

As you become part of our Daniel Discipleship Training School family, we invite you to join us in a 21-day Daniel Fast. We highly encourage you to complete the Daniel Fast prior to starting The Daniel DTS (or any other school).

### **Why Fast?**

In fasting, we intentionally engage in a focused season of consecration to the Lord. We need this time of fasting and prayer to prepare ourselves for the incredible blessings and God-encounters that await us in DTS. Some blessings and breakthroughs must be fought for, so we fast also as a form of spiritual battle. Fasting also helps us to focus our entire beings on the Lord, for we desire to hear His voice in all things.

There are numerous “side benefits” to the Daniel Fast, including improved health, but the core three purposes of our Daniel Fast are:

1. To Encounter the Lord in a personal way.
2. To Contend for spiritual breakthroughs for our families, churches, and nations, and especially for the NoVA area.
3. To Seek the Lord's heart of passionate affection for us which in turn strengthens our affection-based allegiance to Jesus.

We believe that our posture and our attitude speak loudly to the Lord. He longs for our time, our minds, bodies, and our souls given to Him. He is waiting for us to draw into deeper intimacy with Him. The Daniel Fast and ensuing Daniel DTS place us in a special stance of humility, listening and receiving from the Lord.

Come join us on this incredible journey!

Be sure to make prayer a core part of the fast. Without prayer, it's just a diet.

General food guidelines related to the Daniel Fast can be found at:

<http://www.ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

Finally, this is not a hard-and-fast program, but a personal time of consecration and seeking the Lord. So in this, as in all things, prayerfully ask the Lord for His guidance and use your God-given wisdom and discernment. If you have health issues/concerns, please consult with your physician.