



NVC Daniel Fast

Equipping

A vibrant collection of fresh produce, including various types of tomatoes, leafy greens like lettuce and spinach, bell peppers, onions, and apples, all arranged together. The image has a dark green overlay.

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(Daniel 1:1-16 NIV)

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¹In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. ²And the Lord delivered Jehoiakim king of Judah into his hand, along with some of the articles from the temple of God. These he carried off to the temple of his god in Babylonia and put in the treasure house of his god.

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³Then the king ordered Ashpenaz, chief of his court officials, to bring into the king's service some of the Israelites from the royal family and the nobility — ⁴young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace.

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He was to teach them the language and literature of the Babylonians. ⁵The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

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⁶Among those who were chosen were some from Judah: Daniel, Hananiah, Mishael and Azariah. ⁷The chief official gave them new names: to Daniel, the name Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abednego.

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⁸But 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.

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⁹Now God had caused the official to show favor and compassion to Daniel, ¹⁰but 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.”

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¹¹Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹²“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.”

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¹⁴So he agreed to this and tested them for ten days.

¹⁵At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. ¹⁶So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.



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A vibrant collection of fresh produce, including various types of tomatoes, leafy greens like lettuce and spinach, bell peppers, cucumbers, onions, and apples, all arranged on a dark surface. The image is overlaid with a semi-transparent green filter.

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(Daniel 10:1-3 NIV)

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¹In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision.

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²At that time I, Daniel, mourned for three weeks. ³I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.



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What Am I Praying For?

For Myself:

- Goal to achieve?
- Answer to a question?
- Habit to change / Sin to stop?
- Worship God?

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What Am I Praying For?

For NVC:

- Continued pursuit of our Strategic Plan.
- God's leading in upcoming Budget Cycle.
- Establishment of BEACON (Special Needs) Ministry.

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How Long Am I Praying?

Every day for 21 days.

Sunday, 23 January 2022 –

Saturday, 12 February 2022

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What Am I Fasting?

Something that if I gave it up
would be good for me.

- Food / Drink
- Entertainment
- Social Media



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