

13 Day Devotional, Fasting and Prayer Guide

When you fast and pray, you will see amazing results from God. You CAN see amazing" changes in your home/family, prayers answered in incredible ways, wisdom gained about hard issues, and in it all, you will mostly appreciate that your own desires become secondary to God's.

Some people think fasting is a magical device to see the power of God. It is a spiritual discipline to be reminded of our weakness and His grace. It is not to be used to see God do great things as much as it is a means to be reminded of His greatness. However, prayer is where we can seek the almighty to be almighty! Even so, we do so in complete submission to His will. Paul prayed 3x for the thorn to be removed. Jesus said he was better with the thorn.

Many people believe the first week is the hardest during a fast. Symptoms like grumpiness, sleepiness, headaches, and cravings are all normal because your body is detoxing. The detox part can last for as few as 3 days, but it normally takes a week to feel refreshed (and stronger than ever).

What's the easiest thing about it? You can make your healthy food, like bean soups and snacks for the week ahead. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. By the time your first week is up, you will be used to leaving your house with your healthy food. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead desirable.

You can still feed your family like normal. Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

So, if you can't fast, you can join, with equal impact, by praying for God's grace and strength for those who do! Take this time and pray for our One Another Campaign. Pray for God to move with divine direction.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us, and I am encouraged and excited about what the results of our One Another Campaign will bring.

Resources: There are several websites and resources available on the website that you will find useful during your 13 Day Fast. Here is one you can start with:

“Daniel Fast” by Susan Gregory. The Prayer Team reviewed this tool and found it greatly beneficial. Susan Gregory is all about teaching this delightful discipline, and she shares an informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc.) The e-book which she offers is for free on her website, <http://daniel-fast.com>.

Types of Fasts and What They Require

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time; this could also be considered a vegetarian diet because there is no meat intake.
2. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
3. **Half-Day:** Fast until 3 P.M.
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry.” This verse does not mention Jesus being thirsty. (See Luke 4:1-2).
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time
6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you cannot juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach’s sake.

NOTE: The length of the fast should be dependent on three factors –
1. Your health, 2) God’s leading, and 3) Type of fast.

USING WISDOM IS ALWAYS IMPORTANT IN FASTING.

Daniel Fast Foods to Avoid

Basically, you want to avoid the King's food. Some might sum it up to say that you shouldn't have the King's Burgers or fries. You should probably avoid the golden arches as well. However, many fast-food restaurants now have good salads.

To avoid the king's food means that we are definitely avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. Today, in most of the world, very few people can afford to eat any kind of meat or processed foods, like the foods in this list.

- meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols
- white flour and all products using it
- white rice, white bread, hominy, and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products

Daniel Fast Foods to Eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas, and peanuts.
3. **Fruits:** apples, apricots, avocados, bananas, berries, blackberries,

blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.

4. **Vegetables:** artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. **Liquids:** spring water, distilled water, filtered water, 100% all-natural fruit or vegetable juices

Other Food Items to Avoid During Your Fast*

- a. Caffeinated drinks
- b. Chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath

*These items stimulate digestive action in your stomach and may make you feel hungry.