

FASTING EXILES

Daniel 1:8-16, *⁸ 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. ⁹ Now God had caused the official to show favor and compassion to Daniel, ¹⁰ 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.” ¹¹ Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹² “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³ 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.” ¹⁴ So he agreed to this and tested them for ten days. ¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. ¹⁶ So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.*

- **Fasting:** Abstaining from food.
- **Exile:** A person who lives away from their native country, either from choice or compulsion (by force).
- Fasting is preparation for receiving revelation (the communication of the knowledge of God to the soul).

1. Make A Decision

- **Joshua 24:15,** *¹⁵ But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.”*

2. God Honors Those Who Honor Him

- **Daniel 1:9,** *⁹ Now God had caused the official to show favor and compassion to Daniel...*

3. Results from A Committed Life to God Don't Take Long to See.

- **Daniel 1:15,** *¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.*

4. Press In

- **Philippians 4:14,** *I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*
- **Goal:** Christlikeness here and now.
- **Prize:** Life in glory with Christ.
- **Set aside more time for praying and reading the Bible. Joshua 1:8,** *⁸ Keep this Book of the Law always on your lips; meditate on it day*

and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

5. **Live as A Fasting Exile**

- **Fasting Exile:** *One who lives away from their home (heaven), and consecrates (devotes, sets apart) their life to God...no matter what.*
- **Isaiah 58:6-9,** ⁶⁻⁹ “This is the kind of fast day I’m after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I’m interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You’ll call out for help and I’ll say, ‘Here I am.’”