

As we enter the first week of the Daniel Fast, let us gather our **Bible and Journal (Notebook)**. Meditating on the Word of God and Prayer is a vital part of Fasting. The intent is to pray and meditate three times a day (morning, noon and evening). During this set aside time, prepare to hear from God, take note of what He says to you and chart your growth toward your personal and Corporate goals.

HERE WE GROW, The Year of MOMENTUM!

Day 1: Monday, January 9, 2023 -Firstfruits Offering

The best of all first fruits of any kind and every sacrifice of any kind from your sacrifices, shall be the priest's; also, you shall give to the priest the first of our ground meal, to cause a blessing to rest on your house. Ezekiel 44:30

Today is the first day of your fast. By entering into this special period of time, you are consecrating yourself (setting yourself apart) to focus more intently on the Lord and His ways.

The Lord doesn't want our spare time or our leftover efforts. He want to be first in our lives. He wants the best of us. Throughout Scriptures we are commanded to put God first. Exodus 20:5; Matthew 6:33

On this first day of consecrated prayer and fasting, let your prayer be," Lord, today I give You the first of me. I put You first in my life".

Day 2: Tuesday, January 10, 2023 – Sanctified By Truth

They are not of the world, just as I am not of the world. Sanctify them by Your truth. Your word is truth. As You sent Me into the world, I also have sent them into the world. John 17:16-18

You are set apart with a commission from Christ to do the business of God, which is to reconcile the world to Him. He has equipped us with unseen powers and tools to accomplish this task. He has given us everything we need. We are His army, His chosen people.

One of the important elements of fasting is consecration. We are consecrating this time and our lives unto the Lord. We are setting ourselves apart. Another word closely associated with consecration is sanctification, which means "to be set apart for spiritual or holy purposes."

In John 17:16-18, Jesus is praying to the Father asking that we be sanctified, set aside for a holy purpose. As you continue on your fast, think about ways the Lord is calling you to be separate from

the world. Ask the Holy Spirit to show you areas in your life that you could align in order to be consistent with God's Word.

Day 3: Wednesday, January 11, 2023 – What Do You Want Jesus To Do For You?

Jesus answered and said to him, “What do you want Me to do for you”? Mark 10:51

The story about the blind man, Bartimaeus, is told in seven verses (Mark 10:46-52) and is packed with powerful truths we can use today.

Bartimaeus knew and trusted Jesus as the Healer, even though he had never seen or talked to Him before. He had faith in who Jesus was and what Jesus could accomplish.

Bartimaeus knew Jesus healed. He activated his faith by calling out to Jesus even when all the voices surrounding him told him to be quiet. He threw off the garment that marked him as a blind man, and told Jesus exactly what he wanted and knew Jesus could give him. And then the impossible happened!

What are the problems in your life today? What do you want Jesus to do for you? And what do you need to do to know Jesus, to activate your faith and to expect the impossible?

Day 4: Thursday, January 12, 2023 – Five Smooth Stones

David fastened his sword to his armor and tried to walk, for he had not tested them. And David said to Saul, “I cannot walk with these, for I have not tested them.” So, David took them off. Then he took his staff in his hand; and he chose for himself five smooth stones from the brook, and put them in a shepherd's bag, in a pouch which he had, and his sling was in his hand. And he drew near to the Philistine.

1 Samuel 17:39-40

In these scriptures we read about David taking off the armor that the soldiers had given him. Instead he went to the brook and choose five smooth stones. David's weapon of choice and the five smooth stones were the death of Goliath, and David went on to become king of Israel.

The challenge here is for you to select five smooth stones of your own from the Living Water of Scripture. Select five scriptures that have to do with faith, God's provision and your position with Christ. Copy them in your journal. These will be your weapons for the remainder of the fasting period. Proclaim and memorize them, when you feel worry, attacked, discouraged or defeated trying to tackle your thinking recite them and continue to fight.

Day 5: Friday, January 13, 2023 – Take Every Thought Captive

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. 2 Corinthians 10:4-5

Throughout the Daniel Fast, it is important that we become aware of who we are and the makeup of our being: We are a spirit, We have a soul and We live in a body.

The Word of God points us to the Kingdom of God – As we work to move our flesh and our minds toward Kingdom living, we must align every thought with the Word of God. Each day, we must consistently ask ourselves, “What does God have to say about this?”

Every thought that is contrary to God’s way must be “taken captive”. Then we can toss that thought out and replace it with God’s truth. **His truth becomes our weapon.**

When you are confronted with a circumstance, you need to ask yourself these three questions: What does God say about it? What does the enemy say about it? What are you going to say about it?

It is important to guard the thoughts we allow to roll around in our mind -

Watch your thoughts, for they become words.

Watch your words, for they become actions.

Watch your actions, for they become habits.

Watch your habits, for they become character.

Watch your character, for it becomes your destiny.

Our thoughts are important and have power. Consider the guidelines given by Paul in this scripture: Philippians 4:8

Day 6: Saturday, January 14, 2023 – The Kingdom of God

Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God. John 3:3

Jesus makes it clear that the Kingdom of God isn't a place to be seen with our natural eyes. It isn't a political system or reign on this earth. Rather, the Kingdom of God is a reality within us – a belief system or a way of thinking. It is different from the way the world thinks and can only be accessed through our faith in Christ and willingness to operate our lives according to his ways.

When we shape our lives around God and His way of doing things, we live according to Kingdom principles and Kingdom laws. All those laws are clearly recorded in the Word of God, and it is by living by the Word that we have access to the good life and the power that God wants for us. (Joshua 1:8)

The truth of God's Word must become a reality for us – a reality that changes the way we think and believe.

Day 7: Sunday, January 15, 2023 – Please Lord Take This Fear Away

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

The immediate response to feelings of fear, worry or anxiety should be the Word of God. Instead of asking God to remove the fear from us, we need to follow His instructions and fill our spirit and souls with the Word of God – the proven antidote for fear. (Joshua 1:7-8)

God is not the author of fear; instead the enemy uses it to paralyze our faith and make the Word of God of no effect. But we know the truth, and the truth sets us free from the bondages of fear. Get into the Word, Meditate on it, Speak it out loud. Read it, Listen to it, Surround yourself with it and soon the doubt and fear of the enemy will be washed away and only the truth will remain.

The process may not be instantaneous but you must keep pressing. (James 1:2-4)

Gregory, Susan (2011), "The Daniel Fast", Feed your soul, strengthen your spirit, and renew your body.