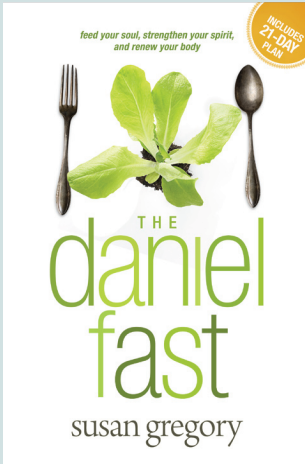
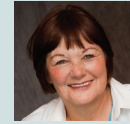


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The Daniel Fast

Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from The Daniel Fast will change the way you view food, your body, and your relationship with the one who created you.



SUSAN GREGORY
Known as “The Daniel Fast Blogger” since December 2007, Susan Gregory regularly corresponds with thousands of men and women who are seeking God through the spiritual discipline of prayer and fasting. Susan has written for nationally-known preachers and ministries including Charles Swindoll, Focus on the Family, Campus Crusade for Christ, and several third-world relief and development organizations. A mother and grandmother, she lives on a small farm in Central Washington.

DISCUSSION QUESTIONS

INTRODUCTION

1. Share your previous experiences with spiritual fasting. If you have never fasted before, how do you view fasting and how do you think it will impact your spiritual life?
2. Susan explains that fasting is a tool created by the Father to help bring His children into closer communication and relationship with Him. How does this view of fasting differ from the way you understood fasting before beginning the Daniel Fast?

CHAPTER 1: Who Is the Daniel Fast Blogger?

1. Susan describes the extremely tough life experiences that caused her to surrender her life to Jesus and eventually led her to start her ministry by writing about the Daniel Fast. Share the personal or spiritual circumstances that have led you to begin the Daniel Fast.
2. Do you believe that is it important for every believer to practice the spiritual discipline of fasting? Why or why not?

CHAPTER 2: Dusting Off an Ancient Spiritual Discipline

1. What do you foresee your challenges to be as you take part in the Daniel Fast? How might you use prayer to help you overcome them?
2. Do you have any fears or apprehensions about beginning the Daniel Fast? What wisdom can you glean from Daniel's story that could help put your fears to rest?
3. Share about a time you fasted and prayed. What did God reveal to you during that time? What might you do differently this time around with the Daniel Fast?
4. Several biblical leaders sought God's wisdom and intervention through prayer and fasting. The stories of Moses, Daniel, Esther, and Paul are among several that Susan describes. Which of their experiences speaks to you? How might their stories serve as motivation during your fast?
5. Why is it so important to know that the purpose of fasting is not to be able to prove our spirituality to God, but rather for us to strengthen our spirits, learn self-control, and draw us closer to our Father (page 13)?



The Daniel Fast: Susan Gregory

DISCUSSION QUESTIONS CONTINUED

CHAPTER 5: Five Steps for a Successful Daniel Fast

1. Susan explains the pivotal role of prayer during the Daniel Fast. For starters, what is prayer? What in your prayer life, if anything, do you think needs to change?
2. Describe your one-on-one time with the Lord. Where and when does it occur? Will you stick to this schedule while fasting?
3. What value is there in freeing your heart of unforgiveness during the planning stage of the fast? How might unresolved hurts and unforgiven wrongs prevent us from being strong and healthy individuals?
4. Why do you think it is important to make "quality decisions"?
Share the quality decision(s) you want to make during your Daniel Fast that will help strengthen your will. What can you do during the fast to remind yourself to stick to this decision? (pages 58-59).
5. Susan emphasizes that consistency is key when spending time with God and His Word. What are some of the barriers that currently keep you from staying consistent with your prayer times and quiet times with the Lord? What changes can you implement to be more consistent?
6. There are several methods of studying Scripture and Susan describes a few of these in detail. What methods do you use when you study the Bible? How have these methods helped you better understand God's Word? Are there any new methods you might want to try during the fast? (pages 66-74).
7. What healthy eating habits do you hope to adopt through the Daniel Fast? How might these new habits positively impact your spiritual life?



