



Daniel made a  
**difference**  
through fasting

During the third year of King Jehoiakim's reign in Judah, King Nebuchadnezzar of Babylon came to Jerusalem and besieged it.

Daniel 1:1

Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who had been brought to Babylon as captives.

Daniel 1:3

"Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace.

Daniel 1:4a

Train these young men in the language and literature of Babylon." The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

Daniel 1:4b-5

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

Daniel 1:8-9

**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."**

Daniel 1:10

**Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. "Please test us for ten days on a diet of vegetables and water." Daniel said.**

Daniel 1:11-12

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

Daniel 1:13-14

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

Daniel 1:15-16

**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.**

Daniel 1:17

**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.**

Daniel 1:20

Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer.

Daniel 10:12

But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the archangels, came to help me, and I left him there with the spirit prince of the kingdom of Persia.

Daniel 10:13

foods to eat



foods to avoid



**FAST FROM**

get a  
**food plan**

**FAST FOR**

get a  
**focus**

**FEAST ON**  
get an  
**activity plan**

ongoing **prayer**  
mondays | 5:30-6:30pm  
**COMMUNITY  
FAST**

**BLOG:**  
[thevineyardchurch.us/hungry](http://thevineyardchurch.us/hungry)  
**COMMUNITY  
FAST**

small **group**  
**COMMUNITY  
FAST**

**outreach**  
"This is the fast I have chosen...  
To share your food with the hungry."  
Isaiah 58:6-7  
**COMMUNITY  
FAST**

get a **bookmark**  
**COMMUNITY  
FAST**

get the march **LINK**

**COMMUNITY  
FAST**

wisdom to  
partner  
with God

**hungry**  
fasting to make a  
difference

offering

giving back to God through  
tithes and offerings.

worship

expressing thanks to God  
through song. Feel free to  
stand, sit, or kneel while you  
sing, clap, or just listen.

