

ABUNDANT LIFE INTERNATIONAL CHURCH
21-Day Daniel Fasting and Prayer
GUIDELINES

Every year at Abundant Life International Church, we go through a corporate 21-day fast called the “Daniel Fast.” In 2018, our 21- day corporate Daniel Fast has been scheduled to take place between Sunday, January 7th and Saturday, January 28th.

Daniel Fast Guidelines

In A.L.I.C., we recommend the following:

1. Start the day with a short time of worship (you may use any worship CD to enhance your worship) OR JOIN THE ALIC PRAYER CONFERENCE LINE at 5am daily.

Free Conference Call

Conference Dial-in Number: **(866) 882-8518** or (216) 352-4160

2. Read the scripture reading, and devotional for the day.
3. Read the A.L.I.C. 2018confession out loud.
4. Take your prayer points to the Lord (we encourage you to submit your prayer points online so we can agree with you).
5. Write down any “word” from the Lord that strikes you as important or strikes you as an instruction (PRINT Fasting study III on www.aliconline.org.) Thank the Lord for answered prayers.
6. ~~In the evening,~~ read the devotional evening bible portion (found in the hard copy of the 365-day devotional).

We encourage everyone to read as much of the word of God as possible during this time of fast; God speaks!

Go on ALIC website (www.aliconline.org) to see other Fasting resources:

- Bible study notes on Prayer & Fasting
- Weekly Prayer Points
- Frequently Asked Questions

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Frequently Asked Questions

To help you have an effective fast, we have tried to answer some frequently asked questions. Please follow these guidelines if you would like to join us in this corporate fast.

1. What time does the fast start and end daily?

- From 6 AM to 6 PM daily. You can fast for fewer hours during the day if you find this is too long

2. What is the scriptural basis for this "Daniel Fast?"

- Daniel 10:2-3 MSG

"During those days, I, Daniel, went into mourning over Jerusalem for three weeks. 3 I ate only plain and simple food, no seasoning or meat or wine. I neither bathed nor shaved until the three weeks were up.

This is just our scriptural example. Daniel was the "Prime Minister" in his day, and he had to continue his ministerial duties while his fast was on. This is an excellent fast for people who must seek the Lord with fasting and yet continue with other day-to-day duties.

3. Can we eat or drink during the fast? (for more on what to eat click [here](#))

Yes: The focus of our fast is the time of prayer, not a hunger-strike or dieting. This is a "Daniel Fast." By this we mean, that due to the length of this fast you can eat fruits and/or vegetables during the day. We encourage adequate hydration; i.e. take lots of fluids; water, juice etc. At 6 PM after praying, we encourage that you sit down to a nourishing [but not excessive] meal.

Keep it simple: Example of Snacks during the day: Yogurt, peanuts, almonds, cheese sticks etc.

4. What can I expect from this fast?

- Please see Fasting study II

5. Are there any guidelines to praying during this Fast?

- See Daniel Fast Guidelines