

Simon Temple 2019 Daniel Fast

(January 2, 2019, 6:00 am – January 22, 2019, 6:00 pm)

Our fast for 2019 is one that the Lord laid on my heart so that we may seek the deeper things of God that He desires for us. I'm asking that all our members, as well as covenant partners, fast with us as we pray to God for Deliverance, Direction, Discipline, Destiny and the removal of Distractions. Our fast will begin on January 2, 2019 at 6:00 am and will end on January 22, 2019 at 6:00 pm.

I know and believe that Hebrews 11:6 is true that "God is the rewarder of them that diligently seek him."

We will in most cases follow the Daniel fast as outlined in the information below with one modification and that will be that we can consume (fish) that is "non-fried in any way (not all seafood) just fish that is baked or broiled. There is no time of day designated for fasting because I'm trying to get us also to adopt a healthy lifestyle, which includes how we eat. So you may eat any time of day but follow strictly the guidelines of the Daniel fast.

In addition, I'm asking that we avoid distractions such as social media, idle conversations, unnecessary talking and texting, as well as frivolous spending.

Decrease your social media time to 0 times per day or if you have to, 1 time a day for no more than 10 minutes. This includes posting as well as viewing.

Avoid unnecessary talking to persons outside of your immediate family in conversations that have no meaning or basis for you to be a part of. If you have to have conversations with persons at work or gatherings, keep it professional or social but when or if the conversation becomes non-fruitful, end the conversation.

Try to use your phone or email as an option not a necessity. Talk to persons when needed outside your immediate family or circle of course, but on a limited basis. You don't have to be rude or mysterious just let them know if the issue arises that you're spending more time with God and trying to seek his face during your season of consecration. If they want to participate tell them to go to simontemple.com to get this info and join us in our fasting. If they won't comply, allow the Lord to lead you on how to handle this person and/or situation.

Put a hold on spending on things not needed but only desired by the flesh. Sales, bargains and impulse buying should cease during the fast. Often buying fast food while out, unneeded mall visits, as well as automatic debits for things that we don't need may sometimes put us in a bind unnecessarily. Or even worse, we have the funds but purchase what we don't need because we can.

I'm asking that you keep track of what you saved and contribute half of it to the ministry of kindness offering to help those in need.

In addition, and most importantly, I want you to not only fast but also pray. Make time to read God's word and pray 3 individual times per day for at least 15 minutes or more per session. Over the fasting period, increase your time in 5-minute increments or more, if possible. God wants to commune with you in an intimate way, but you have to desire his presence in your life. 2 Chronicles 7:14 says, "If my people who are called by my name would humble themselves and pray and seek my face..." (Read the whole chapter as well as the other scriptures provided in fasting information).

The Daniel Fast: "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." Daniel 10:2-3

The Daniel Fast is based on two fasting experiences that the prophet recorded in the Old Testament Book of Daniel. Daniel 1ch was when he turned down the meat and wine from the king and ate only vegetables and drank only water.

He asked to be checked to see the condition of his health after 10 days, at which time he was found to be healthier than all those who ate the rich diet of the king.

The second fast was recorded in Daniel 10 when he "ate no meat or delicate foods and drank no wine for 21 days."

It is from these accounts that the current day Daniel Fast has been developed.

More and more Christian men and women are choosing the Daniel Fast as their guideline to enter into the spiritual discipline. While the Daniel Fast is a partial fast, (rather than total abstention from all food) it still provides many of the attributes of denying self and seeking God.

The Simon Temple Daniel Fast

No meat, sweets or caffeine during the duration of the fast.

Foods We May Eat

Whole Grains: Brown Rice, Oats, Barley, and Grits

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, and Black-Eyed Peas

Fruits: All Fruits

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas,

Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods to Avoid

Meat

White Rice

Breads

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

Remember, the power in the fast is not about what you eat or don't eat. It's in consecrating your body, soul and spirit unto the Lord. A fast should never put the body in harm, so if you need to make some adjustments, then that is totally appropriate.

I'm looking for God to move in marvelous ways during this time so get ready as we walk this journey together with God.