

14 DAY PRAYER JOURNAL



# ACCELERATE

"I will hasten my **Word** to perform it" Jeremiah 1:12

"PREPARING FOR A YEAR OF  
ACCELERATION!"



THE  
STREAMS  
CHURCH



JAN 8-21, 2024

14 DAYS OF  
CONSECRATION



**Dear Streams Member & Partners,**

### **2024: Preparing for a Year of Acceleration**

In the journey of life, we often find ourselves in situations where we feel stuck and unable to move forward at the pace we desire.

It is in these moments that we seek divine acceleration, a supernatural intervention that propels us forward, breaking the barriers of stagnation and launching us into a realm of unprecedented speed and progress.

As 2023 began winding down and a new year was quickly approaching, I sensed a quickening in my spirit from the Lord concerning expectations for 2024. The word "accelerate" rang loud, prompting me to inform you that things are about to "speed up!" What has been slow and stagnant in 2023 is about to make a turn for the better, making up for what has lacked and appeared hopeless in your past.

As I heard the word "accelerate", I thought of the two pedals on the floorboard of an automobile: the brake and the accelerator. Both serve a unique purpose. As long as your foot is on the brake, the car ceases to move and remains at a standstill. It is only when the foot moves from the brake to the accelerator that movement resumes, and an intended destination is realized. Have you ever stopped to realize that only one foot is used to control both pedals? It doesn't require the operation of both feet, only the RIGHT foot. I want to prophesy over your lives as you begin this 14-day journey, that your "right" foot is about to move from brake to accelerator, moving you quickly into new dimensions and dreams that have been on hold due to the "brake season" of your life. Many of you have been literally paralyzed from life issues causing the weight of your foot to remain on the brake in 2023, but there's good news! The spirit of heaviness is being lifted in 2024, enabling you to freely move from brake to accelerator. Things that took months and years will take hours or days to realize!

This 14-day journey is designed to motivate you to move from standing still to going forward. The light is green and it's time to go! Should you refuse to go will only hold up traffic for others, including yourself. It's time to accelerate! When you decide to accelerate, you can expect God to do the same in every area of your life. Get ready for a year of acceleration! This is your year!

Pastor A. Thomas Hill  
Senior Pastor

# Experience Divine Acceleration and Unstoppable Momentum

by Jerry Savelle

*Mom Wanda Bragg, ran across the following article from Jerry Savelle that confirmed the Word of the Lord for our 2024 journey. It reads as follows:]*

I know what it's like to wait for an answer to prayer. There's been times I've wondered, "How long is it going to take, when will my breakthrough come?" Over the years, I've learned that seeing God's miraculous power requires patience and a no-quit attitude.

During my time with the Lord this past October, He told me to expect to experience the open hand of God that will bring supernatural, extraordinary, and unusual provision to those who will not be shaken by all the chaos and disorder. If you're committed to sticking it out and refuse to be shaken, you will see God's provision in supernatural ways.

He also said to me that it would be a **time of divine acceleration and unstoppable momentum!** The Psalmist proclaimed, "The Lord upholds all who fall and lifts up all who are bowed down. The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing" (Psalm 145:14-16 NIV).

I'm here to tell you, the time has come. Don't quit or be shaken before you see it. Over the past fifty-three years of ministry, I've seen many believers give up before "the proper time." They weren't willing to stick it out and yet, I've stood in faith for as long as twenty years for something to happen and God came through.

It has been said that **Divine Acceleration** is the supernatural ability of God to bring His plans, His purposes, and His will to pass at a much faster rate than is humanly possible.

When God decides that it's time for something to come to pass, then nothing can stop Him from making it happen. There's a phrase in the Bible to which you need to pay closer attention to. Paul wrote to the believers in Galatia about God's timing declaring, "But when the fullness of time was come..."

(Galatians 4:4). The Amplified translation states, "When the proper time had fully come..."

Obviously, Paul is referring to the time for Jesus to come into the earth and fulfill what His God-given assignment required (Hebrews 2:9 "Jesus...who should taste death for every man"). When that time had fully come, no man nor devil could stop Jesus' assignment. The date had been set by God, and when all the requirements had been fulfilled, Jesus went to the cross, shed His blood and died, and then was raised from the dead. What God had promised would now become reality...redemption, salvation, and victory over sin.

## Experience Divine Acceleration and Unstoppable Momentum

(continued)

I declare to you today, you're headed for another "fullness of time," and what God has planned, Satan won't be able to stop. God's open hand is extended toward you and you're entering a time of divine acceleration and unstoppable momentum!

The economy can't stop God's plan for you. No government can stop your breakthrough. Sickness and disease have no power to block God's purpose for you. Lack and insufficiency will not alter the assignment that God has for you. God alone is in charge of the "times and the seasons" (Daniel 2:21). When God says it's time for something to happen, then you can count on it, it will happen.

And don't let the chaos and disorder of this world weaken your faith. Paul tells you, "This know also that in the last days perilous times shall come" (2 Timothy 3:1). Don't be surprised when troubles and hardships surround you.

But at the same time, we don't have to be shaken by them! Paul went on to tell you how to respond to them, "Don't let it phase you; stick with what you've learned and believed..." (2 Timothy 3:14 MSG).

It's much like what Jesus told His disciples when they asked Him about the signs of the end. He told them about all the evil things that would be happening. Then He makes this remarkable statement, "...see that ye be not troubled, for all these things must come to pass but the end is not yet" (Matthew 24:6).

What's this mean for you? Jesus is saying it's possible to live in a world filled with trouble and yet not be troubled by it.

We see this principle also revealed in the Old Testament. The Prophet Isaiah proclaimed, "See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you" (Isaiah 60:2).

God is telling us that when the world is getting darker and darker, the Church will get brighter and brighter.

This year you will see chaos and disorder around you, but God has got you covered! When God is at work, nothing can stop Him. When he says it's time for divine acceleration and unstoppable momentum, then get ready for it. Look for it, watch for it, and expect it!

This doesn't mean that you won't have to use your faith any longer, but it does mean that it's just not going to take as long for the things that you are believing for to happen.

God is going to remove hindrances and obstacles that have prevented you from possessing that for which you've been believing. And I declare over you that things are going to begin to happen so rapidly that it will amaze you.

## Experience Divine Acceleration and Unstoppable Momentum

(continued)

This is where you're headed, the unstoppable momentum has already begun. You're being positioned by God right now for divine acceleration! When you're in the season of divine acceleration, you'll experience more and more "suddenlies" in your life. It's going to happen so fast that it's going to surprise you. We've seen this happen before in Scripture: "And Hezekiah rejoiced and all the people that God had prepared...for the thing was done suddenly" (2 Chronicles 29:36).

Get ready for a supernatural surge and a supernatural moving forward.

Take hold of this right now and refuse to give up, this is not the time for you to turn back. Divine acceleration and unstoppable momentum are headed your way! Expect this, talk about it continually, and praise God in advance for it.

### **Acceleration is Already Happening @ The Streams Church**

**AND IT'S TIME TO MOVE!**

**No sooner had God given the Word "Acceleration" to Pastor Hill, a sudden door opened for The Streams to acquire a 25,000 ft property for the ministry!**

After 5 years of camping out at the mountain of New Wineskin Ministries, the Lord has opened a great door of opportunity for us to relocate into a "move-in- right-now-ready" church facility! What a way for the Lord to confirm his Word of Acceleration at the start of a brand-new year. As we move into this month of consecration, we will not only be consecrating our lives but also our new church home! It's just like God to encourage His people by anointing the head with acceleration, realizing that what flows from the head the same flows onto the body. This same prophetic oil is about to flow upon the **Members** of the Streams as well as **Ministry Partners** of the Streams who have journeyed with us daily via our Prayerline & Wake Up With The Word podcast!

Jerry Savelle goes on to say that **giving and sowing financial seed is one of the ways you can align yourself in agreement with this prophetic word**. Scripture says, "For where your treasure is, there your heart will be also" (Matthew 6:21). Giving in faith is a spiritual issue. Don't just give money like you're paying a bill. No, instead, release your faith, trusting God to watch over His word to perform it in your life! (Jeremiah 1:12).

**Sow an Acceleration Seed and Get Ready for a Quick Work! For more info log on to: [www.thestreams.org/accelerate](http://www.thestreams.org/accelerate)**

# SOW AN ACCELERATED SEED!

## ACCELERATED VISION:

### NEW HOME FOR THE STREAMS CHURCH!

The Lord has opened an immediate door for the Streams Church to move into a 25 sq ft move-in-ready facility that will not only accommodate a worship space for the church, but a stage on the lower level for future Upon This Rock productions, a Childcare Ministry, and a great harvest field for waiting “fresh hungry converts”. When the Lord provides, He meets all needs!

Over the past 20 years we have moved from a former Loews Theater building, to Christ Church Apostolic and currently at New Wineskin Ministries. When we were forced to leave the Loews Theater building (which was supposedly donated to us), Mother Helen Hill prophesied through a dream: “I saw chains on the building, but the Lord said, ‘You will not be ashamed’”. That was in 2015. Eight years later (New Beginning!) God fulfills His Word! More details about the new church will be shared after Consecration with a special walkthru with our committed partners!

We invite you to be a part of the Acceleration by sowing a seed as we agree with your personal acceleration in 2024!

## ACCELERATED GOAL:

**RAISE \$100,000 OVER 12 MONTHS IN 2024**  
**100 SOWERS SOW A \$1000 SEED**

One-time Gift of \$1000 (or) Two-time Gift of \$500  
(or) \$100/mo for 12 months

You or your family’s name will be assigned to a sanctuary pew in appreciation for your gift and in remembrance of this memorable Year of Acceleration!

**ACCELERATED COMMITMENT:** Click link to complete the commitment form:  
[www.thestreams.org/accelerate](http://www.thestreams.org/accelerate)

## WAYS TO SOW:

**ONLINE:** [thestreams.org/giving](http://thestreams.org/giving)  
**CASHAPP:** \$Streamschurch  
**TEXT:** Text GIVE to 317-350-0046  
**MAIL:** Streams Church, 777 E. 86<sup>th</sup> Street, Indpls 46240

*(be sure to type Accelerate in the memo section)*

# 7 DAYS OF REFORMATION

Reformation: A radical change for the better!

*“Create in me a new, clean heart, O God, filled with clean thoughts and right desires.”  
Psalms 51:10*

The first seven days of this 14-day journey will focus on a time of personal restoration. The Bible cites us all with the indictment that “we’ve all sinned and fallen short of God’s glory” (Romans 3:23.) None of us are individually good or perfect apart from Christ, leaving us all at the mercy of God as we come clean with every spot and wrinkle that has silently stained our garments, pulling us progressively away from God and thus the presence and power of His Kingdom.

In addition, this week will attack every form of self-righteousness that has convinced us of being alright, comparing ourselves to those who we’ve deemed as not alright. One of the greatest sins that require radical reformation is the sin of self-righteousness. This sin is subtle and convinces us that we’re in proper fellowship with God, while all along we’re just as far away (or farther) than the rankest of sinners who have no problem admitting their sinful state and dire need for God.

This week we will get rid of the "junk in the trunk". We can't expect God to fill us with more of Him when He finds us full of ourselves.

By the end of this first week, the spirit and fruit of humility will actively reign in your lives, positioning you to receive from God in an accelerated fashion without distractions or hindrances. You are now ready to receive the "unstoppable momentum" of impartation of Holy Spirit as you journey into week 2.

When we free ourselves from the other voices and distractions that have led us astray, we can clearly hear the voice of the Lord who desires to get us back on track, allowing us to fully trust again. (Proverbs 3:5-6)

**This first week is the preparation for the shift from the brake to the accelerator. Get ready to accelerate to higher heights in Christ!**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

*"Create in me a new, clean heart, O God, filled with clean thoughts and right desires." Psalms 51:1*

## **Week 1/Day 1: REPENT**

Feel deep sorrow for one's actions. Resolve not to continue.

(Acts 3:19; Acts 8:22; Psalms 51:3-4)

"Father, remove every obstacle that hinders my acceleration, clearing the path for unhindered progress and success."

## **JOURNAL NOTES:**



# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

"Create in me a new, clean heart, O God, filled with clean thoughts and right desires."  
Psalms 51:10

## **Week 1/Day 2: REFORM**

Make better by removal of faults and errors.

(James 5:20; 2 Peter 2:18; 2 Peter 3:17; Hebrews 12:1;(James 5:20; 2 Peter 2:18; 2 Peter 3:17; Hebrews 12:1; Psalms 51:7,9; Psalms 51:2) Psalms 51:7,9; Psalms 51:2)

"Holy Spirit, infuse me with the strength to overcome challenges and the resilience to bounce back from setbacks, propelling me forward in my divine path."

## **JOURNAL NOTES:**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

"Create in me a new, clean heart, O God, filled with clean thoughts and right desires."  
Psalms 51:10

## **Week 1/Day 3: RECOMPENSE**

Make amends to another (God & man)

(Matthew 18:21; Matthew 18:35; Luke 17:3,4; Matthew 18:15; Luke 19:8; Psalms 51:4)

"Father, I ask for a heart that forgives and releases grudges, removing the barriers that hinder my spiritual and physical acceleration."

## **JOURNAL NOTES:**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

“Create in me a new, clean heart, O God, filled with clean thoughts and right desires.”  
Psalms 51:10

## **Week 1/Day 4: REVIVE**

Bring back to life again.

(Romans 13:11,12; 1 Corinthians 15:34; Ephesians 5:14; Psalms 51:8)

"Father, I ask for the wisdom to make decisions aligned with your will, avoiding the pitfalls of impatience and impulsiveness."

## **JOURNAL NOTES:**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

"Create in me a new, clean heart, O God, filled with clean thoughts and right desires."  
Psalms 51:10

## **Week 1/Day 5: REGENERATE**

Cause to grow again by improving moral conditions of; impart new and greater life.

(Titus 3:5; Psalms 51:7,8)

"Father, I pray for divine connections that will facilitate my acceleration, bringing people into my life who will propel me forward in my destiny."

## **JOURNAL NOTES:**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

“Create in me a new, clean heart, O God, filled with clean thoughts and right desires.”  
Psalms 51:10

## **Week 1/Day 6: RENEW**

To be granted a continuation of; reestablish and resume.

(Psalms 51:10; 2 Corinthians 5:17)

"Lord, I pray for the grace to remain steadfast in faith, trusting in your timing and your plans for my life."

## **JOURNAL NOTES:**

# 7-DAYS OF REFORMATION

Reformation: A radical change for the better!

“Create in me a new, clean heart, O God, filled with clean thoughts and right desires.”  
Psalms 51:10

## **Week 1/Day 7: RESTORE**

Bring back to original state; rebuild; repair.

(Ephesians 5:15-16; Psalms 51:12; Galatians 6:1)

"Father, I pray for the healing of past wounds and traumas that slow down my progress, releasing me into a season of joy and fulfillment."

## **JOURNAL NOTES:**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

*“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.] 1 Tim 4:14*

The second week of your 14-day journey will focus on being refilled after being spiritually detoxified. The 7 days of reformation has now made room for you to receive the impartation of spiritual gifts, prophetic instruction, empowerment, and divine direction for the journey ahead. You have now given the Holy Spirit your undivided attention and have been spiritually sensitized to receiving from God without reservations or distractions.

Your spiritual walk and service to the Kingdom will produce great fruit. Many Kingdom fringe benefits that have been stored up for you are now being made available to you. This is the week where you are now lighter on your feet and in a better position to chase after God, desiring the government of God to become activated in your life. Your motivation for the illumination of the Kingdom in your life is no longer contingent on the “things” you will receive from God, but more so from the joy and peace of an intense fellowship that is now forming in your life which greatly pleases God and satisfies your inner man. This is the season where you and God carry the same agenda. You’re no longer chasing “things”, rather you’re consumed with chasing after God and the things of God. The fruit of this new pursuit are the "**accelerated**" blessings of God being released without notice concerning those things that have concerned you, while you’re deeply concerned with the things that concern Him.

It’s now up to you to make it a lifestyle and not an event. Savor the moment and hold fast to your renewed faith in Christ. Be prepared to receive a word of wisdom, knowledge, and direction from God. It is God’s will that you know the plans He has in store for you. Expect prophetic insights and direction to flow on the daily Prayer Line. Be sure to journal what you hear the Holy Spirit speaking expressly to you.

Get ready to experience **Divine Acceleration and Unstoppable Momentum!**  
Look for it! Expect it! It’s already happening!

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 8: SPIRITUAL FRUIT**

Attributes of Christ produced through operation of Holy Spirit in one’s life.

(Galatians 5:22-23, Matthew 7:17-20, 12:33, John 15:2, 15:5, Ephesians 5:9, James 3:17)

"Lord, teach me to yield to your Spirit, guiding me in the direction of your wind and divine pathway (Psalm 25:12, KJV)."

## **JOURNAL NOTES:**



# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 9: FAITH**

Belief that doesn't rest on logical proof or material evidence.

(Hebrews 11:1, Mark 5:36, 9:23, 11:24, 16:17,18, John 6:29, 9:38, 11:40, Hebrews 11:6)

"Lord, I ask for the courage to step out of my comfort zone and embrace the new territories you are leading me into."

## **JOURNAL NOTES**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 10: RECEIVE**

To take into one’s possession; to accept as authoritative, valid, true.

(Matthew 10:41, 19:29, 21:22, Mark 11:24, John 7:39, 16:24, 20:22, Acts 1:8, 2:38, 8:15, Galatians 3:2, 3:14, Hebrews 10:36, James 1:12)

"Father, I ask that I may be filled with the knowledge of your will in all wisdom and spiritual understanding, to walk worthy of you, fully pleasing you and being fruitful in every good work (Colossians 1:9-10)."

## **JOURNAL NOTES:**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 11: SPIRITUAL GIFTS**

A voluntary transfer of God created abilities given to men without compensation for the benefit of all.

(1 Corinthians 12:1-11, 14:1-5, Ephesians 4:7-16, Romans 11:29, Romans 12:6-8, Hebrews 2:4

"Lord, grant me the grace to be a blessing to others, using my acceleration for the upliftment of those around me."

## **JOURNAL NOTES:**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 12: BOLDNESS**

Requiring or exhibiting courage and bravery.

(Psalms 138:3, Proverbs 28:1, Acts 4:29-30, 14:3, 19:8, Philippians 1:14, 1 Thessalonians 2:2, Ephesians 6:19-20, Hebrews 13:6)

"Lord, I pray for the grace to be strong and of good courage, not fearing nor being afraid of them; for the Lord my God, He is the One who goes with me. He will not leave me nor forsake me (Deuteronomy 31:6)."

## **JOURNAL NOTES:**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 13: POWER**

Authority or capacity to act that is delegated by God; the ability or capacity to perform or act effectively.

(Matthew 9:8, 10:1, Mark 3:15, 6:7, Luke 9:1, 10:19, 24:49, Acts 1:8, 4:33, 6:8, Romans 1:16, 1 Corinthians 2:4, 4:20, 2 Corinthians 4:7, Ephesians 3:20, Philippians 3:10, 2 Timothy 1:7, 3:5, Revelations 2:26)

"Father, I ask for the grace to be strong in the Lord and the power of your might, putting on the whole armor of God to stand against the wiles of the devil (Ephesians 6:10-11)."

## **JOURNAL NOTES**

# 7-DAYS OF IMPARTATION

Impartation: To give, bestow, reveal, make known!

“Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery [body of elders.]” 1 Tim 4:14

## **Week 2/Day 14: AUTHORITY**

The power to enforce laws, exact obedience, command, determine or judge.

(Luke 9:1, 10:19, Romans 13:1)

"Lord, grant me the discernment to recognize the opportunities you have placed before me, helping me to seize them with courage and wisdom."

## **JOURNAL NOTES**

# ABOUT YOUR JOURNEY

**The next 14-day journey will consist of the following:**

1. **Two Week Focus.** The first 7 days will focus on Reformation (a week of repentance and personal cleansing.) The second 7 days will focus on Impartation (a week of receiving, believing, and expecting.)
2. **Daily Fasting.** There are several kinds of Fasts that you can choose to follow throughout the 14 days. We would recommend the “Daniel Fast” which is explained in detail in a later chapter. The Daniel Fast basically consists of fruits, vegetables, water, or fruit juice. This type of fast provides a greater success of participation by a sizable corporate church or group. Individuals or smaller groups may opt to go with a water only or water and juice fast. For water and juice only fasts lasting over 3 days, we would highly recommend you do so under a doctor’s release. The goal of fasting during this 14-day journey is not to break the fast until you’ve completed the 14<sup>th</sup> day. Fasting is designed to weaken the flesh man and strengthen the spirit man.
3. **Daily Prayer.** A minimum of two hours each day should be committed to prayer and meditation. One hour at the start of the day and one hour in the evening is recommended. This time may be adjusted to coincide with 2<sup>nd</sup> and 3<sup>rd</sup> shift work schedules and other extenuating circumstances. It is extremely difficult to pursue and possess the Kingdom without a regular conversation and fellowship with the King. Daily prayer will be offered twice daily on the Prayer Line - 6:30am-7:30am and 6:30pm-7:30pm every day. Make prayer a priority of your day! Call (425) 585-7215 (No special passcode needed).
4. **Daily Meditation and Journaling.** During and following prayer, listen intently for the voice and direction of the Holy Spirit. He often speaks from within you, through other people, as well as through daily events, Bible studies, sermons, or other vehicles. Keep this journal and a pen close by to record what you hear the Holy Spirit saying to you. You may receive a directive to ask forgiveness, seek reconciliation, or some other instruction to prepare you to go deeper. Trust and obey! It’s your road to an awesome encounter with God.
5. **Record and Celebrate.** Over the 14 day journey and throughout the year, be sure to acknowledge (write down) the hope that God is resurrecting in your life. As hope becomes reality, it’s time to take a “praise break” and celebrate the fulfillment of each. Keep in mind that every hope may not happen within a 12 month period, but the Lord will sometimes present you with nuggets that confirm you’re on the right track. Celebrate those nuggets as well!
6. **Sow & Accelerate!** The harvest never happens without a seed. Get ready to plant a seed into this season of consecration for acceleration!

# THE DANIEL FAST

**Question: “What is a Daniel fast?”**

**Answer:** The concept of a Daniel fast comes from Daniel 1:8-14, “But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, ‘I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.’”

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ‘Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food and treat your servants in accordance with what you see.’ So he agreed to this and tested them for ten days.” The background of the Daniel fast is that Daniel and his three friends had been deported to Babylon when Nebuchadnezzar and the Babylonians conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant “training program.” Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols). So, a **Daniel fast is eating only fruits and vegetables for a certain amount of time and abstaining from meat products**. Some people use a Daniel fast as a dieting method. Some people use a Daniel fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.

There are many different versions of what has become known as the “Daniel Fast”. What is more important is your commitment to God during this time. Ideally, one should do without the following: No animal products, sugar, caffeine, alcohol. To get a bit more specific this means absolutely No Meat, Milk, Fish, Fried Foods, Butter and Margarine, Shortening, White Flour, Preservatives and Additives, Refined Sugar (high fructose corn syrup, etc.) Sugar Substitutes (NutraSweet, etc) , Caffeine (coffee, black tea, green tea, white tea) and Alcohol (Beer, wine, etc.

## **ORGANIC FOODS TO EAT DURING THE DANIEL FAST:**

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**NUTS:** Peanuts, Cashews, Walnuts, Almonds, Sunflower seeds, etc.

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon, Oranges, Coconuts, etc..

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Green Peppers, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Red Peppers, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc..

**DRINKS:** Spring Water, Distilled Water, 100% Fruit Juices, 100% Vegetable Juices, naturally decaffeinated teas (Peppermint tea, Chamomile, etc.)





**THE  
STREAMS  
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