

Word of Deliverance Ministries for the World, Inc.

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21-Day Daniel Fast & Consecration

GREATER WORKS

John 14:12-14

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it.

2 Chronicles 7:14

¹⁴ and My people, who are called by My Name, humble themselves, and pray and seek (crave, require as a necessity) My face and turn from their wicked ways, then I will hear [them] from heaven, and forgive their sin and heal their land.

Daniel 10:3

³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Praise be to GOD from Whom all blessings flow for allowing us this wonderful opportunity to enter this **21-Day Daniel Fast & Consecration**. Look forward to spending Quality time with GOD. Fasting is a spiritual discipline that enables one to bring fleshly/soulful desires under subjection to the Holy Spirit.

PRAYER ENABLES YOU TO CONNECT TO GOD, WHILE FASTING ENABLES YOU TO DIS-CONNECT FROM THE WORLD.

SO we can see how PRAYER AND FASTING ARE MARRIED DURING THIS 21-DAY DANIEL FAST.

FASTING – refers to the abstinence of food and sometimes water for a specified length of time. Fasting involves the afflicting of the body and soul (your thoughts, desires, appetites, emotions, feelings etc.) by the sacrifice of one's personal will.

CONSECRATION – refers to setting ourselves apart for total devotion and oblation (a special offering/sacrifice) unto the LORD. This requires denying pleasures such as watching secular television, entertainment, unessential shopping etc. Having difficulty distinguishing what's secular??? Ask yourself, does this activity feed my spirit? Does this program promote spiritual maturity?

We must understand that our carnal nature is in opposition to the Spirit of GOD (Romans 8:5-8). If we are going to yield ourselves to Jesus Christ, the Anointed One and intensify the empowerment within us, we must die daily to fleshly desires.

Our consecration must be a personal commitment to sacrifice ourselves unto the LORD. We can experience the glory, power and anointing of GOD from being in His presence just as Moses did after fasting forty days and nights (Exodus 34:28-30).

The Daniel Fast is NOT an absolute/complete Fast (no consumption of food or beverage). It is considered a Partial Fast because food will be consumed. We will abstain from certain foods, according to **Daniel 10:2-3**, "*In those days I, Daniel, was mourning three full weeks (21 days). I ate no pleasant food; no meat or wine came into my mouth...*"

REMEMBER:

- The Daniel Fast will lead to spiritual insight. (Daniel 1:17)
- The Daniel Fast is longer than one day. (Daniel 1:12, 10:2-3)
- The Daniel Fast is a partial fast.
- There is no indication that they ever began to eat the king's food.

FOODS WE MAY EAT:

- **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 are an option if you are not allergic to 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.

FOODS TO AVOID:

- **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.

This Daniel Fast is not for the purpose of picking what we like and discarding what we don't. This is a sincere consecration about obedience and discipline unto the LORD. The overall focus of this consecrated time of sacrifice must be growing in intimacy with The LORD. This can be accomplished through daily devotion of prayer, praise, worship, and meditation on The Word of GOD.

We unify ourselves in Prayer and Fasting with great anticipation of a Mighty Move of GOD:

- “Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:” (Joel 2:15)
- “And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you. And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed.” (Joel 2:25-26)

QUICK TIPS – WHAT TO EXPECT

HOW TO BEGIN:

Start with a clear goal. Be specific. Why are you fasting?

Note: You have been given corporate prayer points/focuses so feel free to choose some personal ones as well. Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties?

- Ask the Holy Spirit for guidance.
- Pray and have devotion daily.

PREPARING SPIRITUALLY:

- Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness.
- Forgive all who have offended you and ask forgiveness from those whom you may have offended. (Mark 11:24, Luke 11:4, 17:3-4)
- Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you. (Romans 12:1-2)

STEP ONE: BE SPECIFIC

Read Daniel 1:8-20.

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

- The king’s food was against dietary laws.
- Daniel and his friends had vowed against wine.
- The king’s food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to GOD. “Daniel proposed in his heart that he would not defile himself.”

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they aren’t disciplined enough themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from GOD may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

- Your food choices.
- The level of your spiritual commitment as reflected in constant prayer during the fast.
- Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don’t stop on Day 9.
- Your testimony commitment. Your fast is a statement of faith to GOD that you want Him to heal your body, and faith is foundational to the Daniel Fast.

STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH

Read [James 5:13-16](#):

- Sin is sometimes related to the cause of sickness, such as the sin of disobedience in the Garden of Eden.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e., foods, drugs, pornography.
- Repentance is linked to health according to Apostle James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well.
- The anointing oil could mean:
 - Medicine for healing.
 - Symbolic of the Holy Spirit.

Prayer alone may not gain healing; faith is the major factor. In Greek there are several words for "sick". The Apostle James uses "Kanino", which not only includes disease, but also means weak or weary. Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD

Daniel said, "as you see fit, deal with your servants" (Daniel 1:13).

FOOD GUIDELINES FOR A DANIEL FAST

Daniel 1:12

"Please test your servants for ten (10) days and let them give us vegetables to eat and water to drink."

Daniel 10:3

"I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

When going on a Daniel Fast or any type of Fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal Fast/Consecration or seek advice from trusted spiritual mature leaders.

WHY SHOULD WE FAST?

As believers, we should Fast because it is one of the three fundamental spiritual disciplines according to Matthew 6. Fasting helps us to discipline our soulish man as we purposefully increase our devotion time with GOD.

As our soul is made subject, we are positioned to tap into the strength and empowerment needed to overcome barriers.

The three spiritual disciplines according to Matthew 6:2-3, 5, 16 are:

- Giving of Alms
- Praying
- Fasting

Note: scripture is saying WHEN we give, pray, and fast, not IF.

WHAT ARE SOME BENEFITS OF FASTING?

- Fasting brings manifestation to unanswered prayers. Matthew 17:14-21)
- Fasting and Prayer should result in a more intimate relationship with GOD. (Psalm 19:14)
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. (Acts 9:9-11, 17-19)
- Fasting facilitates the sanctification process, transforming us into the Image of Christ. (Psalm 51; 139:23-24)
- Fasting invokes Divine Intervention in time of need. (Judges 20; Daniel 10:1-3, 13)
- Fasting invokes Divine Protection and Provision. (Ezra 8:21-23)
- Fasting invokes Divine Favor. (Esther 4:16)
- Fasting invokes Divine Revelation and Understanding. (Exodus 34:28, Daniel 10)
- Fasting crucifies the flesh and soulish realm and empowers you to resist temptation. (Isaiah 58:1-9)
- Fasting releases, the Apostolic anointing [Dunamis Power] of GOD. (Acts 2)
- Fasting launches, you to ministry (Luke 4:1-13)

WHAT HAPPENS SPIRITUALLY WHEN WE FAST?

- Spiritually, Fasting is not *just* denying oneself of food; it is about superimposing our spiritual appetite over our physical appetite (Job 23:12, Psalm 119:103). It's Not Business as Usual!
- Fasting is about spiritual self-humiliation as we humble ourselves watch GOD elevate us. (James 4:10, 1 Peter 5:6).
- We will now have more time for prayer, praise, worship and reading GOD'S Word, which are essential to transitioning us into spiritual intimacy.
- Meditating on the Word will empower us to complete our 21-Day Daniel Fast & Consecration.
- We will also become more sensitive to GOD'S voice. (John 10:1-4).
- Our desire to fellowship and commune with GOD will *intensify*.

Personal Cleansing:

Personal cleansing is a starting point for moving into a healthier direction with GOD.

- **Psalm 24: 3-7** – Who shall ascend into the hill of the LORD? Or who shall stand in His holy place? He that hath clean hands, and a pure heart, who hath not lifted up his soul unto vanity, nor sworn deceitfully. He shall receive the blessing from the LORD, and righteousness from the God of his salvation. This is the generation of them that seek Him, that seek thy face, O Jacob. Lift up your heads, O ye gates; and be ye lifted up, ye everlasting doors; and the King of glory shall come in.
- **Psalm 66:18:** If I regard iniquity in my heart, the Lord will not hear me:
- **Pray Psalm 51:1-19:** A Prayer of Repentance

Confess and Repent:

Whenever we go to GOD in prayer, it is righteous to humble our self by confessing and repenting of our sins.

- **Daniel 9:4-7** - I prayed to the LORD my God and confessed: "Lord, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, ⁵ we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws. ⁶ We have not listened to your servants the prophets, who spoke in your name to our kings, our princes and our ancestors, and to all the people of the land. ⁷ "Lord, you are righteous, but this day we are covered with shame... (Daniel 9:4-19)
- **2 Chronicles 7:14** – If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

- **Matthew 6:14-15** - For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.
- **1 John 1:9-10** – If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.
- **Isaiah 55:6-7** – Seek ye the LORD while He may be found, call ye upon Him while He is near: Let the wicked forsake his way, and the unrighteousness man his thoughts: and let him return unto the LORD, and He will have mercy upon him; and to our God, for He will abundantly pardon.

Mind Renewal:

As Believers in the Body of Christ, we must understand that our beliefs are married to our confessions. What we speak from our mouth is usually related to what we believe in our heart.

Samuel Smiles, says it like this··

“Sow a thought and you Reap an act; Sow an act and you Reap a habit;
Sow a habit and you Reap a character; Sow a character and you Reap a DESTINY!”

Note··· it all starts from a single thought.

In Proverbs 23:7a, the king said, “For as he (a man) thinks in his heart, so *is* he.” Because our destiny is directly influenced by our thought life, it is vital that we understand the importance of Mind Renewal as we enter this 21-Day Daniel Fast & Consecration.

You must invest in your spiritual growth to receive the capacity from God for Greater Works.

- Get CD or DVD copies of services, or watch previous services via our Facebook Page or YouTube Channel (remember, Faith comes by hearing···)
- Attend all Services (Intercessory Prayer 15 minister before)
 - Sundays at 9:30 a.m.
 - Wednesdays at 7:00 p.m.
 - Special Instruction & Prayer – Wednesday, April 3rd, 7:00 p.m.
 - Prayer Revival – Wednesday, April 10th through Friday, April 12th, 7:00 p.m.
 - Prayer Service – Wednesday, April 17th, 7:00 p.m.
- Attend virtual or in-person Word Bible University Classes Sundays at 8:00 a.m.
 - **Sunday School**
Zoom: Meeting ID: **Meeting ID: 332 625 7452 / Passcode: 0693**
Dial in: **1-301-715-8592, Meeting ID: 332 625 7452 / Passcode: 0693**
 - **Understanding Prophecy and the Timing of God**
- Early Morning Prayer Conference Call, Monday – Friday 6:00 a.m., Saturday & Sunday 7:00 a.m., **667-770-1523 Access Code: 353091#**
- Noon Day Prayer, Tuesday – Friday at 12 noon.