



Your Daniel Fast Quick Start Guide

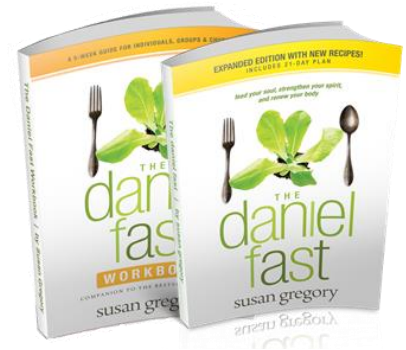
Invest quality time prayerfully considering the questions in the first part of your Daniel Fast Success Kit. Remember, you are “entering into” the fasting experience. Position yourself and your thinking to step into the amazing blessings your Father has for you.

About Susan

Susan Gregory started writing and teaching about the Daniel Fast in 2007. She had used this method of fasting many times for her own personal devotion, but then the Lord instructed her to start writing about the Daniel Fast. She quickly created a simple blog and began teaching.

Since that time she has become the expert of the Daniel Fast. Her original site now has more than 12 million visits to it and she has multiple books published about the Daniel Fast.

If you don’t already have a copy of her bestselling book about the Daniel Fast, we encourage you to pick up a copy so you can be more fully prepared for the fast. The book is available at Amazon and other online booksellers, as well as local bookstores and public libraries.



Susan is the founder of Faith Driven Life and a writer, speaker, and Christian life coach. Her greatest desire is to come alongside men and women of God and support them as they develop a faith-driven lifestyle with Jesus at the center of all they do. Susan lives on a small farm in Washington State, has worked and travelled in more than 35 countries, and uses technology to stay in touch with people throughout the world.

Your Invitation for Deep Diving

Fasting is one of those disciplines that you certainly get out of it what you put into it! If you want a deeply fulfilling fasting experience, then make that decision and organize your fasting time so you can focus more acutely on the Lord, the Bible and your study.

Take a few minutes and think about the areas of your life that are “out of order,” causing you stress, and/or not aligned with the ways of God. List some of them below:

Do you have “invisible crutches” in your life? If so, identify those support systems that you might depend on rather than trusting in God:

What areas of your life need a “shift” so you can have the hope, peace and security available to you as a child of the Most High God?

Crucify the Flesh

Today’s culture is so self-oriented that sometimes we may not realize how much we are catering to our flesh rather than life in the Spirit. Take a few minutes and identify how you sometimes might feel drawn into activities, behaviors and ways of thinking that come from or feed your flesh.

What do you want to submit to the Lord as you develop your faith in Him:

Be the Light of Christ to Others

God loves you! He values you! And He needs you to share the light and truth of Jesus to those who don’t yet know His love. He also needs you to be Christ to others as you minister to those your Lord has placed in your areas of influence. How can you fulfill this call on your life:

Where Do You Get Your Worth?

So often we look to others for approval, validation and worth. But this only feeds that “false” part of us that is our ego or the flesh. You can have amazing freedom by making a shift and instead becoming more of who God created you to be! List a few ways God sees you through His eyes as your Creator:

During your fast, try to become more aware of this identity for yourself. If you can, at the beginning of each day, focus on your true identity and then try to live it out as you go through the coming hours.

Be Prepared for Your Fast

The number one reason people fail on the Daniel Fast or quit the fast is because they have not adequately prepared for this experience. Your life will be different during your fast. You want it to be different. But you need to prepare for this change. Using this kit is one of the best ways you can prepare.

Also, review the packet of eBooks that you have. There you will find the guidelines, tips and a collection of easy to prepare recipes for your fast. Review the Daniel Fast Guidelines and then select just a few recipes to get you started so you don’t focus too much time and energy on what you will eat!

Find a small collection of menus you like for meals and snacks. If they are in one of the cookbooks, print the page and add it to your binder or file.

- | | |
|----------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> 2-3 Breakfast menus | <input type="checkbox"/> 4-6 Dinner menus |
| <input type="checkbox"/> 3-4 Lunch menus | <input type="checkbox"/> 2-3 Snack menus |

Try to plan a day when you will prepare many meals over several hours. Use this time to pray, listen to worship music or teachings, or enjoy the time with a family member or friends. Celebrate the things the Lord is doing in your life as you turn to Him.

Rotate these menu items over the first 10-12 days of the fast so preparing meals isn’t a burden, but rather a joyful time with the Lord and those you love.

Examine Your Heart

Use the material in this packet to take a close look at yourself. No condemnation or beating yourself up. Instead, be vulnerable before the Lord and open your heart to Him. What changes do you want to see in your life? On what areas do you want to focus your prayer and study time?

Only select a few target areas so you don't feel overwhelmed or you can't go deep with the Lord with these matters. Allow the Spirit of God to direct you as you choose your purpose(s) for your fast. These might be habits you want to change. Or prayers that are still unanswered. Or concerns you have for your health, finances, or relationships. Perhaps you will enter into intercession for a loved one. Invest some prayer time and talk with God about your spirit, your soul and your body. What do you want to focus on during your fast?

Dates and Time

When will you begin your fast?

How many days will you fast?

When will you complete your fast?

Now that you have your dates, take a look at your calendar. Are there appointments or outings you can reschedule so this time is more restful and free of distractions? Review your calendar and make changes, if possible.

Also, consider your daily routine. Can you block out a time each day to spend with your Lord? Can you order your home-life so it's less hectic? Perhaps reduce the number of television show you watch or the amount of time you spend on video games. The main thing is that you want to have time to be relaxed. You don't want to get stressed, but instead lean into the Lord and discover greater peace and rest for your soul.

Pray to the Lord

Try to use little snippets of time to stay in conversation with the Lord all day. Experience and notice His presence in your life. Talk with Him. Thank Him. Worship Him. Notice that He is with you always . . .

Be blessed!