

NEW SERIES - HEALTH KICK

SPIRITUAL HEALTH

RESETTING YOUR SOUL

February 1st, 2026

Pastor Juan Vasquez

Mark 12:30 (NLT)

And you must love the LORD your God with all your **heart**, all your **soul**, all your **mind**, and all your **strength**.

God cares about EVERY PART of you!

Daniel 1:7 (NASB)

Then the commander of the officials assigned new names to them; and to Daniel he assigned the name Belteshazzar, to Hananiah Shadrach, to Mishael Meshach and to Azariah Abednego.

Daniel 1:8 (NASB)

But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought permission from the commander of the officials that he might not defile himself.

It wasn't about nutrition, it was about DEVOTION.

Daniel 1:9 (NASB)

Now God granted Daniel favor and compassion in the sight of the commander of the officials...

UNLEASHED
CHRISTIAN CHURCH

TEACHING NOTES

Fasting isn't about what you give up, but WHO YOU GIVE YOURSELF TO.

Daniel 10:3 (NASB)

I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.

Fasting is to SEEK UNDERSTANDING.

Daniel 10:12 (NASB)

Then he said to me, "Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words."

Fasting is declaring DEPENDENCE ON GOD.

Fasting builds SPIRITUAL ENDURANCE.

Daniel 1 = **Alignment**: Who am I living for?
Daniel 10 = **Understanding**: What is God saying?

We don't fast to get attention, we fast to give God ours!

NEXT WEEK: PHYSICAL HEALTH - HONORING YOUR BODY

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.
Thank you for joining us!*