The Daniel Fast

The First Mt. Olive Freewill Baptist Church will observe a modified version of the Daniel Fast. In Daniel 1:4-17, the King of Babylon took the brightest male children from their homes in Israel and brought them to his palace. This relocation was for the purpose of training them to be leaders in his administration. The King made sure these young men had the best and that they ate the best. Daniel made up in his mind that he would not eat from the King’s table. Daniel requested a special meal for ten days to show the power of God through his limited diet. At the end of the ten days, Daniel and his friends’ appearance was much better than those who ate from the King’s table.

The results of the Daniel Fast:

1. Their countenance was fairer and fuller than the others.
2. God gave them knowledge, skill in all learning and wisdom.
3. Daniel had understanding in all visions and dreams.
4. God granted Daniel favor and promotion in the presence of the King.
This week, we will focus on the Daniel Fast. I am asking the First Mt. Olive Tribe to abstain from the following:

1. meat
2. poultry
3. seafood
4. snacks
5. desserts
6. strong drink (soda, coffee, etc.)

An example of a Daniel meal:

1. **Breakfast** - cereals (hot or cold) without added sugar, eggs, fruit and juice;

2. **Lunch** - salads with lite dressing, fruit, natural nuts and water;

3. **Dinner** - vegetables raw or lightly cooked (not soul food style), potatoes whole or whipped (not fully loaded), juice or water.
Unlike a traditional fast with a start and end time daily, the Daniel Fast is observed 24 hours-a-day until the last day.

Benefits for believers following the Daniel Fast:

1. all of the spiritual benefits listed in the scriptures;
2. discipline and detoxification from some unhealthy eating habits;
3. Some people have reported:

   A. skin clearing up
   B. more natural energy
   C. recuperative sleep
   D. sharper thinking
   E. money saved
   F. weight loss
It is my desire that the main benefit will be that we, the people of God, are Empowered. At the end of the Daniel Fast, Daniel and his friends were empowered to do ministry although they were living in a strange land. We all know that we are living in strange times.

First Mt. Olive will fast beginning midnight, Monday, January 2, 2012 and end midnight, Wednesday, January 11, 2012 (10 days). Let us use this week to fast and pray that God will heighten our spiritual insight so that we may make a difference in our time just as Daniel did in his time.

Our consecration focus is, “Order”. The number 12 is the number of Government and Order. We must do more than make New Year’s resolutions. We must bring our lives into Divine Order.

Our focus:

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