



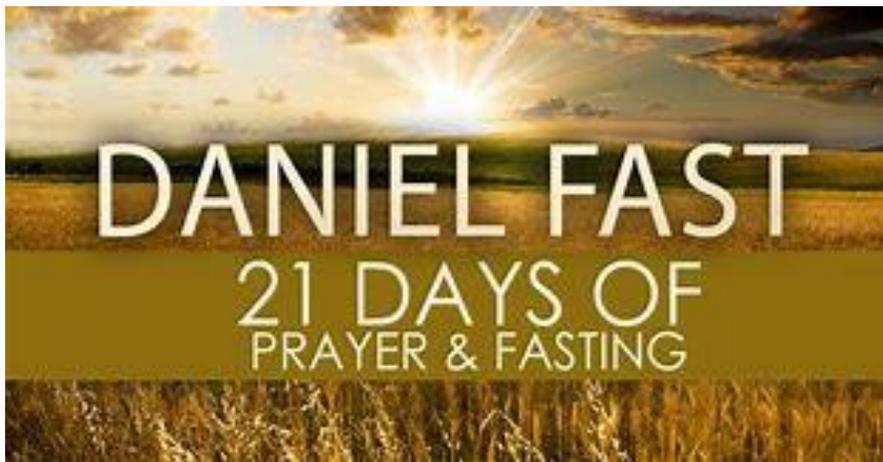
GREATER SWEETHOME MISSIONARY BAPTIST CHURCH

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~ 21-Day Experience With God ~

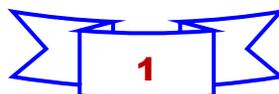
"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." (Daniel 10:3 (KJV))

Prepared By: Pastor Thompson and Evangelist Starr

Scripture references are KJV and other bible versions.

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Avoid health and medical problems, see your doctor.





OVERVIEW OF THE DANIEL FAST

SCRIPTURAL REFERENCES

Daniel 1:1-21; Daniel 10:1-9; Matthew 6:5-18, Mark 9:29; Isaiah 58:3-11; 2 Chronicles 7:14

The Daniel Fast is a partial fast that will lead to spiritual insight. Daniel and his friends ate only vegetables and drank only water (Daniel 1:8-12). Later, in Daniel chapter 10, Daniel fasted for three weeks (21 days). During this time of consecration, he abstained from certain foods and waited on God in prayer concerning the destiny of his people. Why did Daniel fast for 21 days? Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately: (1) the king's food was against Old Testament dietary laws; (2) Daniel and his friends had vowed against wine; and (3) the king's food had been offered up to idols/demons.

The application of the Daniel Fast requires abstinence from certain foods. Most importantly, decide ahead of time how you are going to apply the Daniel Fast; then stick to your commitment for the length of time you have decided to fast. As a congregation, Greater Sweethome Baptist Church family will fast for 21 days. You may decide what is right for you.

5 - STEPS FOR THE DANIEL FAST

The Daniel Fast should be done only under a doctor's care and with the doctor's approval.

1) Fast as a Spiritual Commitment

- Eat no pleasant bread, neither flesh nor wine. (Daniel 10:3)
- Make a spiritual commitment to God.
- Daniel made a statement of faith when he asked for only vegetables to eat and water to drink. Then he dared the overseer to compare the appearance of the sons of Israel with the young men who ate the king's food. (Daniel 1:13)



2) Reflect Inner Desire By Outer Discipline

- Stick to your commitment. "Daniel purposed in his heart that he would not defile himself." (Daniel 1:8)



3) Pray Daily to Receive God's will For Your Life

- Reference James 5:13-20 for both spiritual healing and physical health.

4) Study and Meditate on Scripture Daily

- Use the Scriptures within this guide for daily reading and meditation.
- Meditation is taking quiet (solitary) time to concentrate and think deeply on God's Word.

5) Yield All Results to God

- Daniel said, "As you see fit, deal with your servants." (Daniel 1:13)
- Praise the Lord for his goodness, and for his wonderful works. (Psalm 107:8)



PLANNING YOUR FAST

The Daniel Fast should be done only under a doctor's care and with the doctor's approval.

1. Seek the advice of your physician before you fast.
 - If you cannot fast 21 days, make your commitment and determine the length.
 - Have a clear vision for your prayer focus – include the prayers in this document.
2. Prepare physically.
3. Fast, pray, and meditate in order to humble yourself and purify your worship.
 - Fast in secret.
 - Make meditation (quiet time) a priority when fasting.
4. Prepare for opposition – Satan attacks those who seek after God.
 - If you fail, do not give into condemnation. Recommit to God!
5. Expect to hear God's voice through and according to His Word.
 - Your prayers may be answered during or after the fasting period.
6. End the fast over several hours and days of light eating.

PRAYER AND FASTING BENEFITS

YOUR LIGHT WILL SHINE BRIGHTER: ISAIAH 58:8, PSALM 35:13, PSALM 69:6-10, 1 PETER 5:5-6

YOUR HEALING WILL COME SPEEDILY: MARK 16:8, MATTHEW 17:21

YOUR RIGHTEOUSNESS WILL GO BEFORE YOU: ROMANS 14:17

GOD'S GLORY WILL BE YOUR REAR GUARD: HEBREWS 13:5-6, EZRA 8:21-23

YOU WILL CALL ON THE LORD AND HE WILL ANSWER: JEREMIAH 29:13, 1 KINGS 19:13

THE LORD WILL GUIDE YOU ALWAYS: ISAIAH 58:11, ROMANS 8:14, JOHN 16:13

GOD WILL SATISFY YOUR NEEDS: PHILIPPIANS 4:19, PSALM 1:3

GOD WILL SEND RESTORATION: ISAIAH 58:12, 2 CHRONICLES 7:14

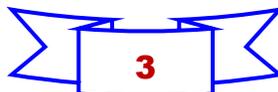
YOU WILL FIND JOY IN THE LORD: ISAIAH 58:14, PSALM 16:11, MATTHEW 25:21



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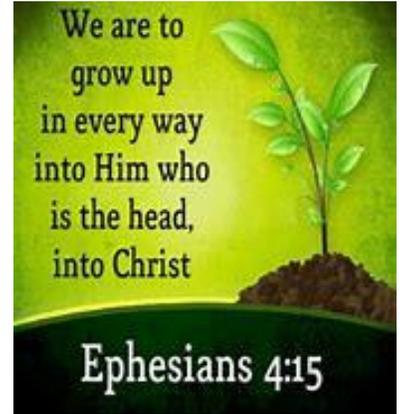
DAILY PRAYER FOCUS

Day 1 SPIRITUAL GROWTH - Commitment to the fast

Father, we pray for strength and power from the Holy Spirit to sustain us in our commitment to this season of prayer and fasting. We will meditate on God's Word day and night. (Psalms 1:1-2) Our hearts and minds are fixed on Jesus Christ who is pure, loving, kind, holy, and gentle. We will praise the Lord according to His righteousness: and will sing praise to the name of the Lord Most High. (Psalm 7:17) We will praise thee, O Lord, with our whole heart; we will shew forth all thy marvelous works. (Psalm 9:1) **AMEN!**

Day 2 SPIRITUAL GROWTH – To be disciples of Jesus Christ

Father God, as we fast and pray today, our desire is to be Your disciples. Help us to stay focused on Your will for us as Your ambassadors. You said in Your Word, ".....If any man will come after Me, let him deny himself, and take up his cross, and follow Me. For whosoever will save his life shall lose it: and whosoever will lose his life for My sake shall find it." (Matthew 16:24-25). We are confident of this very thing, that He which hath begun a good work in us will perform it until the day of Jesus Christ. (Philippians 1:6) **AMEN!**



Day 3 SPIRITUAL GROWTH – For a closer walk with the Lord

Father, we fast and pray for a closer walk with You today. (Psalms 69:32). You said in Your Word, "You did not choose Me, but I chose you and appointed you to go and bear fruit that will last. Then the Father will give you whatever you ask in My name." (John 15:16) We pray for a humble walk with You. (Micah 6:8) We pray that You will lead and guide us to the spiritual growth You desire in us. You said in Your Word, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11) Lord, You are the Potter and we are the clay. Mold us and shape us to be what You would have us to be. (Isaiah 64:8) **AMEN!**

Day 4 HOLINESS AND PURIFICATION – Confession and Repentance

Dear Lord, we fast and pray today with confession and repentance. We confess our sins today, Father God, and we ask for forgiveness. You said in Your Word, "If we confess our sins, (You are) faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9) Lord, we desire to be holy as You are holy. Please cleanse us and restore us as we confess our sins. "Search me, O God and know my heart; try me and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." (Psalm 139: 23-24) "Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit." (Psalm 51:10-12) Thank You for being faithful and just; for forgiving our sins; for purifying us from all unrighteousness. **AMEN!**



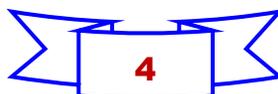
Day 5 HOLINESS AND PURIFICATION – Restoration and Renewal

Father, we rest in You today and give You praise, honor and glory. We fast and pray for restoration and renewal for this season of sanctification. Lord, we lift You up in worship. You said in Your Word, "Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me." (Psalm 51:1-3) We stand in agreement when we say, "O magnify the Lord with me, and let us exalt His name together." (Psalm 34:3) **AMEN!**

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Day 6 HOLINESS AND PURIFICATION – Spiritual Focus

Father God, we fast and pray for spiritual cleansing and focus. Please make us an instrument of Your peace. Let us throw off everything that hinders us, and sin that so easily entangles. (Hebrews 12:1) We will praise God in His sanctuary. (Psalms 150:1) We will be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God. (Ephesians 5:1-2) We will present our bodies a living sacrifice, holy, acceptable unto God, which is our reasonable service. We will not conform to this world: but will be transformed by the renewing of our minds, that we may prove what is that good, and acceptable, and perfect, will of God. (Romans 12:1-2) **AMEN!**

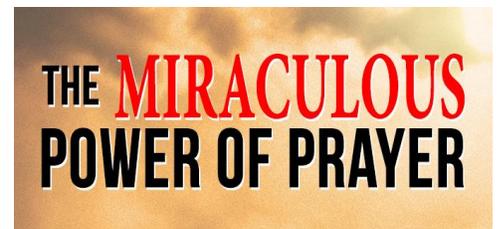


Day 7 DIRECTION AND VISION – God-given Insight

Today we fast and focus on Your invincible Truth, Father God. We pray that Your presence will abide with us in a special way. We desire to have intimate fellowship with You. Touch our hearts in such a way that we will desire an even deeper fellowship with You and offer You our sacrifices of praise, worship and obedience. Give us wisdom and very great insight, and a breadth of understanding as measureless as the sand on the seashore. (1 Kings 4:29) **AMEN!**

Day 8 DIRECTION AND VISION – Divine Guidance

Father, today we fast and pray, seeking Your guidance and blessing for our personal needs. Lord God, we know that Your Word is true; that You will supply all of our needs according to Your riches in glory. (Philippians 4:19) Help us to stand in faith and to seek Your Kingdom and Your righteousness so that all we need can be added to us. (Matthew 6:33). We thank You in advance for all of Your provisions and for every blessing, those seen and especially those not seen, as we walk by faith and not by sight. We realize today that "Every good gift and every perfect gift is from above, and cometh down from the Father of lights....." (James 1:17) **AMEN!**



Day 9 DIRECTION AND VISION – Revelation

Father God, we fast with prayers of worship and thanksgiving. We seek Your divine wisdom and guidance. You said in Your Word, "Call unto Me, and I will answer thee, and show thee great and mighty things, which thou knowest not." (Jeremiah 33:3) Therefore, we put our hope and trust in You, knowing that You have already made provisions for us. Our souls magnify the Lord in our songs, in our prayers, in our giving, and in our study. We stand in awe of Your greatness and power. **AMEN!**



Day 10 OUR FAMILIES – Marriages

Father God, we fast and pray for the marriages and families within our ministry and within our community. Let the husband and wife submit to one another out of reverence for Christ. (Ephesians 5:21) Let each husband love his wife even as Christ also loved the church, and gave Himself for it. (Ephesians 5:25) Let each wife respect her husband, and submit herself to your own husband as unto the Lord. (Ephesians 5:22) We ask that You fortify husbands and wives so that they will be able to stand against the schemes of the enemy that seek to destroy the unions of marriage You have established. **AMEN!**



Day 11 OUR FAMILIES – Children and Teens

Father, in the precious name of Jesus, we ask for Your continued guidance, protection, and assistance in the lives of our children and teens. Protect them from all manner of evil. Protect them from hurt, harm, and danger. Keep them pure spiritually, emotionally, psychologically, and physically. Make them to seek Your face. (Psalm 24:6) Grant us, as parents, to raise them in the fear and the admonition of the Lord and not provoke them to wrath. (Ephesians 6:4) Give us the wisdom and knowledge to train them up in the way they should go. (Proverbs 22:6) **AMEN!**

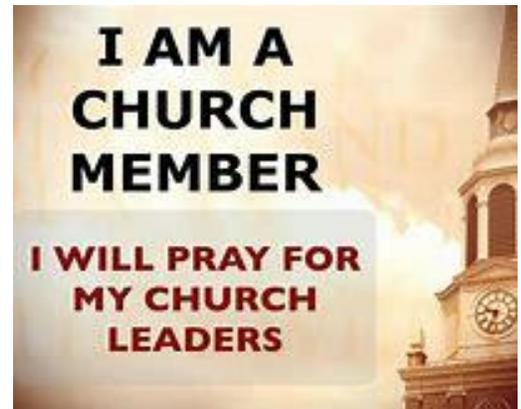


Day 12 OUR FAMILIES – Future Generations

Father, as You have aligned our hearts with Yours during this fast, we lift up future generations unto You. Allow our children and our children's children to walk in godliness and Kingdom purpose. Let what You have started in us perpetuate in them, as You take them from 'glory to glory.' (2 Corinthians 3:18). You said in Your Word, ".....Blessed is the man who fears the LORD, who finds great delight in his commands. His children will be mighty in the land; the generation of the upright will be blessed." (Psalms 112:1-2) **AMEN!**

Day 13 OUR CHURCH – Unity Among Membership

Father, we pray as a Church family, asking that You will help us to be the Church You have called us to be - A House of Prayer. You said in Your Word, "For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ." (1 Corinthians 12:12) We ask in faith, in the name of Jesus, that You will convict our hearts to pray in the Spirit on all occasions, with all kinds of prayers and requests. We desire to always be alert and to pray for all the saints, especially for our Pastor and his family. Give us the courage to love our enemies, bless them that curse us, do good to them that hate us, and pray for them which despitefully use us. (Matthew 5:44) **AMEN!**



Day 14 OUR CHURCH – Pastor Thompson & His Family and Church leaders

Father, we fast and pray today for our Pastor, the watchman over our souls. (Hebrews 13:17) You said in Your Word, "And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding." (Jeremiah 3:15) We have faith in Your Word, that You who began a great work in him, will carry it on until the day of Christ. We pray for him, his wife, and children. We thank You for blessing the Greater Sweethome Baptist Church with a pastor who is highly favored by You; for he is committed to the vision You have given to him and we ask that You will help us to stay focused and committed to the plan that You have for our church. We pray for our Pastoral Staff, Administrative Staff, and Ministry Leaders. Please bless and keep them as they endeavor to do Kingdom work. We also fast and pray today for future building projects and church plans. We pray, believing, that the vision that has been set forth is fulfilled. "For he looked forward a city with foundations, whose architect and builder is God." (Hebrews 11:10) **AMEN!**



Day 15 OUR CHURCH – Ministries

Father God, we fast and pray today for all ministries of this church. Please strengthen every ministry to fulfill the mission of this church, to provide the enrichment, equipping, evangelizing, and the encouragement needed by our members and the community. Send more workers for the harvest, we pray. You said in Your Word that You would add to the church daily such as should be saved. (Acts 2:47) We ask that You will convict our hearts to serve You and Your people like never before. Lord revive us again, so that we may rejoice in You. (Psalms 85:6-7) **AMEN!**

Day 16 SPECIAL NEEDS – Healing and Health

Hear our prayer, O God, for the healing of illnesses and diseases among us. We pray the prayer of faith to save the sick, that You will raise them up and forgive their sins. (James 5:15) Jesus, we thank You today; You were wounded for our transgressions and bruised for our iniquities; the punishment that brought us peace was upon You and by Your stripes we are healed. (Isaiah 53:5) You said in Your Word, "Praise the Lord, O my soul, and forget not all His benefits; who forgives all your sins and heals all your diseases, who redeems your life from the destruction and crowns you with love, kindness and mercy, who satisfies your desires with good things so that your youth is renewed like the eagle's." (Psalm 103:2-5) **AMEN!**

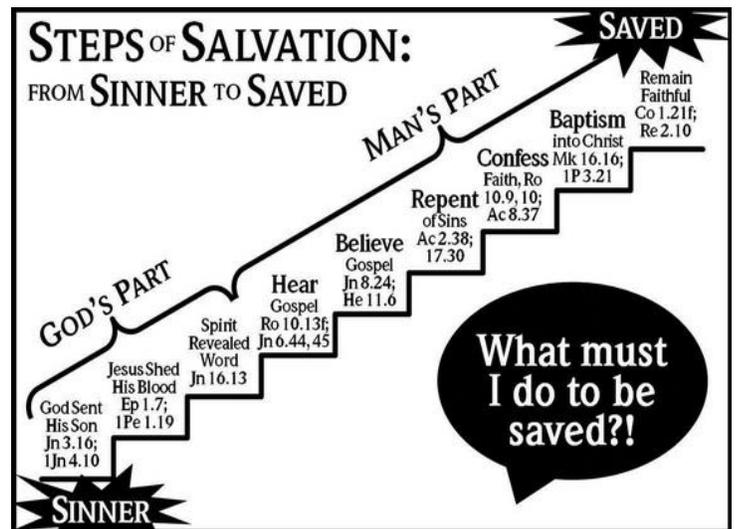


Day 17 SPECIAL NEEDS – Breakthrough and Deliverance

Hear us today, O God, as we fast and pray for those battling with drugs, alcohol, food, gambling, pornography or other addictions and bondage. Father, we pray that as we cry out to You, You will hear us and save us from our distress and pain. You said in Your Word, "Then they cried unto the Lord in their trouble, and He saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains." (Psalm 107:13-14) Father God, we petition You to heal souls, bodies, minds and relationships in the Name of Jesus. You said in Your Word, "But now, this is what the Lord says - 'Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned..... For I am the Lord, your God, the Holy One of Israel, your Savior; you are my witnesses, "declares the Lord," that I am God. **AMEN!**

Day 18 SPECIAL NEEDS – Salvation

Father, as we focus on You today, give us Your heart for the lost, those who don't know You in the pardon of their sins. Open their eyes. Use us as witnesses of Your goodness and grace. Water the seeds of the Gospel that have been planted in the lives of our lost family members, friends, co-workers, neighbors, enemies, and people all over the world. Save those that You have created from the punishment of hell, for Your glory and honor, in Jesus' name we pray. You said in Your Word, "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." (John 3:17) **AMEN!**



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Day 19 OUR COMMUNITIES – The Church Universal

We pray for unity in the Body of Christ. May we be a church that honors You. O God, as we give You all that we have on today, we pray for Your people, and Your church throughout this world. Keep us from the plans of the enemy. Give strength to those who are oppressed. Grant grace to missionaries, pastors, and all who serve You. May Your church expand and grow into the world-changing force that You desire us to be. **AMEN!**

Praise God
FROM WHOM ALL
BLESSINGS
FLOW

Day 20 OUR COMMUNITIES – Local, State, Nation, All Schools

Our Heavenly Father, as we submit to Your Will today, we pray for our local communities, state, and nation. Spread Your Kingdom throughout this land. Support justice and cover the lost, the less fortunate, and the least from the evils of this world. Thank You, Lord, for hearing and answering our prayers during this season. As we have followed in the footsteps of Jesus, we have experienced great and marvelous things. **AMEN!**

Day 21 OUR COMMUNITIES – Global Communities, the World

Lord God, we fast and pray for the world because You said in Your Word, "For God so loved the world that You gave Your only begotten Son, that whosoever believes in Him should not perish but have everlasting life." (John 3:16) Bless every nation and every tongue. We lift up in prayer nations in conflict and those suffering from hunger, disease, and oppression. Spread Your Kingdom throughout our world until "the kingdoms of this world become the Kingdom of our God and of His Christ....." (Revelation 11:15) **AMEN!**



Congratulations on starting and finishing the Daniel Fast. We are excited about our future as the Lord transforms our church family into a Holy Place of Worship by cleaning His children from the inside out. As we are obedient to the Will of God through fasting and prayer, He will move on behalf of the saints. God manifested through Jesus, greater things that He promised will be demonstrated through His body, the church. You are urged to continue to believe God for answered prayers which will come during and after the fast. The key is to keep seeking God for answers.

With Gratefulness,

Pastor Percy L. Thompson and Ministerial Staff