

2022

10 Days DANIEL FAST GUIDE

(01.10.2022 – 01.19.2022)

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Beloved,

Welcome to 2022 – The Year of the Spirit of God.

Together, we celebrate the goodness of God to us. He is forever faithful. Glory to His Name alone. We will corporately establish the year 2022 with **10 days of Daniel Fast**. This is a guide we will be using.

During the **10 days of Daniel Fast**, we encourage each person participating to drink water “only” and eat “vegetables only”. No fruits. Please consult your physician if you have any medical problems that do prevent you from abstaining from “food items”, before participating in this fast.

Daniel Fast is a detox fast which produces profound results. Daniel 1:8-21 (NLT) will be our base text for this fast. We ask that you do meditate on these scriptures (as outlined below, page 3) and pay close attention to the highlighted areas. In addition to these scriptures, we will meet daily, Monday through Friday from 5am to 6am to pray and reinforce that which the Lord is doing through His Spirit.

Using the book of Acts which communicates the “Acts of the Holy Spirit”, we will read, meditate, and pray through the specific lessons from each chapter during the Morning Dew one hour sessions (Monday through Friday from 5am to 6am).

The goal is Col 3:16a (NIV) - ¹⁶ Let the message of Christ dwell among you richly...

So that the Holy Spirit can glorify Christ. John 16:14 (NIV) - ¹⁴ He will glorify me because it is from me that he will receive what he will make known to you.

The Holy Spirit only glorifies Christ when the message of Christ is present.

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The **10 days of Daniel Fast** of water and vegetables only is the spiritual vehicle that the Lord will use during this season and through the manifestation of the Holy Spirit, to detox, refill and transform every aspect of our being as we continue to keep our eyes fixed on the LORD.

Ephesians 5:18 (NKJV) - **18** And do not be drunk with wine, in which is dissipation; but be filled with the Spirit. Page | 2

Page 4 of this guide provides a full detox plan as we journey together.

Notice that that the detox journey does not end on the 10th day of the fast (which is 01.19.2022). Even after you have completed the Daniel Fast, continue your detox journey with the help of the Holy Spirit as you journey through the 28 chapters of the “Acts of the Holy Spirit”, basking yourself in everything that He can do with you, in you and through you.

Also, you will notice that there are no scriptures listed for the weekends. This gives you enough time to meditate once again on everything that you received during the week.

The entire corporate detox journey ends on February 18, 2022.

Zoom Meeting information:

- Global Discipleship Platform (The Well - A Place of Encounter, Transformation & Empowerment) invites you to a scheduled Morning Dew Meeting.

Every Morning – Monday through Friday.

From 5am to 6am.

Join Zoom Meeting

Meeting ID: 837 518 2778

Passcode: Encounter

This is a reoccurring Zoom link for all our meetings on every

- Tuesday 7PM-9PM EST
- Wednesday at 7PM-8PM EST
- Sunday at 11AM to 1PM EST

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Daniel 1:8-21 (NLT)

⁸ But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

⁹ Now God had given the chief of staff both respect and affection for Daniel.

¹⁰ But he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

¹¹ Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah.

¹² "Please test us for **ten days** on a diet of vegetables and water," Daniel said.

¹³ "At the end of the **ten days**, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."

¹⁴ The attendant agreed to Daniel's suggestion and tested them for ten days.

¹⁵ At the end of the **ten days**, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.

¹⁶ So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

¹⁷ God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams.

¹⁸ When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar.

¹⁹ The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service.

²⁰ Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them **ten times** more capable than any of the magicians and enchanters in his entire kingdom.

²¹ Daniel remained in the royal service until the first year of the reign of King Cyrus.

Prayer time frame	Days of the week	Scripture	With expectation, look out and pay special attention to what the Spirit of God will do to and through you...
5am – 6am EST	1/10 - Monday	Acts 1	- He'll change the way you hear.
5am – 6am EST	1/11 - Tuesday	Acts 2	- He'll change the way you speak.
5am – 6am EST	1/12 - Wednesday	Acts 3	- He'll change your appearance.
5am – 6am EST	1/13 - Thursday	Acts 4	- He'll change your behavior.
5am – 6am EST	1/14 - Friday	Acts 5	- He'll change your experience.
5am – 6am EST	1/17 - Monday	Acts 6	- He'll change your position.
5am – 6am EST	1/18 - Tuesday	Acts 7	- He'll change your vision.
5am – 6am EST	1/19 - Wednesday	Acts 8	- He'll change your discernment.
5am – 6am EST	1/20 - Thursday	Acts 9	- He'll change your attitude.
5am – 6am EST	1/21 - Friday	Acts 10	- He'll change your tradition.
5am – 6am EST	1/24 - Monday	Acts 11	- He'll change your outlook.
5am – 6am EST	1/25 - Tuesday	Acts 12	- He'll change your prayer life.
5am – 6am EST	1/26 - Wednesday	Acts 13	- He'll make your calling sure.
5am – 6am EST	1/27 - Thursday	Acts 14	- He'll change your attorney.
5am – 6am EST	1/28 - Friday	Acts 15	- He'll be your partner in decision making.
5am – 6am EST	1/31 - Monday	Acts 16	- He'll change your direction.
5am – 6am EST	2/1 - Tuesday	Acts 17	- He'll change your world.
5am – 6am EST	2/2 - Wednesday	Acts 18	- He'll change your understanding.
5am – 6am EST	2/3 - Thursday	Acts 19	- He'll change others as His presence comes upon you.
5am – 6am EST	2/4 - Friday	Acts 20	- He'll change your leadership.
5am – 6am EST	2/7 - Monday	Acts 21	- He'll change your insight.
5am – 6am EST	2/8 - Tuesday	Acts 22	- He'll change your commission.
5am – 6am EST	2/9 - Wednesday	Acts 23	- He'll increase your influence.
5am – 6am EST	2/10 - Thursday	Acts 24	- He'll establish your eternal hope.
5am – 6am EST	2/11 - Friday	Acts 25	- He'll change your level of confidence.
5am – 6am EST	2/14 - Monday	Acts 26	- He'll change your witness.
5am – 6am EST	2/15 - Tuesday	Acts 27	- He'll change your chaos into peace.
5am – 6am EST	2/16 - Wednesday	Acts 28	- He'll change your conflict into to victory.
5am – 6am EST	2/17 - Thursday	Testimonies & Thanksgiving	
5am – 6am EST	2/18 - Friday	Testimonies & Thanksgiving	