



What is Fasting?

Fasting is abstaining from something like food, television, or social media for a period of time to gain greater insight, clarity and victory from God in an area of your life. During that period of abstaining, there is an increased effort made to seek God. This is where many of us miss the blessings and benefits of fasting.

What is the 21-Day Daniel's Fast?

Daniel was given a revelation concerning Jerusalem, but he did not receive the revelation until after the twenty-first day. God heard him the day he began, but the prayer was held up by a powerful spirit being. The book of Daniel refers to this spirit being as the Prince of the Persian Kingdom. (Daniel 10:12-13). During those twenty-days, Daniel abstained from choice food, meat and wine. (Daniel 10:3), and prescribed a diet, he did on an earlier fast that consisted of vegetables and water (Daniel 1:8-12). Though the millions who do the Daniel Fast today are not this restrictive, most do agree on what is “not” allowed on the fast.

12 Focus Points for the Greater New Salem 21-Day Daniel's Fast

- 1) Pray for the growth of everyone in our church.
- 2) Pray that we grow, not only spiritually, numerically and financially as well.
- 3) Pray for Pastor Cedric, Lady Karen, and the first family, along with the leaders of the church.
- 4) Pray that we are fulfilling our vision of impact, build, growth, and community.
- 5) Pray for the success of GNS as we follow the vision of being rooted in Unity, that we glorify God.
- 6) Pray for our neighborhood, that God will give us wisdom as we seek ways to better interact with our neighbors.
- 7) Pray for God's favor as we seek to develop social enterprise in our community.
- 8) Pray for wisdom in upgrading and remodeling the church, starting a youth academy, and support foster families/children.
- 9) Pray for any families that come into your spirit; marriages, singles, etc.
- 10) Pray for the sick, the lonely, the bereaved, etc.
- 11) Each day of the 21 days, use a journal and try to list 3 things for which you are thankful.



12) Pray for whatever area in your life you desire a breakthrough.

Daily Bible Passages and Prayer Guide for 21-Day Daniel's Fast

We fast to draw closer to God and to be spiritually strengthened for victorious living. In fasting, we devote special attention to nourishing and developing that part of us that connects with God -- our spirit. Pray, read the Word, and spend quality time in meditation daily.

<u>Date</u>	<u>Passage to Read</u>	<u>Prayer Focus Your</u>
Day 1: Jan 12	1 Peter 2:9; 1 John 4:4	Your Identity
Day 2: Jan 13	Matt. 9:27-29; James 5:16	Healing
Day 3: Jan 14	Psalm 51	Confession
Day 4: Jan 15	Ephesians 1:17-18	Understanding
Day 5: Jan 16	1 Cor. 12:1-11	Spiritual Gifts
Day 6: Jan 17	Psalm 27:14; Gal. 6:9	Patience & Endurance
Day 7: Jan 18	John 3:15-17; Rom. 5:8	God's LOVE for you
Day 8: Jan 19	Luke 18:1-8	Constant Prayer
Day 9: Jan 20	Joshua 24:15	Family
Day 10: Jan 21	Luke 18:15-17	Children
Day 11: Jan 22	Jer. 29:11; Ps. 37:3-5	God's Plan
Day 12: Jan 23**	Ps. 91; Ps. 27:1-5; Rom. 8:31	Protection & Safety
Day 13: Jan 24	Isaiah 26:3; John 14:27	Peace of Heart
Day 14: Jan 25	Romans 5:17	Reigning in Christ
Day 15: Jan 26	Ps. 100:4; Ps. 34:1	Thanksgiving
Day 16: Jan 27	Luke 19:13; Heb. 6:10, 12	Stewardship
Day 17: Jan 28	Mark 1:17; Mark 16:15	Soul Winning
Day 18: Jan 29	Prov. 19:17; Matt. 25:40	Hurting & Needy
Day 19: Jan 30	2 Tim. 2:15	Study the Word
Day 20: Jan 31**	Mark 9:23-29; Matt. 21:22	Personal Faith
Day 21: Feb 1	Phil. 4:13; 1 Cor. 15:57	Victory in Jesus

Requirement

- If you have any dietary restrictions, please continue with those instructions
- Drinks lots of water
- Veggies
- Fruit
- Poultry



- Fish
- NO SWEETS OR SODA
- Day 12 & Day 20 NO MEAT**

Final Thoughts

- Read your scriptures and contemplate over the reflections once per day, preferably in the morning.
- Pray 3 times per day if you can. Once in the morning, at noon, and once before bed.
- Or, pray short prayers throughout the day. This is what the Bible means when it says to “pray without ceasing.”
- If you should miss a day or two, or go off your fast, don’t condemn yourself; just get right back on. God is not looking for perfection, but sincerity.
- Remember, one of the principles of fasting is sacrifice. Usually, nothing good happens without a sacrifice. We are sacrificing to see God’s intervention.

The 21 Day Daniel Fast January 12-February 1, 2025

You are invited to join me and Lady Karen for a season of prayer and fasting. The type of fast we will be on is commonly called the Daniel Fast. It produces many spiritual and physical breakthroughs in people’s lives. Many people who engage in the Daniel Fast experience significant health improvement and continue on with a modified version and live a more “fasted or disciplined life”.

Our theme for 2025 is ROOTED IN UNITY. God is going to shift some circumstances in our lives, collectively and individually. Before we get to our next, we will go through our shifting season. During this time of prayer and fasting, we want to see how God will move us from our HERE moment to our THERE experience.

Will you join us during this season of prayer and fasting? Let’s see the things that God has in store for us.

Sincerely,

Pastor Cedric & Lady Karen Nelms