

The Daniel Fast

Widely recognized as the expert on this 21day 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 cor-

responds 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

I. 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 I: Who Is the Daniel Fast Blogger?

- I. 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

- I. 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)?

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DISCUSSION QUESTIONS CONTINUED

- 6. What do you feel are the spiritual benefits of corporate fasting? If you've participated in a corporate fast before, how did it impact your spirituality and/or deepen your relationship with God?
- 7. Why might it be significant to start the Daniel Fast as the new year begins?

8. If you are about to begin the Daniel Fast, what are your specific aims? If you need assistance determining the purpose of your fast, use Susan's three steps described on page 17 to help you.

CHAPTER 3: Daniel—Determined to Live for God in Enemy Territory

- I. In what ways does Daniel's life serve as a worthy example of the power of daily prayer? Share some of the lessons you might learn from Daniel's unwavering commitment to God, despite Nebuchadnezzar's commands?
- 2. Daniel was delivered from the lion's den "because he believed in his God" and because he had the faith he needed before his enemies ever started conspiring against him. Can you recall a time in your life when you relied solely on your faith to overcome a challenge or difficult situation?
- 3. What can you do to ensure that your time spent in God's Word is not merely one more thing to check off a to-do list but treasured moments when God can reveal His truths to you?

CHAPTER 4: The Daniel Fast for Body, Soul, and Spirit

- I. What does it mean to "walk in the Spirit"? Describe areas in your life where you have learned/are learning to walk in the Spirit rather than be ruled by your own flesh.
- 2. In what areas of your life do you still find yourself acting according to attitudes and emotions of the flesh rather than of the spirit? What would it take to change this? In what ways might fasting help you gain further insight into your tendencies?
- 3. What conscious choices can you make during the Daniel Fast that will help you walk in the spirit rather than let your flesh have its way? How can you implement these choices into your daily life once the fast has ended?
- 4. Susan writes about Daniel's devotion to God despite the extreme pressure and torment he faced. "Nothing could sway him because he trusted God. And God never failed him—God was faithful to Daniel, and God is faithful to you and me." Share a time in your life when you experienced God's faithfulness during personal struggles or crisis.
- 5. Share some examples of areas in your life when taking care of your physical self resulted in a healthier spiritual walk with Christ. What are some areas that you feel still need improvement? (pages 53 54).

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DISCUSSION QUESTIONS CONTINUED

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CHAPTER 5: Five Steps for a Successful Daniel Fast

I. 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?

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