



Daniel 9:1-4, 10:1-3

I. The Christian teaching and practice of fasting (9:1-4)

- The Christian practice of fasting is a biblical instruction.
- Fasting fosters humility and repentance.
- Jesus expects his followers to fast, pray and give.
- God's will does not automatically happen.
- Inner desire is revealed through outward discipline.
- Effective prayer, fasting and faith begins with Bible reading.

II. The purpose of the Daniel Fast (Daniel 10:1-3)

- The Daniel Fast is for the purpose of seeing God redeem our culture.
- Daniel was a government official who sought to impact his vocation.
- Eating disorders take fasting too far due to misplaced worship.
- Gluttony takes feasting too far due to misplaced worship.
- Fasting is intensified prayer to be more effective in spiritual battle.
- The foundation of the Daniel Fast is to better understand God's word.

III. The practice of the Daniel Fast (Daniel 10:3)

- The Daniel fast is a biblically based partial fast.
- The Daniel Fast has a 10-day version.
- The Daniel Fast has a 21-day version.
- The Daniel fast is abstaining from all food except fruits, vegetables and unleavened bread.