



# NEW BEGINNINGS CHURCH

## **5-DAY DANIEL FAST**



**Monday, October 15 (Beginning @ 6:00am) – Friday, October 19, 2012 (ending @ 6:00pm)**

*“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”  
Matthew 5:6 (NASB)*

*Daniel 9:3, Daniel 10, Joel 1:14, Joel 2:12, Isaiah 58,  
Nehemiah 9:11, Matthew 6:16-17, Matthew 17:14-21*

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord.

### **Helpful Suggestions To Consider**

- † Avoid drugs, even natural herbal drugs and homeopathic remedies. Medications should be withdrawn only with your physician’s supervision.
- † Limit your activity.
- † Exercise only moderately.  Walk one to three miles each day if convenient and comfortable.
- † Rest as much as your schedule will permit.
- † Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- † Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the “blahs”. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness. 

**Note:** The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

### **Put Yourself On a Schedule**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.



### **Morning**

- † Begin your day in praise and worship.
- † Read and meditate on God's Word, preferably on your knees.
- † Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- † Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- † Pray for His vision for your life and empowerment to do His will.



### **Noon**

- † Return to prayer and God's word.
- † Take a short prayer walk.
- † Spend time in intercessory prayer for your church's, community's and nation's leaders, for the world's unreached millions, and for your family or special needs.



### **Evening**

- † Get ALONE for an unhurried time of "seeking His face".
- † Avoid the television, telephone or any other distraction that may dampen your spiritual focus.



**Note:** When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

## **Juices You May Find Useful and Satisfying**

### **5am – 8am**

- † Fruit juices, preferably freshly squeezed or blended and diluted in 50% distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.



### **10:30am – noon**

- † Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

### **2:30pm-4pm**

- † Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

### **6:30pm-8:30pm**

- † Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.



### **Note:**

- † Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- † The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. (In cold weather, you may enjoy warm vegetable broth).
- † Mix acidic juices (orange, tomato) with water for your stomach's sake.
- † Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

### **Breaking Your Fast**

When your designate time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

- † Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid foods to your stomach and digestive tract will likely have negative, even dangerous, consequences.
- † Break an extended water fast with fruit, such as watermelon.
- † While continuing to drink fruit or vegetable juices, add the following:

**First Day:** Add a raw salad.

**Second Day:** Add baked or boiled potato, no butter or seasoning.

**Third Day:** Add a steamed vegetable.

**Thereafter:** Begin to reintroduce your normal diet.

Gradually return to regular eating with several small snacks during the first few days. Slowly advance to a few tablespoons of solid foods.

**REMEMBER** If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence. (See John 14:21).

