

## ***Fasting To Get Results!***

### **I. INTRODUCTION**

- A. ***I'm excited about 2022.*** I believe we are living in very important and exciting times. God is up to something in 2022. I believe the number 22 carries great prophetic significance about what God is getting ready to do this year. I believe there are things we can do as God's people, the Church, to partner with the Lord to see fulfillment of the promises of God made to our generation.
- B. ***Are you ready to move into a new level of faith to believe God and to ask Him what is on His heart?*** I believe one of the important keys to hear God more clearly, and to see supernatural power released, is in the area of fasting and prayer. *Today I want to encourage you to join us in this journey by entering into a 21-day corporate fast with us.* I prefer the Daniel Fast when I fast for 21 days but you can fast however the Lord would lead you.

### **II. WHAT IS A DANIEL FAST?**

- A. ***There are two primary scriptures related to the Daniel fast.*** In Daniel 10:3 we learn that Daniel ate *no meat or tasty foods and drank no wine*. In Daniel 1:12 we see that he *ate vegetables and drank water*. The word that is translated *vegetables* in the NKJV is translated as *pulse* in the KJV—it comes from the Hebrew *zeroa*, which means ***“that which grows from seed.”*** Thus, *zeroa* includes vegetables, fruits, whole grains, legumes (peas or beans), nuts, seeds, tofu, and herbs.
- <sup>3</sup>I ate no pleasant food, no meat or wine came into my mouth...[for] three whole weeks... (Dan. 10:3)*
- <sup>12</sup>...ten days, and let them give us vegetables to eat and water to drink. (Dan. 1:12 NKJV)*
- B. ***Daniel fast:*** A common approach includes eating *vegetables, fruits, whole grains* (breads or rice from whole grains), *legumes* (peas or beans), *nuts, seeds, tofu*, and *herbs* in strict moderation. Many agree that Daniel abstained from all meat, sugar, dairy products, fried foods, wine, and from all pleasant foods (all that enhances the flavor of food—seasonings, salad dressings, sweetener, etc.). It calls for abstaining from all pleasant foods, not only “meats and sweets.”
- C. ***Biblical fasting is abstaining from food for spiritual reasons.*** The Daniel fast is a *real* fast from food. It is not merely a diet or eating with moderation. It involves significantly reducing the types and amount of food that we normally eat and greatly increasing our time with the Lord.
- D. Fasting food is an expression of “voluntary” weakness, as we position ourselves before the Lord that our heart may be tenderized and become more sensitive to receive more from the Lord.

### **III. FASTING BRINGS GREATER REVELATION INTO THE SUPERNATURAL (DAN. 10:4-6)**

- A. ***Daniel saw a high-ranking mighty angel (10:4-6).*** John saw a mighty angel like this one (Rev. 10:1). White linen is worn by some angels (Ezek. 9:3; Dan. 10:5; 12:6-7; Rev. 15:6), priests (Ex. 26:42; 1 Sam. 2:18; 22:18), and the saints (Rev. 19:8)
- <sup>5</sup>I lifted my eyes and looked, and behold, a certain man [angel] clothed in linen, whose waist was girded with gold of Uphaz! <sup>6</sup>His body was like beryl, his face like the appearance of lightning, his*

*eyes like torches of fire, his arms and feet like burnished bronze in color, and the sound of his words like the voice of a multitude. (Dan. 10:4-6)*

*<sup>1</sup>I saw still another mighty angel coming down from heaven, clothed with a cloud. And a rainbow was on his head, his face was like the sun, and his feet like pillars of fire. (Rev. 10:1)*

- B. Daniel was deeply impacted by this angel (10:7-9) and the vision of Daniel 11-12 (10:8, 15-16).

*<sup>7</sup>And I, Daniel, alone saw the vision, for the men who were with me did not see the vision; but a great terror fell upon them, so that they fled to hide themselves. <sup>8</sup>Therefore I was left alone when I saw this great vision, and no strength remained in me; for my vigor was turned to frailty in me, and I retained no strength. <sup>9</sup>Yet I heard the sound of his words; and while I heard the sound of his words I was in a deep sleep on my face, with my face to the ground. (Dan. 10:7-9)*

*<sup>15</sup>When he had spoken such words to me, I turned my face toward the ground and became speechless... <sup>16</sup>I opened my mouth and spoke, saying to him who stood before me, “My lord, because of the vision my sorrows have overwhelmed me, and I have retained no strength. (Dan. 10:15-16)*

#### IV. THE ANGEL’S CONFLICT RELATED TO DANIEL’S 21-DAYS OF PRAYER (DAN. 10:10-14)

- A. *A mighty angel came in response to Daniel’s prayer for 21 days to give him understanding (10:10-14). Angelic and demonic powers were both at work in the spirit realm to affect the king of Persia. Daniel’s prayer with fasting had a significant impact in shifting things in the spirit realm.*

*<sup>11</sup>And he [angel] said to me, “O Daniel, man greatly beloved, understand the words that I speak to you... <sup>12</sup>for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. <sup>13</sup>But the prince [demonic principality] of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes [archangel], came to help me, for I had been left alone there with the kings of Persia. <sup>14</sup>...I have come to make you understand what will happen to your people in the latter days, for the vision refers to many days yet to come.” (Dan. 10:11-14).*

- B. *I want you to expect some supernatural breakthrough to come in your life, as you give yourself to an extended season of fasting and prayer for the new year. Do you need wisdom? How about a financial breakthrough or a breakthrough in your health? Could it be a family member that needs Jesus?*

*“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am...’ Then your light shall dawn in the darkness, And your darkness shall be as the noonday. The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In. (Isa. 58:6-7, 10-12)*