

# 21 Day

## DANIEL'S FAST

### Why do we fast?

The purpose of fasting is to draw near and surrender ourselves to God. We need to remember that fasting is a sacrifice, we give up life's pleasures and humble ourselves before God. Relying on His strength and not our own (body & mind)

### What is the Daniel's fast?

The Daniel's fast is a good way to start if you have never fasted before.

The Daniel fast focuses more on what we eat, rather on when we eat, and is based on the scripture  
Daniel 10: 2-3

### Fast with a purpose!

Decide why you want to fast and what specifically are you seeking God for.

Your church or country, a revival perhaps

Your marriage, children or another loved one

To just get nearer to God and grow in your relationship with our Father.

Any other area you want God to move.