



DANIEL FAST

21 DAYS OF
PRAYER & FASTING



2023
Guidebook & Devotional

Dear RSCC Family,

We are so glad you have decided to participate in our annual time of prayer, fasting and personal devotion. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives at the beginning of the new year than through prayer and fasting. Our hope is that this time of prayer and fasting will refresh us personally but also our church as we seek His blessing and direction.

On this year, Refreshing Spring Community Church will once again be participating in the Daniel Fast. The Daniel Fast a 21-day prayer and fast and is designed to be flexible so you can participate at any level. Whether you have done a 21-day season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

This devotional is designed to guide you through your 21-day fasting experience. Readings are provided for each day along with a suggested prayer. We encourage you to carve out time in your day to be with God. The goal of fasting is not just that we disconnect from the world, it is that we connect with God.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May you be closer to God than ever before as you seek Him first.

As you prepare for the 21 days, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your Daniel fast. This will enable you to pray more specifically and strategically. Think about the top two or three most pressing issues on your heart and zone in on those with God. Write these down in the space provided below and be open to hearing what God wants to show you in those areas.

When praying, make your primary goal to know Jesus more and experience Him. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Finally, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't.

During this fast, I am praying and believing God for:

Sincerely,
Elder in Charge Renard L. Hamilton

Daniel Fast Food List

Yes Foods

- **All Fruits & Vegetables:** fresh, frozen, dried, canned (make sure they have no added sugar)
- **All Whole Grains:** barley, brown rice, bulgur wheat, millet, popcorn, oats, amaranth, buckwheat, quinoa, grits, corn flour, cornmeal, oat bran, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortillas.
- **Legumes:** beans, lentils, peas, peanuts
- **Nuts & Seeds:** raw, sprouted, dry-roasted (no honey roasted), nut butters
- **All quality oils:** canola, grape seed, peanut, avocado, coconut, flax seed, olive, sesame seed, walnut
- **Beverages:** water, nut milks (almond, cashew, oat), sparkling water
- **Condiments & Seasonings:** mustard (unsweetened) hot sauce, chili sauce, herbs, spices, soy sauce, tamari, liquid amino, vinegar, vegetable broth, vanilla. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).
- **Soy Foods:** tofu (all kinds), TVP (textured vegetable protein, and other soy products)

No Foods

- **No meat or animal products:** beef, lamb, pork, poultry, and fish
- **No dairy products:** milk, cheese, cream, butter, and eggs
- **No Sweeteners:** natural and artificial, sugar, raw sugar, honey, syrups, molasses, and cane juice.
- **No Leavened Breads:** anything with baking powder, baking soda or yeast (bread, pretzels, pita bread)
- **No Refined Grains:** white flour, white rice
- **No Processed Foods:** those containing artificial flavors, chemical additives, or preservatives
- **All solid fats:** shortening, margarine, lard and foods high in fat
- **All Non-Water Beverages:** alcohol, coffee, tea, soda, energy drinks
- **Other:** deep-fried foods, gum, mints

BEST PRACTICES

Chose fresh produce whenever possible. Frozen is the next best options. Canned foods have a few potential drawbacks. First, nutrients are often lost during the canning process. Second, there is a risk of BPA contamination, which is linked to a wide range of health problems. Finally, canned foods typically have high levels of sodium.

Purchase organic fruits and vegetables to limit your exposure to harmful pesticides. Buying ONLY organic may not be feasible, in which case you should concentrate on the Dirty Dozen (see below). These twelve fresh fruits and veggies have the highest amount of pesticide residue, which gives them priority when selecting organic produce.

Dirty Dozen: strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes

Drink lots of water! It should be your primary beverage during the FAST. While fresh-pressed juices have some amazing health benefits, they should be viewed as a meal supplements or meal replacements.

When shopping for the Daniel Fast, remember to read the labels! If there's an ingredient you don't recognize, it's probably not "real food" and should be avoided. Also, look for any hidden sugars. You will be surprised how many food items contain sugar.

Getting Ready for the Daniel Fast

1. Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, dairy, meat, sugar and processed foods. Doing so will help your body adjust to the Daniel Fast and reduce the severity of any unpleasant side effects.
2. Clean out your pantry and fridge. Put all your “junk” food into a big tote to be stored until after the fast. This includes snacks, drinks, and other foods that aren’t permitted during the fast. Remember-out of sight, out of mind.
3. Prepare a meal plan for each week and make your meals for the first week. This will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Make extra servings for lunch or dinner for the next day. Pinterest has A LOT of meal plans and recipes. Remember-failure to plan is a plan to fail.
4. Stock your pantry. An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.
5. Join our RSCC Daniel Fast Group on Facebook. We have created a private Facebook group for us to stay connected during the fast. We will answer questions, share our progress, and upload recipes.

Things to remember:

Too much of a good thing can still be bad for you. Just because you will be eating foods that are good for your body doesn’t mean that you should eat in excess. Portion control is important whenever we eat, and especially during the Daniel Fast.

The focus of the Daniel Fast is connecting with God, not the food. Try not to focus on what you CAN NOT eat but instead enjoy the foods you can eat.

Day 1-It's TIME

Scripture: Read Ecclesiastes 3:1

Today marks the beginning of this year's Daniel Fast. God manifest His purpose in the earth through systems of designated time and seasons and we are embarking on a period of forward momentum. This year God is saying to us corporately as a church and as individuals "It's TIME!" It's time to pull up the anchor, go full throttle and launch out into deep and exciting waters of new possibilities. Let 2023 be the year that shifts you into the next phase of God's plan and direction for your life. No more waiting-No more hesitating...It's TIME!

Additional Reading: Ecclesiastes 3:11, 2 Corinthians 6:2, Psalm 1:3

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 2-It's Time for CHANGE

Scripture: Read Isaiah 43:18-19

The Greek philosopher Heraclitus stated, "The only thing constant is change." Whether we like it or not, life consistently changes. God doesn't want you to be fearful or apprehensive about transition. He will often call you to initiate needed changes in your life in order to continue to become all that He's created you to be. What "new thing" is God wanting to do in and through your life this year? Get excited about the prospect of change and look forward to transforming into a new and better you!

Additional Reading: Deuteronomy 31:8, Daniel 2:21, 2 Corinthians 5:17

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 3-It's Time to BELIEVE

Scripture: Read Hebrews 11:6

What were you believing God for in 2022 that didn't come to pass? Are you willing to take a step of faith and believe once more in 2023? 2 Corinthians 5:7 encourages us to "walk by FAITH and not by SIGHT." You won't always be able to physically see God working on your behalf, however, that doesn't mean He isn't active behind the scenes, divinely orchestrating your affairs. With God, ALL THINGS are possible. Push aside doubts and disappointments and choose to believe once again.

Additional Reading: Mark 9:23, 2 Corinthians 5:7, Philippians 4:13

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 4-It's Time to FORGIVE

Scripture: Read Colossians 3:12

Holding on to hurt and offense hinders us from fully receiving from God. Who do you need to forgive that has spoken against you, mistreated you or even abused you? Forgiving them doesn't exonerate them from what they did to you, however, it does release them back to God and allows Him to be the ultimate judge and vindicator. Let go of the heavy weight of hurt and bitterness and let the Holy Spirit begin to rehabilitate your wounded soul and bring closure to your pain.

Additional Reading: Ephesians 4:32, Luke 6:37, Matthew 18:21-22

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 5-It's Time to be HEALTHY

Scripture: Read 3 John 2

Your body is the Temple of God; the earthly suit in which your spirit and soul reside. When your body is ravaged by sickness, it affects every aspect of your life. Jesus not only hung on the cross for the salvation of your eternal spirit, He was savagely whipped and bled profusely from His back so that you don't have to carry the burden of disease and disorder in your physical body. Healing is a divine right and gift that Jesus earned for you. Begin to BELIEVE, CONFESS and RECEIVE health and wholeness in your body.

Additional Reading: Psalm 103:2-3, James 5:14-15, Isaiah 53:5

What is God telling you today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 6-It's Time to STOP COMPLAINING

Scripture: Read Philippians 2:14

The Old Testament leader Moses was commissioned by God to deliver the Hebrew people from Egyptian bondage into a promised land. Despite being freed from an oppressive slave-based system, many of them started to complain about the effort it would take to possess the land they were to inherit and the journey through the arid wilderness to get there. As a result, a whole generation of Hebrews perished in the Palestinian desert. Do you find yourself complaining or grumbling when the journey towards God's promises seems burdensome? Start changing your perspective and your speech. Shift from complaining to praising. Replace murmuring with words of appreciation and step into the promise God has set before you.

Additional Reading: Ephesians 4:29, 1 Thessalonians 5:18, James 5:9

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 7-It's Time for your MARRIAGE to be WHOLE

Scripture: Read Matthew 19:6

What is the current state of your marriage? Are things going well between you and your spouse, or is your relationship a bit rocky? God wants your marriage to be meaningful, fun, passionate and whole. Take some time today to pray for and with your spouse. Husbands, pray for a tender heart of compassion towards your wife and find creative ways to show her that you sincerely love and cherish her as your helper and companion. Wives, pray that the Holy Spirit gives you words of affirmation and approval that will boost your husband's confidence and reinforce the respect you have for him as the leader of your home. Allow God to restore the emotionally broken places in your marriage and make it exciting and whole again.

Additional Reading: Ephesians 5:25; Ephesians 5:24, 1 Peter 4:8

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 8-It's Time for Your KIDS to live for GOD

Scripture: Read Proverbs 22:6

Psalm 127:3 states that “children are a gift and blessing from the Lord.” At birth, this verse definitely rings true, but as they grow through adolescence and transition into adulthood, it can seem as if what was once a blessing quickly becomes a burden. If your children don't appear to be following God's ordained path for their lives, don't give up hope. Pray for them and speak God's promises over them. Proclaim that they will honor God and their parents and live out long and full lives. Declare that they will adhere to the divine guidance found in God's Word and cleave to the Biblical values that have been instilled in them. Ask the Holy Spirit to watch and protect them and convict them when they want to make decisions that are contrary to their faith and their God-given destiny. Believe that even when your children make mistakes, they would always have the humility and tenacity to pick themselves up and get back on the path of righteousness.

Additional Reading: Joshua 24:15, Deuteronomy 6:6-7, Ephesians 6:1-3

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 9-It's time to PRAY

Scripture: Read Philippians 4:6

Prayer is a precious and supernatural gift that allows you to communicate with your divine Creator. It is your direct line to the very throne room of heaven. Take rest in knowing that when you pray, God hears and He answers according to His perfect timing. You may not always receive the answer you want nor when you want it, but God knows the best and ideal solution to every problem and major decision that you wrestle with. Utilize this time of prayer and fasting to not only vocalize your needs and concerns, but also intently: listen, heed and obey when God answers.

Additional Reading: 1 John 5:15, Colossians 4:2, Ephesians 6:18

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 10-It's Time for HARVEST

Scripture: Read Matthew 9:37

In Matthew 28:18, Jesus tells His disciples to “go and make disciples of all nations, baptizing them in the name of the Father, the Son and the Holy Spirit, and teach them to obey all His commandments and statutes.” Today, pray and ask God what role you are to play in helping to reap a harvest of souls for the Kingdom of God. It could be as simple as inviting a neighbor or co-worker to church, sowing monetarily into the ministry of a missionary or praying for the salvation of people in your city or another nation. Be open to opportunities that God may orchestrate for you to share your own personal testimony and the love of Christ with someone who needs to hear it.

Additional Reading: John 4:35, Proverbs 11:30, Matthew 18:11

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 11-It's Time to UNIFY

Scripture: Read 1 Corinthians 1:10

We are at the midway point of the Daniel Fast and God is calling us to set aside petty differences and personal biases and UNIFY for the greater good of His Kingdom agenda. Our denominational backgrounds or political convictions should never carry more weight than the commonality that unites us all, which is the fact that we're all flawed and sinful people in need of the grace and mercy of a loving Savior. As we converge under the blood-stained banner of the cross, let's strive to build up, encourage and inspire each other to love the way God loves, which is unconditionally.

Additional Reading: Psalm 133:1, Ephesians 4:3, Philippians 2:2

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 12-It's Time to SERVE

Scripture: Read 1 Peter 4:10

At the famed Last Supper that Jesus took part in with His disciples, the soon-to-be crucified Messiah removed His priestly rabbinical garments. He then donned the towel of a lowly servant and proceeded to wash the sand weathered feet of the men who abandoned their own personal careers and ambitions to follow Him. He instructs them to model and exemplify the heart of a servant towards one another. Servanthood is the trademark of a genuine disciple of Christ. In what ways can you serve your community and your church? God has gifted you with talents and abilities that He wants you to use to positively affect the people you encounter day to day. Serving allows you to showcase the very heart and nature of Jesus to a lost world.

Additional Reading: Matthew 23:11, Mark 10:45, 1 Peter 4:10

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 13-It's Time to START GIVING

Scripture: Read Proverbs 11:25

Would you consider yourself a “generous” person? Probably one of the most widely known verses in the Bible, John 3:16, says “For God so loved the world that He GAVE...” and what did He give? Our Father gave us His most precious asset, His only begotten Son, Jesus Christ. God wants you to emulate His very nature by being generous in your giving. Are you obedient in returning the tithe (10% of your income) back to God? When the Holy Spirit prompts you to give an offering, do you passively ignore His proposal? God doesn't need your money, but He does want to know that you are fully submitted to Him as your ultimate source of provision. Jobs, investments and pensions are all prone to failure at times. However, ‘Jehovah Jireh’ (in Hebrew means “God Who Provides”) will never fail when you trust Him with your finances. Start tithing and giving offerings and watch God bless you with MORE than enough!

Additional Reading: Malachi 3:10, Matthew 6:21, Proverbs 11:25

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 14-It's Time for GROWTH

Scripture: Read 2 Peter 3:18

Your Heavenly Father never intended for you to stay the same. He created you with the capacity to grow, mature and develop into the person He intended you to become. In what areas of your life is God calling you to grow in knowledge, wisdom and understanding? Are there certain books you need to read or classes you need to take in order to excel in your career, personal and family life or in your ministry gift and calling? Take some time during this fast to find ways to invest in yourself and grow into the greatest expression of who God created you to be!

Additional Reading: 1 Corinthians 13:11, Proverbs 1:5, Psalm 92:12

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 15-It's Time to be HAPPY

Scripture: Read Psalm 144:15

Is there a fond thought or memory that prompts a silly grin or smile when it comes to your mind? When was the last time that you laughed so hard that your side hurt and you struggled to catch your breath? There are many problems, pressures and disappointments that you endure on a regular basis. Being joyful or happy can seem like such a far cry from your current reality. Today, find a reason to be happy and joyful. Call a friend and share a laugh or take a look at yourself in the mirror and smile or make a goofy face. God never intended you to be perpetually sad and depressed. Choose to be happy!

Additional Reading: Job 8:21, Nehemiah 8:10, Psalm 92:4

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 16-It's Time for BREAKTHROUGH

Scripture: Read 2 Samuel 5:20

In one particular battle against the vicious and unrelenting Philistine army, King David consulted with God concerning whether or not to engage in a fight against these enemies of the Israeli people. The Lord confirms to David that He has already secured the victory for him and to fearlessly confront the Philistines. After the successful defeat of His enemies, David named the geographical location of that battle: Baal Perazim which translates to "The Lord of the Breakthrough." Are there any "enemies" threatening to destroy your health, marriage, family, self-esteem or even your mental or emotional stability? If so, pray and call on the Lord of the Breakthrough. Jesus has conquered your adversary, the devil, on the cross over 2,000 years ago. As a believer, you can claim that victory which makes you MORE than a conqueror! Whatever stronghold the kingdom of darkness has constructed against you, know that your God, The Lord of the Breakthrough, has empowered you to demolish and defeat them every time.

Additional Reading: Matthew 11:12, 2 Corinthians 10:4, John 8:36

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 17-It's Time to CONNECT

Scripture: Read Hebrews 10:25

After the creation of Adam in Genesis chapter 1, God states that "it is not good for man to be alone." God didn't design us to live detached, withdrawn and isolated. We were formed and fashioned with an inherent need to fellowship, communicate, encourage and worship alongside other believers. Our shared salvation experience and love for Jesus Christ serves as the common ground that connects us all. Consider joining a Grace Group at church or invite a friend over to chat and play a board game. Let's come out of hiding and do something that requires us to connect with each other in fun and meaningful ways.

Additional Reading: Galatians 6:2, Proverbs 27:17, Acts 2:46

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 18-It's Time to WORSHIP

Scripture: Read Psalm 100:2

Psalm 23:3 states that “God dwells in the praises of His people.” When you worship, God chooses to reside and manifest His presence in that place of transparency, devotion and utter surrender to Him. There are many ways to worship to include: singing, dancing, skillfully playing musical instruments, crying, making declarations, clapping and lifting hands, kneeling in reverence and many other countless ways to convey your love toward your Heavenly Father. You shouldn't relegate worship to a preferred expression or “style,” rather, view this holy act as a “lifestyle” which intentionally and consistently invites God's presence into every situation that you face.

Additional Reading: John 4:23, Psalm 100:1-2, Psalm 150:6

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 19-It's Time to START LIVING

Scripture: Read John 10:10

Does it feel like you're just "going through the motions?" Jesus didn't come to merely secure your eternal salvation. He came that you may live a life filled with purpose, fervor and significance. If you feel like you're always under the circumstances, then come out from under them and be brave and bold enough to live in spite of them! You were never called to constantly be the victim, you were created to be the victor. It's time to shift from surviving to thriving, from the mundane to the meaningful, from simply existing to truly living!

Additional Reading: John 8:12, Psalm 23:6, Isaiah 60:1

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 20-It's Time to MOVE

Scripture: Read Philippians 3:13

World renowned actor and entertainer Will Smith once said, "Sometimes you have to forget what's gone, appreciate what still remains and look forward to what's coming next." What memories, regrets or mistakes from the past are hindering you from progressing and advancing toward your destiny? Even "good" milestones and accomplishments can impede forward momentum when God has "greater" opportunities in store for you ahead. It's okay to remember past victories, but you can't dwell there. Everything that God has planned for you lies ahead and not behind. It's time to focus on new horizons and move forward!

Additional Reading: Proverbs 4:25, Hebrews 12:1, Luke 9:62

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:

Day 21-It's Time to CELEBRATE

Scripture: Read Psalm 118:24

Today marks the culmination of this year's Daniel Fast. What insight and revelation has God revealed to you during the fast? What changes are you going to make to ensure that 2023 isn't a duplicate of 2022? Your Heavenly Father has new, fresh and astonishing opportunities prepared for you to step into this year. Anticipate and expect God to blow your mind with what He has planned! It's time to shout, it's time to dance, it's time to celebrate!

Additional Reading: Psalm 16:11, Philippians 4:4, Psalm 145:7

What is God telling me today?

Today, I need to pray for:

Prayer: Write out a prayer based on what you just read:
