



Daniel Fast

Scriptural reference: Joel 2:12-20 (Rend Your Heart) & Daniel 10 (Vision of a man)

Scriptures in written & audio format: <http://www.biblegateway.com/passage/?search=Joel%20:12-20,%20Daniel%2010&version=NIV>

Scriptural significance: 1 Samuel 12:16 – “Now therefore stand and see this great thing, which the LORD will do before your eyes.” Scriptures in written & audio format: <http://www.biblegateway.com/passage/?search=%201%20Samuel%2012&version=NIV>

Honor the time in the fast: Get deeply into Psalm 119 daily. Stick to it, get on it early in the day.

Scriptures in written & audio format: <http://www.biblegateway.com/passage/?search=Psalm+119&version=NIV>

Make Prayer & the Word essential—Carve out individual & corporate time for Prayer and the Word.

Take time to worship and fellowship w/the Lord. Plan also for times w/God in communion elements of your choice.

A Scriptural Pattern: Psalm 119

It is a hymn in praise of and appreciation for God’s instructions to His people. [Psalm 119](#) is the longest psalm in the collection. You see, God not only called Israel to be His people and gave them a wonderful land, but He gave them a blueprint for living. The Hebrew word for that is *torah*, sometimes translated “law” or “teachings.” In *torah* God tells them how to structure their lives and communities so that they will live long, prosperous lives in the land He has given them. As you read through the psalm, you will notice words like law, teachings, precepts, word, decrees, and commands. Each of these words is a synonym highlighting some attribute of God’s instructions to His people.

Another memorable feature of this psalm is its form. The psalmist constructs this hymn as an elaborate acrostic poem that moves artfully through each letter of the Hebrew alphabet. Essentially, all the elements of this psalm combine to emphasize the importance of God’s Word to His people, to the praise and glory of the one True God.

Here are links for Psalm 119 in written & audio format –

NIV: <http://www.biblegateway.com/passage/?search=Psalm+119&version=NIV>

NASB: <https://www.biblegateway.com/passage/?search=Psalm+119&version=NASB>

VOICE: <https://www.biblegateway.com/passage/?search=Psalm+119&version=VOICE>

Day 1:	_____	Psalm 119	Aleph—verses 1-8
Day 2:	_____	Psalm 119	Beth—verses 9-16
Day 3:	_____	Psalm 119	Gimel—verse 17-24
Day 4:	_____	Psalm 119	Daleth—verse 25-32
Day 5:	_____	Psalm 119	He—verse 33-40
Day 6:	_____	Psalm 119	Vau—verse 41-48
Day 7:	_____	Psalm 119	Zain—verse 49-56
Day 8:	_____	Psalm 119	Cheth verses 57-64
Day 9:	_____	Psalm 119	Teth verses 65-72
Day 10:	_____	Psalm 119	Jod verses 73-80
Day 11:	_____	Psalm 119	Caph verses 81-88
Day 12:	_____	Psalm 119	Lamed verses 89-96
Day 13:	_____	Psalm 119	Mem verses 97-104
Day 14:	_____	Psalm 119	Nun verses 105-112
Day 15:	_____	Psalm 119	Samech verses 113-120
Day 16:	_____	Psalm 119	Ain verses 121-128
Day 17:	_____	Psalm 119	Pe verses 129-136
Day 18:	_____	Psalm 119	Yzaddi verses 137-144
Day 19:	_____	Psalm 119	Koph verses 145-152
Day 20:	_____	Psalm 119	Resh verses 153-160
Day 21:	_____	Psalm 119	Schin verses 161-168
Day 22:	_____	Psalm 119	Tau verses 169-176

This fast is about obedience and discipline. Use this time as a time of re-consecration. —However you flesh it out, be consistent—*make the fast& time as unto the Lord.*

Study Guide for each day:

Day 1: _____ Psalm 119 Aleph—verses 1-8 Those of you who have joined into this fast—The Lord says to you **blessed** are those who are truly sincere in your hearts—let this first day be a day of Praise, Honor and Worship unto your King. I shall show myself strong on behalf of those who earnestly love and seek me. You have entered into a Holy covenant with me. It has a beginning but it is without end—it is eternal and personal—it whispers to your heart a new and true commitment and the Lord says He shall join you in this time—Cry out to me, says the Lord your concerns—cry out for your nations for her sins are many and the need for her purging is upon her. Cry out and weep for I am bottling every tear. I am hastening to hear your supplication. I speak to you today—arise wearing your garments of mourning, be clothed this day with truth so that you may decree and may my light come forth—let it shine upon the dark places of your souls and I shall heal, I shall touch and I shall change says the Lord.

Day 2: _____ Psalm 119 Beth—verses 9-16 There is a **cleansing** going on in the lives of my people—for I am calling out to them those who are in prayer and intercession—deep is now calling unto deep. Will my people heed the call? If you press in and seek me in this hour I shall be found and I shall begin to talk to you concerning the things that are so important to understanding my words and my ways. As you read my word this day, says the Lord, you shall understand and see things that you not seen and understand those things you have not known. Read and embrace so that you may enter into new realms of revelation. In it you will see Me and in it you will see you and I will reveal to you the similarities.

Day 3: _____ Psalm 119 Gimel—verse 17-24 Today your **eyes** will see things you have not seen before and you will see with my understanding as you watch what I reveal to you today—it is important that you focus and know what is going on around you—for I have given you power to speak to the heavens and to declare these things also upon this earth so that you may know my truth and draw it nigh to your heart. See it, believe it, so that you can see the works of the enemy destroyed in this hour because I hath decreed it and now you will walk in the understanding of it. Stretch out to reach beyond where you have been going to go further, see clearer and recognize that I am showing the way and the direction that this system has dictating is going in the wrong direction. About face, turn and cause others to turn as you pray a new prayer, one with great vision.

Day 4: _____ Psalm 119 Daleth—verse 25-32 Know that I am the **Way**, the Truth and the Life. I am your power source you must stay connected when you are close by me—you are charged and there is no fear in you. But when you are pulled away at the busyness of the day you become weak and unable to do all that I have commanded you to do. So draw near—don't pull back—there is so much for you to know now. I have placed within you my DNA so that you will know what to do, how to do and why it is necessary to do it that way. My ways are essential for you to overcome great obstacles. My way is the walk of the upright. In my word I have shown you my ways. In my words the ways of my precepts are clear for you to know and understand but many times my people struggle in obedience. Today reach out in fulfilling what I have asked you to do without questions. This way you will may walk according to my ways and obey my ways. Stay connected.

Day 5: _____ Psalm 119 He—verse 33-40 keeping my love is just as important as holding onto something of great value. Never let it depart from you for the love that I so freely give to you to share with others is there for you to receive as well as give. Hold truth to your **heart** and draw from it like water when you are without. It will be there to embrace you. Because this is a key to the fountain that comes from your heart so don't allow it to contaminate what you say. Let your words create and be the key to change that which is flawed and correct that which is wrong because this is the time to dissolve lies and remove doubt so that the truth may reign in their hearts. The deception has been allowed to cause great confusion and disorder it is time to eliminate it's source which is ungodly.

Day 6: _____ Psalm 119 Vau—verse 41-48 Allow my **mercies** to heal and comfort your life and let your past wounds be forgotten. It is time to forgive, release and be freed from all that has bound you. Let it mark new paths for your life as you seek after me with all your heart. Mercy has forgiven you and now you must prepare a path for others to do the same. See others potential in what I have prepared for you. It has been made to create new challenges, in ways that have the answers all along it waiting for you to follow it and receive it as your new way. There is a balm along that path that will heal you as you travel along it—walk forward and accept it as yours because I have made it for you.

Day 7: _____ Psalm 119 Zain—verse 49-56 Remember, allow yourself not to forget the things that are most important. Hold on to virtue, righteousness, faith, patience and the reasons why to need to keep them. **Remember** the truths that you become you can impart to others. Don't allow anything to poison your soul allow me to remove all the toxins and construct/build in areas that need to be newly formed in you. Remember the simple things that were created at a moment's notice and continue to let it minister to you, when you are void of strength. Always remember to begin again—for everyday is new and has within it things that are old and things that are new.

Day 8: _____ Psalm 119—Cheth verses 57-64 Take the arrows of intercession and prayer and strike the ground for this is the day of strong warfare. Know that the seeds that were already sown will reap a harvest and turn around the evil works of the enemy and the hindrances that have tried to stifle the momentum are being moved out of the way. Know that even though there is a battle going on in the heavens; I have given you the tools necessary to war and to win. In the midnight hour you shall rejoice because you will see the first signs of freedom and liberality, for the judgments of the Lord are sure. Let my remnant praise and give honor to the Captain of the Lord of Hosts, He is the Lord God Most High.

Day 9: _____ Psalm 119---Teth verses 65-72 For the armies of the Lord have advanced and now there is a repositioning in the camp / a mighty transition coming into this hour. For the alarm is being sounded and the trump is blowing in the camp to call to order all the inhabitants of the Kingdom so that they may stand in the power and grace that the Father has placed upon them this day. Arise and go forth and declare your righteousness by His blood and conquer those things that seemed impossible in the past. For you are carrying the faith in the Lord Jesus Christ. The chariots are surrounding the camp as the tribes gather together as they shout a victorious war cry!!!

Day 10: _____ Psalm 119---Jod verses 73-80 Become aware of what is going on around you and why you have been called for this hour. Your very life has been fashioned by the Lord and He has destined great things for you as you study his words. They will speak to you words that will unlock mysteries and reveal truths that you have yet understood. As these words unfold before you, tell those that are thirsty, waiting, needing real life and understanding of the heart. Go out and bring salvation to those who are lost. Bring them in and win their hearts at any cost. For my salvation comes, The work is here before all to see and the reward to you is assured. Prepare them to be redemption ready.

Day 11: _____ Psalm 119---Caph verses 81-88 The timings of the Lord are sure. Don't allow the pursuit of the enemy to cause you to walk in fear for Behold the Lord has ordered some things that can not be changed but he is also preparing a canopy, a covering that will protect you and keep you. Stretch beyond your comfort zone and press in all the more---there are key timings, appointed times, set times, times of watching, and waiting. HE is about to move—even an awesome release of His power will be manifest. Suddenlies will even sweep the nations, as the cries of repentance continue to come forth. The Lord shall move out of His place to see and execute His words. All is in His timing.

Day 12: _____ Psalm 119---Lamed verses 89-96 The Heavens and the Earth are shaking as the inhabitants of the Land shake with the truth of God's word---it is conforming us, transforming us and helping us to see the seriousness of the hour that we are in. We look up to the heavens for answers and even the skies and clouds seem ominous but those that trust in the Lord God Most High will be experience peace to their hearts and their minds. In the peace there will be a strength, in the peace you will hear answers, in the peace you will be enlightened, and in the peace your words will have power. Speak to the wind and speak to the waves and say Peace!!!

Day 13: _____ Psalm 119---Mem verses 97-104 Thank you for your favor for it has become my covering!! Teach me of this favor that I may not abuse this grace. Help me to know your word. Help me not to just read it but to understand it fully. Let it speak to me as I lay upon my bed and let it direct me through my Day. I love your word, Oh Lord, and today I will embrace it until it becomes a part of me. Let my heart carry holy testimonies, Let my lips sing the praises of your salvation, and Let my hands be lifted up to the heavens. Your word has become my altar where I offer up praise unto your name. I bless you in the holy place and I bless you with all my being. I thank you for your loving kindness and I bless your holy name—I see the results of great favor---you are the tabernacle of my praise.

Day 14: _____ Psalm 119---Nun verses 105-112 The breath of the Lord has refreshed me and is bringing forth new life and new strength. This is a day of rejoicing, he is bringing life to special things forgotten and breathing life into broken lifeless dreams. So the Lord says to his people, “dream again!!!” This is a time to awaken and revive—breath again and because this is the time to dream and live. Dream of the coming days of the New Jerusalem, Dream of the days of heavenly reign and Dream of the King reigning in His Kingdom—give honor to the King who breathes life to all who gather. He is the One who reigns upon the throne. He's the one with resurrection power!!! He is our God and God alone!!

What kinds of foods to include during the Daniel Fast?

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. **Also nut butters** including peanut butter.

All legumes. These can be canned or dried. *Legumes include but are not limited to* dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other *pure waters*.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

What kinds of foods should I avoid or not partake of during the Daniel Fast?

No **meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

No **dairy products** including but not limited to milk, cheese, cream, butter, and eggs.

No **sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

No **leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

No **refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

No **deep fried foods** including but not limited to potato chips, French fries, corn chips.

No **solid fats** including shortening, margarine, lard and foods high in fat.

No **Beverages other than water** including but not limited to coffee, tea, herbal teas, carbonated beverages, etc.

Remember, READ THE LABELS! Especially when purchasing packaged, canned or bottled foods. sugar-free and chemical-free

An Explanation of Psalm 119

Interesting facts:

Psalm 119 is made up of 176 verses making it the longest psalm as well as the longest chapter in the Bible.

Psalm 119 contains more verses than 13 of the books in the Old Testament.

Psalm 119 contains more verses than 16 of the books in the New Testament.

Psalm 119 is an abecedarian acrostic.

Acrostic: a series of lines or verses in which the first, last, or other particular letters when taken in order spell out a word, phrase, or some other specific meaning

Abecedarian: of or pertaining to the alphabet; arranged in alphabetical order.

- The 176 verses of **Psalm 119** are divided into twenty-two stanzas, one stanza for each letter of the Hebrew alphabet.
- Each stanza contains eight verses.
- Each verse begins (In the original Hebrew) with a corresponding letter from the Hebrew alphabet represented by the stanza.
- When translated from Hebrew the exact correspondence is somewhat lost but an example can be found in the first stanza:

Alef

A blessing is on them that are undefiled in the way;
and walk in the law of Jehovah;

A blessing is on them that keep his testimonies,
and seek him with their whole heart;

Also on them that do no wickedness,
but walk in his ways.

A law hast thou given unto us,
that we should diligently keep thy commandments.

Ah, Lord! that my ways were so directed
that I might keep thy statutes!

And then shall I not be confounded,
while I have respect unto all thy commandments.

As for me, I will thank thee with an unfeigned heart,
when I shall have learned thy righteous judgments.

An eye will I have unto thy statutes:
O forsake me not utterly.

- Almost every verse in **Psalm 119** incorporates a synonym for the work Torah, which means Law in Hebrew.
- **Psalm 119** is a prayer for the person desiring to dedicate themselves to the Torah, or Law, as the Torah is a source of blessing and proper conduct befitting a child of God.
- It is a traditional story that King David used **Psalm 119** to teach his son Solomon the alphabet along with the statutes of the God they served.

Themes

Psalm 119 contains multiple themes and key words:

The goodness of God in the midst of affliction

The blessings of God

The power of God

The Providence of God

The commandments of God

The precepts or teachings of God

The wisdom of God

The Righteousness of God

The truth of God

God is sovereign

The need to and benefits of delighting in the Law of God

The love of God

The Way of God

The testimony of God

The statutes of God

The Word of God

The judgment of God

The rule or standard of God

The faithfulness of God

God is eternal

Some of the meanings of words used in Psalm from Hebrew to English:

DABAR: word

Imrah: saying

Chuqqim: statutes or decrees

Mishpatim: judgments

Torah: law or teaching or truth or way (Pentateuch of Moses, the first 5 books of the Bible)

Mitsvat: commands

Piqqudim: precepts or guidelines

Eduth: testimonies or instructions