



# Vine Church Daniel Fast

January, 2024



# The story

## Why?

Daniel uses this short-term diet to demonstrate his faith and fortitude. Use this time to pray to God for a specific Healing, as well as the future that God called Vine Church to be.

## What?

The Daniel Fast is an opportunity for you to draw closer to God through fervent, focused prayer

## How?

You restrict commonly enjoyed foods as an act of worship and consecration to the Lord.

## Scripture

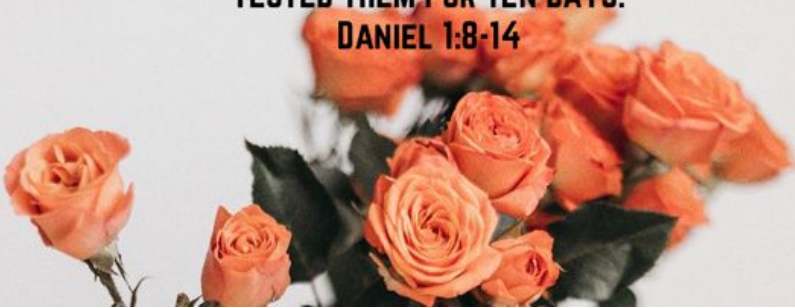
"At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips (Dan. 10:2-3).

## Scripture

Test your servants for ten days; let us be given vegetables to eat and water to drink. Then let our appearance and the appearance of the youths who eat the king's food be observed by you, and deal with your servants according to what you see" (Daniel 1:13-14).

**BUT DANIEL RESOLVED NOT TO DEFILE HIMSELF WITH THE ROYAL FOOD AND WINE, AND HE ASKED THE CHIEF OFFICIAL FOR PERMISSION NOT TO DEFILE HIMSELF THIS WAY. NOW GOD HAD CAUSED THE OFFICIAL TO SHOW FAVOR AND COMPASSION TO DANIEL, BUT THE OFFICIAL TOLD DANIEL, "I AM AFRAID OF MY LORD THE KING, WHO HAS ASSIGNED YOUR FOOD AND DRINK. WHY SHOULD HE SEE YOU LOOKING WORSE THAN THE OTHER YOUNG MEN YOUR AGE? THE KING WOULD THEN HAVE MY HEAD BECAUSE OF YOU." DANIEL THEN SAID TO THE GUARD WHOM THE CHIEF OFFICIAL HAD APPOINTED OVER DANIEL, HANANIAH, MISHAEL AND AZARIAH, "PLEASE TEST YOUR SERVANTS FOR TEN DAYS: GIVE US NOTHING BUT VEGETABLES TO EAT AND WATER TO DRINK. THEN COMPARE OUR APPEARANCE WITH THAT OF THE YOUNG MEN WHO EAT THE ROYAL FOOD, AND TREAT YOUR SERVANTS IN ACCORDANCE WITH WHAT YOU SEE." SO HE AGREED TO THIS AND TESTED THEM FOR TEN DAYS.**

**DANIEL 1:8-14**



**NOW WHEN DANIEL LEARNED THAT THE DECREE HAD BEEN PUBLISHED, HE WENT HOME TO HIS UPSTAIRS ROOM WHERE THE WINDOWS OPENED TOWARD JERUSALEM. THREE TIMES A DAY HE GOT DOWN ON HIS KNEES AND PRAYED, GIVING THANKS TO HIS GOD, JUST AS HE HAD DONE BEFORE. THEN THESE MEN WENT AS A GROUP AND FOUND DANIEL PRAYING AND ASKING GOD FOR HELP. SO THEY WENT TO THE KING AND SPOKE TO HIM ABOUT HIS ROYAL DECREE: "DID YOU NOT PUBLISH A DECREE THAT DURING THE NEXT THIRTY DAYS ANYONE WHO PRAYS TO ANY GOD OR HUMAN BEING EXCEPT TO YOU, YOUR MAJESTY, WOULD BE THROWN INTO THE LIONS' DEN?" THE KING ANSWERED, "THE DECREE STANDS—IN ACCORDANCE WITH THE LAW OF THE MEDES AND PERSIANS, WHICH CANNOT BE REPEALED." THEN THEY SAID TO THE KING, "DANIEL, WHO IS ONE OF THE EXILES FROM JUDAH, PAYS NO ATTENTION TO YOU, YOUR MAJESTY, OR TO THE DECREE YOU PUT IN WRITING. HE STILL PRAYS THREE TIMES A DAY." WHEN THE KING HEARD THIS, HE WAS GREATLY DISTRESSED; HE WAS DETERMINED TO RESCUE DANIEL AND MADE EVERY EFFORT UNTIL SUNDOWN TO SAVE HIM.**

**DANIEL 6:10-14**

Daniel 10:3 NCV

I did not eat any fancy food or meat, or drink any wine, or use any perfumed oil for three weeks.

GraceFULL

# 21 DAYS PRAYER & FASTING

Gospel of John

## WEEK 1

## WEEK 2

## WEEK 3

Day 1

Read: John Chapter 1  
Meditate: John 1:14  
Prayers: Wholeness  
Next (Now) Generation

Read: John Chapter 8  
Meditate: John 8:11  
Prayers: Repentance  
Earth & Nature

Read: John Chapter 15  
Meditate: John 15:4-5  
Prayers: Abiding  
Conflict Resolution

Day 2

Read: John Chapter 2  
Meditate: John 2:11  
Prayers: Miracles  
Family Members

Read: John Chapter 9  
Meditate: John 9:25  
Prayers: Vision  
Your Nation

Read: John Chapter 16  
Meditate: John 16:13  
Prayers: Holy Spirit  
Community

Day 3

Read: John Chapter 3  
Meditate: John 3:34  
Prayers: Limitlessness  
Evangelism

Read: John Chapter 10  
Meditate: John 10:27  
Prayers: Hearing  
Government Officials

Read: John Chapter 17  
Meditate: John 17:3  
Prayers: Father God  
Mental Health

Day 4

Read: John Chapter 4  
Meditate: John 4:23-24  
Prayers: Worship  
Your City

Read: John Chapter 11  
Meditate: John 11:25  
Prayers: Healing  
First Responders & Medical

Read: John Chapter 18  
Meditate: John 18:36  
Prayers: Surrender  
Awakening

Day 5

Read: John Chapter 5  
Meditate: John 5:24  
Prayers: Faith  
Demonstration of Power

Read: John Chapter 12  
Meditate: John 12:26  
Prayers: Forgiveness  
Education System

Read: John Chapter 19  
Meditate: John 19:19  
Prayers: Service  
Truth & Righteousness

Day 6

Read: John Chapter 6  
Meditate: John 6:27  
Prayers: Perspective  
Media & Communication

Read: John Chapter 13  
Meditate: John 13:35  
Prayers: Purpose  
Missionaries

Read: John Chapter 20  
Meditate: John 20:31  
Prayers: Dreams  
Maturity

Day 7

Read: John Chapter 7  
Meditate: John 7:38  
Prayers: Wisdom  
Ministry Leaders

Read: John Chapter 14  
Meditate: John 14:12-13  
Prayers: Peace  
Unity of Believers

Read: John Chapter 21  
Meditate: John 21:25  
Prayers: Power  
Believers Worldwide