the fast will be strong, but splurging will only make the transition much more difficult. Also, it's a good idea to increase your water consumption before your fast begins.



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2. Plan your meals for the week.

The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines.

3. Make a grocery list for the week.

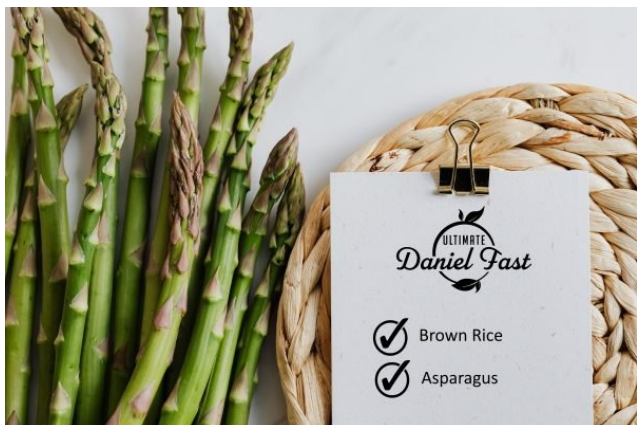
Putting a list together before you go to the grocery store will make your shopping much more efficient.

4. Get your kitchen ready.

Assess your kitchen to see if you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this week adventure. When preparing recipes, having the tools you need will make everything much easier.

5. Prepare food ahead of time.

Look at the week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient. For example, if you're making Taco Soup for dinner on Sunday, go ahead and prepare the Taco Seasoning on Saturday, so it's ready to go.



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6. Cook and freeze meals.

Before you I do the Daniel Fast, you might want to carve out a few hours the weekend before the fast begins and make a few meals, such as Baked Oatmeal, Black Bean Chili Bake, and Tuscan Soup. Then freeze half of each recipe. That way you have food when I don't have time to cook or need a quick go-to meal. You'll really appreciate this step as you progress with your fast.

Proper preparation is the key to making your fast successful. For recipes, visit **<https://ultimatedanielfast.com/recipes/>**

When you do your part in getting ready, God will do the rest!



Ultimate Daniel Fast Prayer Points

The focus of the Daniel Fast is prayer. While it's natural to be concerned about the food list, your priority on the fast should always be calling out to God on behalf of your own needs and the needs of others.

Invest in a journal or a notebook so you can write down specific requests, how God answers them, and what the Lord does in your life on your 8-day journey. Also, take advantage of the following list of prayer points—one for each day of the fast—to make your prayer time more effective. (You can also use this guide throughout the year, not only when you're doing the Daniel Fast.)

Finally, incorporate the daily verses in your prayers by praying them aloud. For example, on Day 1, you might say:

"Lord, I pray you'll remove the blinders from the eyes of unbelievers that Satan has put on their spiritual eyes. Enable them to understand the glorious light of the gospel. May they believe that Jesus is your Son, who came and died for their sins, and that he is also God."

As you speak God's truth with faith and confidence, you'll be declaring supernatural power over people and circumstances, which will bring about changed hearts for eternity.



Day 1 - October 31

Pray for unbelievers to repent and be saved.

“Satan, who is the god of this world, has blinded the minds of those who don’t believe. They are unable to see the glorious light of the Good News. They don’t understand this message about the glory of Christ, who is the exact likeness of God” (2 Corinthians 4:4 NLT).

Day 2 - November 1

Pray for families to be strengthened in the Lord.

“Be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil” (Ephesians 6:10-11).

Day 3 - November 2

Pray for unity in churches and in the body of Christ.

“I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose” (1 Corinthians 1:10 NLT).

Day 4 - November 3

Pray for your pastor and for your church leadership.

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind” (James 1:5-6 NLT).



Day 5 - November 4

Pray for a ministry in your church or community.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving” (Colossians 3:23-24).

Day 6 - November 5

Pray for your heart to be obedient to the Lord.

“If you look carefully into the perfect law that sets you free, and if you do what it says and don’t forget what you heard, then God will bless you for doing it” (James 1:25 NLT).

Day 7 - November 6

Pray for a deeper commitment to prayer.

“Let joy be your continual feast. Make your life a prayer. And in the midst of everything be always giving thanks, for this is God’s perfect plan for you in Christ Jesus” (1 Thessalonians 5:16-18 TPT).

Day 8 - November 7

Pray for boldness to share the gospel with others.

“For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile.” (Romans 1:16 NLT).

