



### 10-Day Daniel Fast - Choosing God Over The King's Meat

#### OVERVIEW

Our fast is based on a true story from the Bible found in **Daniel chapter 1**. After King Nebuchadnezzar took over Jerusalem, he chose some of the best and brightest young people from Israel to be trained to work in his palace. These young men were smart, strong, and good leaders. Among them were **Daniel, Hananiah, Mishael, and Azariah** (also known as **Shadrach, Meshach, and Abednego**).

The king wanted to give them the best food and drink from his table which was meat and wine. But Daniel knew that eating the king's food would go against God's ways. So Daniel asked if he and his friends could eat only **vegetables and drink water** for **10 days** instead.

After the 10 days were over, something amazing happened! Daniel and his friends looked **healthier and stronger** than everyone else. Even more than that, God gave them **great wisdom, understanding, and skill**, so much that they were found to be **10 times wiser** than the others!

#### What This Means for Our Fast

This story is why we are doing our fast. For these 10 days, we are choosing to eat **healthy foods**, and also choosing to fast from things that can distract us from God. That means we are also taking a break from some things like:

- TV and movies
- Social media and video games
- Other media that pulls our hearts and minds away from God

Instead, we are choosing to **spend more time with God** by reading the Bible, praying, worshiping, and listening for His voice.

Just like Daniel chose God over the king's food, we are choosing God over the "noise" of the world. Our prayer is that by the end of these 10 days, we will grow **closer to God**, become **wiser**, and live in a way that shows **God's glory** in our hearts, minds, and actions.

## Day 1

**Read:** Daniel 1

**Fast:** Meat & sweets

**Daily Prayer Focus (Michiana Prays):** Christ first in all things. Repent of sin and anything that takes God's place.

**Reflection Questions:**

- What are some things that make it hard to choose God?

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- How can I honor God with my choices today?

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## Day 2

**Read:** Daniel 2

**Fast:** Sweets & junk food

**Daily Prayer Focus (Michiana Prays):** Christ ruling and reigning in our families and homes.

**Reflection Questions:**

- Why is God's way sometimes better than what looks good?

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- What choice can I make today that shows I trust God?

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### Day 3

**Read:** Daniel 3

**Fast:** Screens (Phones, TV, computers, gaming systems, etc.) after school

**Daily Prayer Focus (Michiana Prays):** Christ ruling in schools, friendships, and daily activities.

**Reflection Questions:**

- What did I notice when screens were gone?

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- How did I make time for God today?

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### Day 4

**Read:** Daniel 4

**Fast:** Social Media (Instagram, TikTok, YouTube, etc.)

**Daily Prayer Focus (Michiana Prays):** Knowing Christ and becoming more like Him (Christlikeness).

**Reflection Questions:**

- How does my body help me serve God?

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- What does it mean to offer my choices to God?

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## Day 5

**Read:** Daniel 5

**Fast:** Video games, phone games, computer games

**Daily Prayer Focus (Michiana Prays):** Seek first God's Kingdom and His righteousness.

**Reflection Questions:**

- Who can I pray for today?

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- How does giving something up help me focus on God?

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## Day 6

**Read:** Daniel 6

**Fast:** Secular music

**Daily Prayer Focus (Michiana Prays):** Declare God's Kingdom and righteousness over our region.

**Reflection Questions:**

- What kind of wisdom do I need right now?

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- How can I listen for God's guidance?

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## **Day 7**

**Read:** Daniel 7

**Fast:** Meat & sweets

**Daily Prayer Focus (Michiana Prays):** Christ reigning in neighborhoods, workplaces, and community leaders.

**Reflection Questions:**

- What does it mean to live simply with God?

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- How can I pray for my community today?

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## **Day 8**

**Read:** Daniel 8 & 9

**Fast:** Sweets & junk food

**Daily Prayer Focus (Michiana Prays):** Living a life that reflects and represents Jesus.

**Reflection Questions:**

- What does having a whole heart for God look like?

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- How can self-control help my faith grow?

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## Day 9

**Read:** Daniel 10 & 11

**Fast:** Screens (Phones, TV, computers, gaming systems, etc.) after school

**Daily Prayer Focus (Michiana Prays):** Advancing God's Kingdom in word and deed.

**Reflection Questions:**

- Where do I want God to rule in my life?

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- How can my life point others to Jesus?

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## Day 10

**Read:** Daniel 12

**Fast:** Social Media (Instagram, TikTok, YouTube, etc.)

**Daily Prayer Focus (Michiana Prays):** Thank God for His faithfulness then commit to living for His Kingdom.

**Reflection Questions:**

- What did God teach me during this fast?

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- What am I thankful for today?

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