



Spirituality and the Daniel Fast
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As a congregation we will voluntarily deny ourselves of food to strengthen our _____.
Sometimes to experience God on a deeper level, we need to abstain from excessive conversation, media and time
consuming hobbies. However, biblical fasting is first and always about altering one's diet to _____
_____.

To prepare for a meaningful experience it is necessary to examine and adjust our:

Mindset: Prepare for fasting by thinking about how God has already been speaking to you and what may need to
change about how you view fasting. If you set your mind to do it, it can be done!

Daniel 1:3-14 "But Daniel resolved not to defile himself..." (vs. 8)

Fasting is most effective when it is engaged with purpose. These are just a few biblical reasons for fasting.

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|-------------|-------|------------|-----------|
| Peace | Power | Protection | Provision |
| Perspective | Pain | Peril | Protest |

Read these passages to find more reasons for fasting.

Judges 20:18-36; Joel 2:12:

Jonah 3:5-8; 1Samuel 31:13-2 Samuel 1:12:

Acts 13:1-3; 14:23:

1Kings 21:27-29, Matthew 4:1-11:

Luke 2:37:

Methodology: What is the specific type of fast? How will you use time, resources and energy to support spiritual and dietary goal(s)? It may be helpful to write out a daily/weekly plan.

Motivation: Let's consider what we lose and gain by fasting? Genesis 2:15-17

Read Isaiah 58 to learn the type of fasting God honors and write a few words that will inspire you while fasting. Why are you fasting? What are your expectations?

Review Daniel 1:15-20 and 10:1-14. How does Daniel's experience and results motivate you to fast?

How does Jesus' experience provide motivation for fasting? Matthew 4:1-11; Mark 1:12-13; Luke 4:1-14
