

# Daniel Fast - Hungering for God

Bryan Neisteter – January 5, 2025

**Fasting is one of the most valuable tools God has given us for drawing close to Him.**

**Fasting is intentionally saying no to legitimate things, especially food, so that we can encounter more of God.**

**Fasting is normal Christian living. Jesus is doing some teaching on fasting in Matthew 6, he said, “When you fast...” And that’s important. It was expected by Jesus that if you were a follower of His, you would fast. It was regularly practiced in the early church, and for many even more than once a week. It was as much a part of early Christianity as prayer or obedience to God.**

**Fasting is a spiritual accelerant into the heart of God.**

- **It will soften your heart toward God as you voluntarily submit to Him.**
- **It will make you more open to His leading.**
- **It makes your life like a landing strip for the activity of the Holy Spirit.**

**Fasting will break through apathy and complacency in your heart.**

- **It is voluntarily humbling ourselves before God and confessing to Him that we need more, that we don't have all the answers and we don't have the fullness of intimacy with Him right now.**

**Psalm 63:1** You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you in a dry and parched land where there is no water.

**Matthew 9:14-15** NIV Then John’s disciples came and asked him, “How is it that we and the Pharisees fast often, but your disciples do not fast?”

<sup>15</sup> Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

**Fasting is also used for spiritual breakthrough in Scripture.**

**Fasting should be a lifestyle, not an event.**

## The Fasts of Daniel

**Daniel 1 - Consecration: to be set apart for God. Ongoing choice.**

**Daniel 9 - Specific breakthrough**

**Daniel 10 - a revelation given to Him from God**

## Practicals for the Daniel Fast

### 1. Decide what your focus is

- Some prayer requests the church has
- Your own relationship with God
- Some area you are wanting breakthrough in

### 2. Decide what you're going to fast

- It should have a food component
- Try fasting a full day or a few days at some point as well during the three weeks.
- It's a good idea to cut out distractions: social media, favourite TV, Netflix.
- If you've struggled with eating disorders maybe just do a media fast, or if you want to do a food fast of some sort ask someone to hold you accountable
- Replace that time with prayer, spend more time with God - fasting is not a diet!

### 3. Keep what you're doing between you and the Lord

**Matthew 6:16-18** "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

### What to expect:

- If you've been eating poorly, likely you'll get a bit of a headache as you start, that's just your body detoxing.
- I've rarely seen immediate results to any fast in my life. That doesn't mean you won't. Think long term as you press in to His heart.
- Expect, especially if you're doing a fuller food fast for a few days, that what's really in your heart will start surfacing.

### Tips

1. Turn hunger pangs into moments of prayer.
2. When you are missing out on things you are used to doing, tell God that you love Him more, or at least that you want to!
3. Spend some time journalling. Spend time in listening prayer and what you feel like God is saying to you. When I've
4. Ask God for grace (divine help) to fast.