

2009 Daniel Fast – Rock Tribe

The very best way for our spiritual family to begin 2009 is by completely surrendering our lives to God through corporate praise, worship, prayer, fasting, service, and obedience. A corporate 21-day **Daniel Fast** in January will greatly help us to achieve our passion - to honor and glorify God throughout the whole year, and to advance His kingdom in cities, regions and nations. (See Daniel 1:8-20)

The 21-day Daniel Fast will start on Monday, January 5th, and end on Sunday, January 25th.

We strongly encourage the leadership of each Rock location to seek God and write down **specific measurable goals for 2009**. Each location will have the written goals of the other locations. Then together we will ask God for the strategies and grace to reach these goals, in united faith-filled intercession.

We are asking and believing God for a **year of multiplication**:

- Multiply every search and rescue team (2's and 3's)
- Multiply every house church
- Every ROCenter (Kingdom Resource Center) starts a search and rescue team or a house church in a nearby city.
- Extend our Tribe in other nations
- We are asking God to give us the wisdom, grace, resources, and people to upgrade and improve the Rock Training Center, so that we can more effectively equip our family and friends to be like Christ and advance His kingdom in every sphere of life.

We are asking God to give us the wisdom, grace, resources, and people to upgrade and improve the **Rock Training Center**, so that we can more effectively equip our family and friends to be like Christ and advance His kingdom in every sphere of life.

We believe that 2009 is going to be a year full of God's blessing, favor, supernatural activity, fruitfulness, and multiplication. This corporate 21-day daniel fast will be a means of experiencing God's grace. He wants to empower us with a "**breaker anointing**", enabling us to be a catalytic kingdom-advancing spiritual family and army. Start now to prepare your body, soul and spirit for this important season of prayer and fasting.

Foods to Eat During a Daniel Fast:

A Daniel Fast is a vegetarian diet including all kinds of fruits and vegetables.

- **Vegetables:** all types of fresh, dried, canned, frozen or juiced... even a veggie burger!
- **Fruits:** all types of fresh, canned, frozen, juiced, or dried.
- **Nuts and Seeds:** all types: cashews, sesame, sunflower seeds, peanuts, etc... even peanut butter!
- **Oils:** grape seed, sesame, peanut, olive, or canola seed oils
- **Whole Grains:** all types, including brown rice, millet, whole wheat, quinoa, whole wheat pasta, rice cakes, popcorn, oats, whole wheat tortillas, barley, and grits

- **Legumes:** including all types of beans - dried, fresh, canned, lentils, etc
- **Beverages:** Water is best. Fruit and vegetable juices are encouraged.
- **Other Foods:** Tofu, soy products, herbs, spices, seasoning, vinegar, salt

Foods to Avoid During a Daniel Fast:

- **Dairy Products:** including milk, cheese, butter, cream, and yogurt
- **Meat & Animal Products:** including beef, pork, poultry, fish, lamb, and animal products
- **Sweets:** including sugar, honey, molasses, cane juice, & syrups.
- **Processed & Refined Food Products:** those containing additives, artificial flavorings & preservatives, chemicals, white flour, etc.
- **Beverages:** tea w/caffeine, coffee, carbonated drinks, alcohol, energy drinks
- **Other Foods to Avoid:** deep fried foods, solid fat and its products (margarine, shortening, and fat-rich foods)

More Info:

We suggest that you take time to learn more about prayer, fasting and giving. Look up Bible verses that refer to prayer and fasting, combined with compassionate giving to the lost and poor (ie: Acts 10:1-7; Isaiah 58)

Some Excellent Books:

- Shaping History Through Prayer and Fasting, by Derek Prince
- How to Fast Successfully by Derek Prince
- Prayer and Fasting, by Kingsley Fletcher
- A Hunger for God, by John Piper
- Fasting for Spiritual Breakthrough, by Elmer Towns

Some Helpful Web Links:

- http://www.wellingtonboone.com/resources/articles/Fasting/Daniel_Fast.pdf
- <http://danielfast.wordpress.com/>
- <http://community.icontact.com/p/rocktribe/newsletters/email/posts/prayer-fasting-and-compassion2>
- <http://www.charismamag.com/articles/index.php?id=16423>

Contact Us:

- E-mail: info@rocktribe.org
- Web: www.rocktribe.org