

KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
01

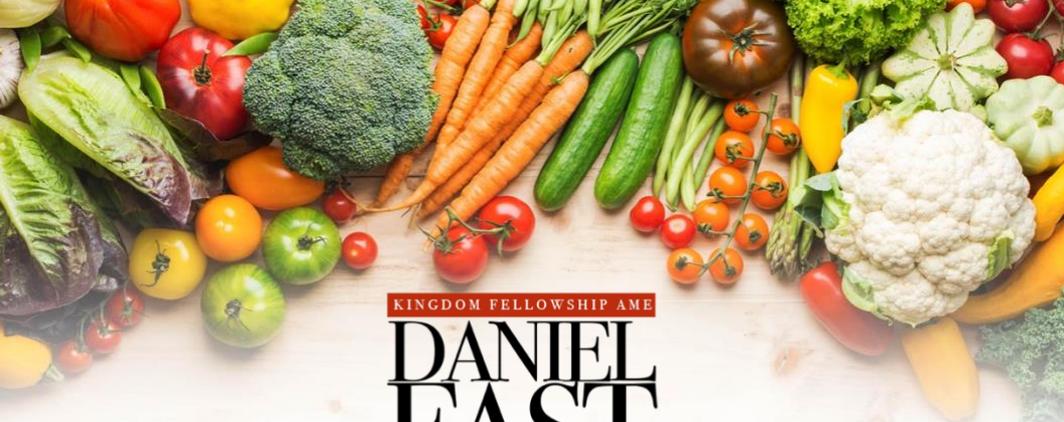
**Daniel 9:3-4** *“Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. And I prayed to the Lord my God, and made confession, and said, “O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments.” (NKJV)*

### REFLECT

Over the last year we’ve used the term “first responder” in reference to the medical professionals, healthcare workers, law enforcement and firemen/women, pastors and educators and a few others who all are designated and trained to respond to an emergency. We laud and applaud their efforts because of the self-sacrificing nature of their respective vocation/calling. Well, as children of God, we have the benefit of prayer and fasting to connect with the ultimate self-sacrificing first responder, who is Jesus the Christ. Daniel understood the importance of turning to God for prophetic direction through prayer, fasting and confession. Through these acts of spiritual discipline and devotion, Daniel set apart time intentionally to humbly commune with God and be in His presence. Notice that he prayed (communication), fasted (denial) and confessed (acknowledgment). Most of us are accustomed to praying – even fasting occasionally, yet how often is confession included? Daniel confessed the great and awesomeness of God and His promises. Just a few verses later, Daniel also acknowledges the sin and rebellion committed against God. Daniel’s prayer teaches us a lot about prayer—we also witness God’s answers to his prayers. Jesus is our “first responder.” He may not come when we want Him, but He’s always right on time.

### RESPOND

**What stands out to you about Daniel’s prayer? Why?**



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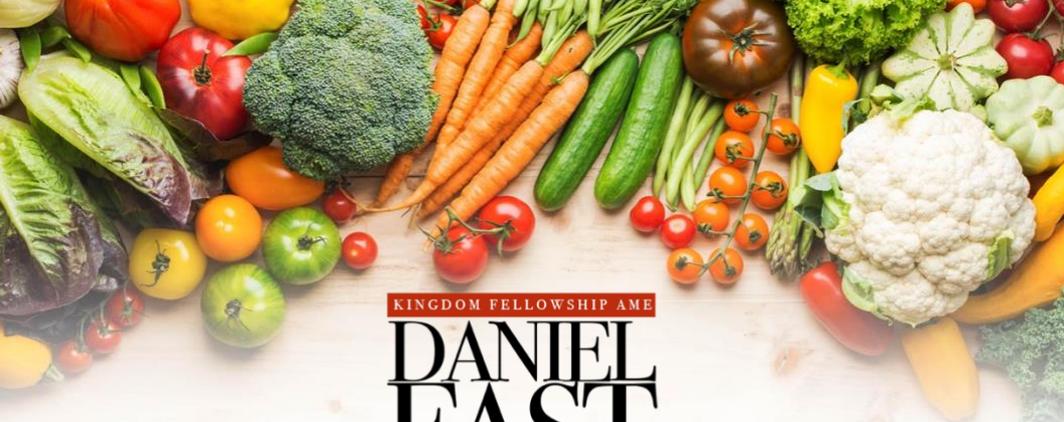
**Romans 12:1** *“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.” (NIV)*

### REFLECT

At first glance, this passage reads as though God is interested in our body. Yikes, do you mean the body that we are currently wearing! Surely, God does care about our physical body, but we are created body, mind, and soul. Here, Paul suggests the offering of our bodies is not the offering of our bodily appearances, but our bodily behavior. Paul further suggests that “before we give ourselves in mercy, we give ourselves in worship.” As sinners, the grace and mercy we receive from God is immeasurable and in view of God’s wonderful love for each of us, we are encouraged to offer our lives as a living, breathing sacrifice to the Lord. We are saved because of God’s amazing grace! There is no way that we can repay Jesus for sacrificing His life for us, but we can offer ourselves to Him in worship through acts of love and gratitude, because of all He has done for us. In other words, let every act of our living body be a demonstration of our treasured relationship with God. John Piper writes, “the body is given to us to make visible the beauty of Christ.” At Kingdom Fellowship AME Church, the motto of Kingdom Cares Outreach Ministry is: “our service is our worship.” Joyous worship is demonstrated in merciful behavior, as a living sacrifice, holy and pleasing to Lord. When we show mercy, we show God.

### RESPOND

**How is your worship of God manifested in acts of worship towards others?**



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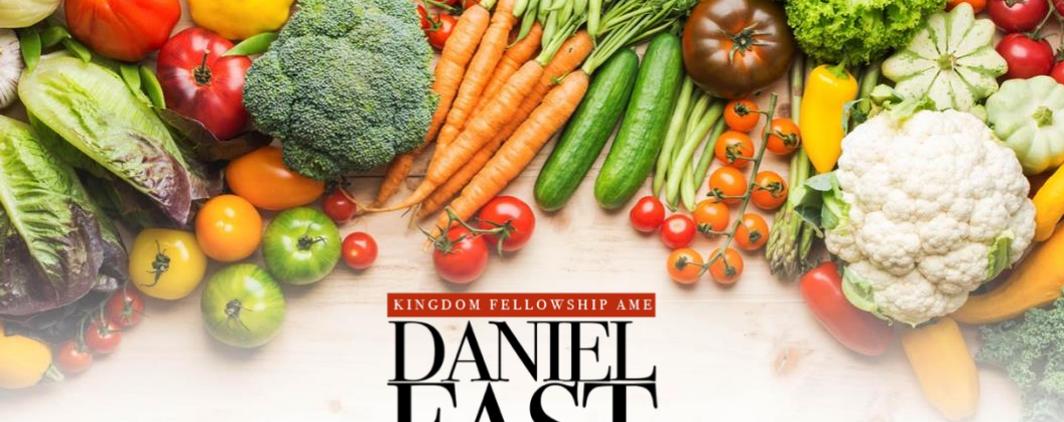
**Proverbs 3:5-6** *“Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”* (NLT)

### REFLECT

When we trust the Lord wholeheartedly, we rely and depend upon the Lord in every season of our lives. In a sense we are “putting our whole weight” on God and leaning and resting in Him. God has all knowledge and all power and foresees and prepares against all the troubles that may come our way. Many of us can recall times when we depended on our own thinking and understanding, and our plans failed or did not turn out the way that we hoped and expected. Today’s Scripture is great news, because while we cannot escape life’s challenges and disappointments, the Lord already “sees and knows” and is there to navigate us through tough times. The Lord wants to be included in every aspect of our lives. There’s no question, problem or situation that is too big or small in God’s eyesight. Each day we are given a choice to trust in ourselves or trust in God. When we trust in ourselves it devalues our faith and relationship with God; but when we trust God, it builds our faith relationship. I don’t know about you, but I’d rather trust God’s way than my own way! Whatever the outcome, it will always work out for our good and for the Glory of God!

### RESPOND

**What area in your life do you need to trust God more?**



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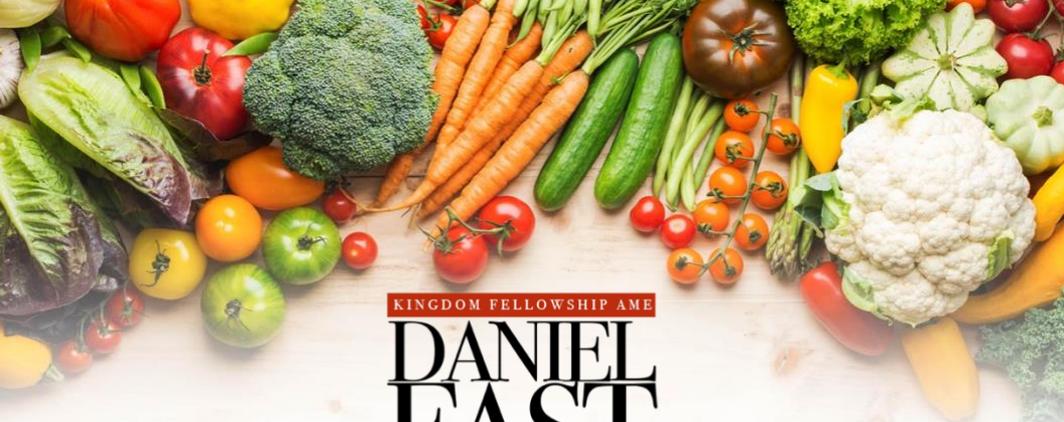
**Matthew 6:31-33** *"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."* (NLT)

### REFLECT

Don't worry? But there's so many things to worry about...I get it. When confronted with circumstances that we do not understand it's just human nature to try and figure things out. We typically ask "Why, God, why?" or want to know "When, God, when?" It's during these times that one of the best things we can do is to trust God. When we trust God, we have to get comfortable with not knowing everything. Jesus underscores all throughout his ministry that three things are of utmost importance: loving God with all our heart, loving our neighbor, and seeking after the Kingdom of God. In doing these things, everything else will fall into place. It's a matter of priority; seeking first things first. Jesus' simple message for us is "don't worry." Why? Because as children of the Creator and Sustainer of all, we can trust that God knows just what we need!

### RESPOND

**How much time in your day is spent on worrying rather than investing time in building your relationship with Jesus?**



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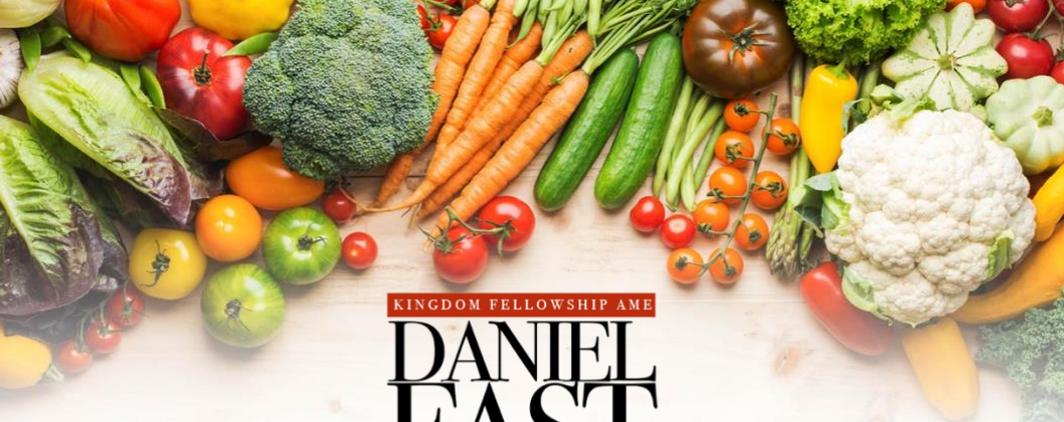
**Psalm 51:10-12** *“Create in me a clean heart, O God, And renew a steadfast spirit within me. <sup>11</sup>Do not cast me away from Your presence, And do not take Your Holy Spirit from me. <sup>12</sup>Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. <sup>13</sup>Then I will teach transgressors Your ways, And sinners shall be converted to You.” (NKJV)*

### REFLECT

As we begin the year seeking God and spending time in His presence, it is important that we also take this opportunity to reflect on our past year. What mistakes did we make in 2020? What lessons did we learn? How can we improve? For many of us, although 2020 was a difficult year, we gained experiences that will shape how we behave in 2021. In this Scripture, we find David reflecting on his past mistakes. Fully acknowledging his shortcomings, David prays for God’s help to change his behavior in the future. His first step is to admit what he has done, and his immediate next step is to take it to God. David knows that no matter what he has done, God can renew his spirit and restore his joy. Most importantly, once God provides him with deliverance, David vows to teach others what he has learned and encourage others to also change their ways. His mistakes become a testimony!

### RESPOND

**What lessons did you learn in 2020?**



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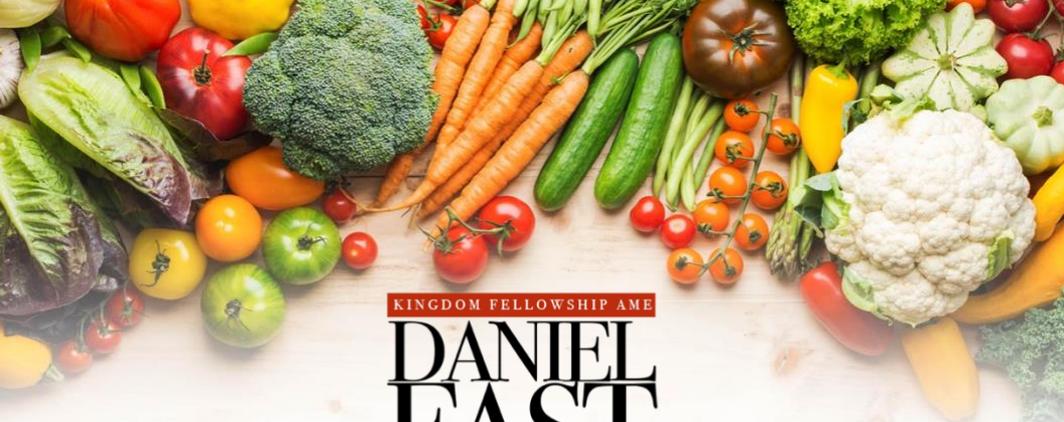
**Ephesians 2:8-10** *"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast. <sup>10</sup>For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* (NIV)

### REFLECT

Most of us can easily understand that there is nothing we can do to earn God's love. God has loved us since the beginning of creation, although we have consistently turned away from Him. And yet, God's love transcends all of our shortcomings. In the same way, there is no way we can earn salvation. In fact, our sin-debt was so massive, that God Himself had to clothe Himself in human skin to personally pay our debt. There was no way we could pay for all of the wrongs we have done both intentionally and unintentionally. And yet, based on His love for us, God decided to freely give us the gift of salvation. This gift is not something we earned, or something we even deserve. Therefore, our lives should be dedicated to God. We were hand-crafted by God and saved to do His work and spread His message. The grace of God on our lives allows us to be in right relationship with God, perform His good works, and reap our inheritance as children of the King.

### RESPOND

**How can you demonstrate your dedication to God?**



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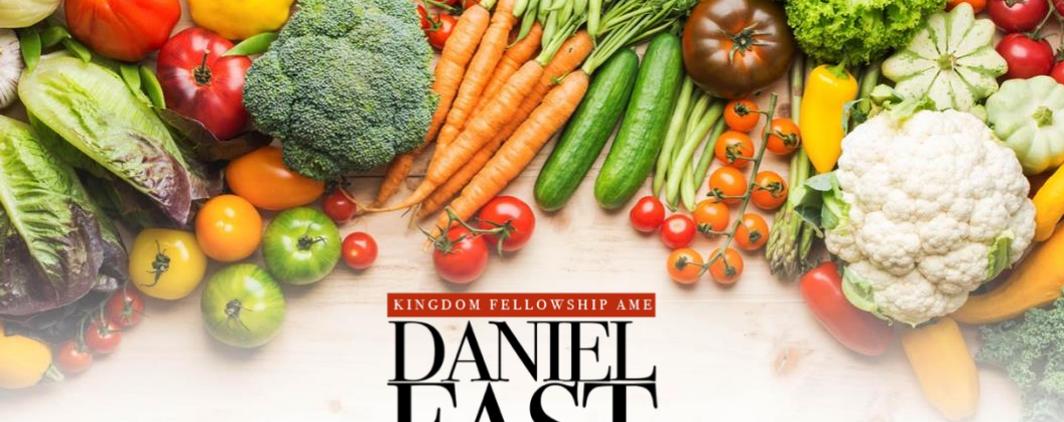
**Jeremiah 29:11-13** *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup> Then you will call on me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart.” (NIV)*

### REFLECT

A brand new year usually comes with all kinds of plans, resolutions and goals. Many of us try to map out the next year and prepare ourselves to make long-lasting changes. While planning and goal setting is great, it is important that we seek God as we approach our planning. If last year has taught us anything, we should know that we can make all of the plans we want, but in an instant, it can all change. If we desperately hold onto our plans, we can easily be disappointed. Instead, we should desperately hold onto God, recognizing that He already has plans for us that will not fail. In addition, we can trust God’s plans because we already know that his plans are to *prosper us and not to harm us, plans to give us hope and a future*. Many times, we don’t even realize that the plans we are holding onto are so much smaller than the plans God has for us!

### RESPOND

**How can you submit yourself to God’s plan for your life?**



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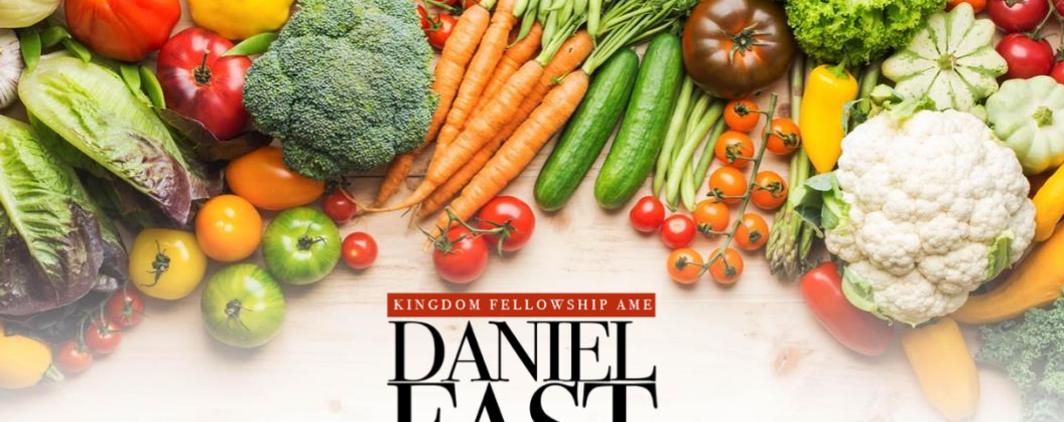
**Philippians 4:4-7** *“Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (NIV)*

### REFLECT

Worry, anxiety, and fear are completely natural human emotions. Oftentimes it is our immediate response to situations that troubles us. And yet, these are learned emotions. It is hard to imagine that we were born as babies with these responses to situations. Over time we learned to respond in these ways. However, the good news is that whatever we learned can be un-learned. We can take steps to respond differently when we face troubling circumstances. As believers, we are equipped with a way to respond differently. Instead of responding in fear, we can respond in faith. The Scripture says, “in every situation, by prayer and petition, with thanksgiving, present your requests to God.” That means that we can respond to anything that comes up in our lives by bringing it to God and trusting that the Lord will give us peace. And if the situation doesn’t change immediately, we can take comfort in knowing that, as verse 5 states, “*The Lord is near.*”

### RESPOND

**How can you respond in faith rather than in fear?**



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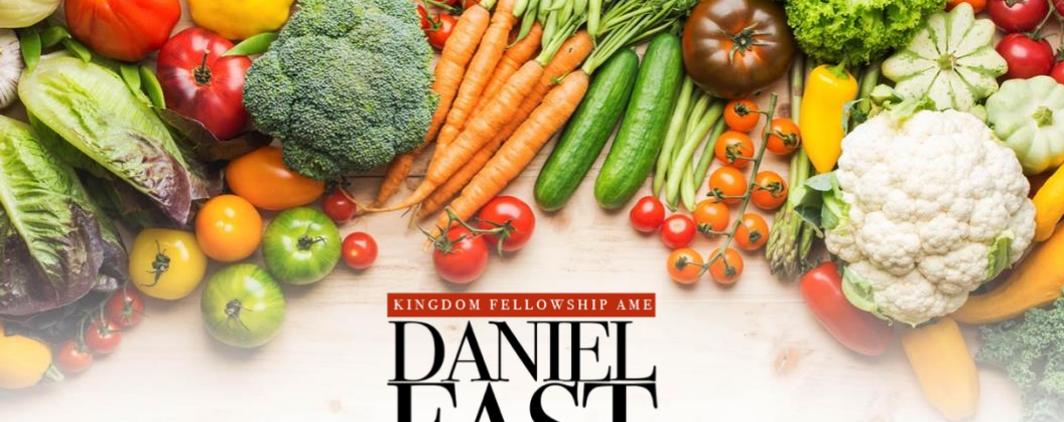
**Deuteronomy 28:2-6** *"All these blessings will come on you and accompany you if you obey the Lord your God: <sup>3</sup>You will be blessed in the city and blessed in the country. <sup>4</sup>The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks. <sup>5</sup>Your basket and your kneading trough will be blessed. <sup>6</sup>You will be blessed when you come in and blessed when you go out."* (NIV)

### REFLECT

Obedience is not always easy. There are so many times we think we know best, or we foolishly believe we can figure it out on our own. And yet, the Word of God tells us that when we obey God, we will receive everything we need and more. We will be blessed in every area of our lives. This Scripture reminds us that when we obey God, we are completely covered in God's blessings. Wherever we may find ourselves, God's blessings follow us as we follow God. Not to mention, those around us and connected to us will also be blessed because of what God is doing in our lives. The passage says, "*the fruit of your womb will be blessed, and the crops of your land and the young of your livestock...*" will be blessed. Isn't it amazing to know that when we obey God, our families, their families, and future generations will be blessed because of our obedience!

### RESPOND

**What is God calling you to do? Are you being obedient to God's call?**



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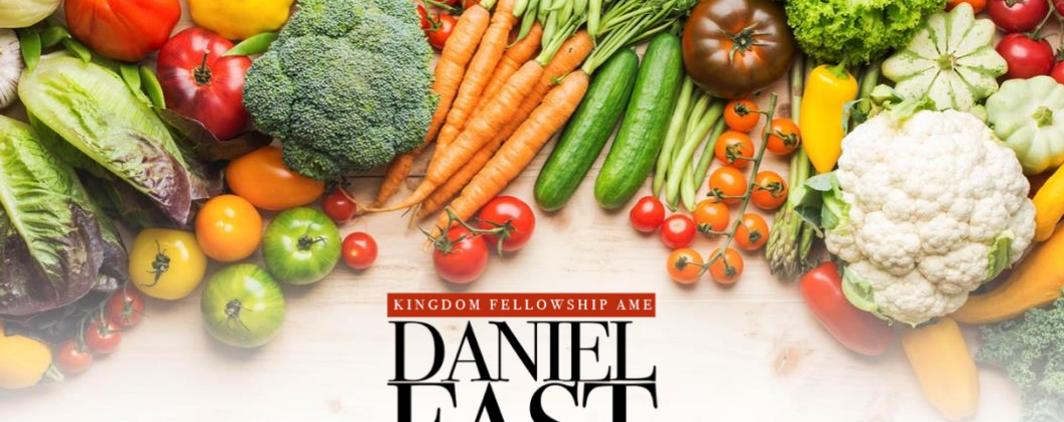
**Romans 12:2** *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (KJV)*

### REFLECT

The world around us continues to change and shift at a dramatic rate. None of us could have imagined the chaos, loss, and confusion that the past year would bring. While these changes certainly caused us to shift the way we do certain things – like attending church solely online – these changes do not have to change us internally. We do not have to internalize the chaos and confusion that we just walked through. We can look to God for insight about how He would like us to change and grow. Our transformation should be a reflection of our time with God, instead of our time on social media or watching the news. It is important for us to be *informed* but not *transformed* by the world around us. Instead, the more time we spend with God, the more we naturally begin to reflect His heart. As a result, our transformation begins! We make decisions that align with the “good, and acceptable, and perfect, will of God.”

### RESPOND

**How can you seek to be *informed* but not *transformed* by the world?**



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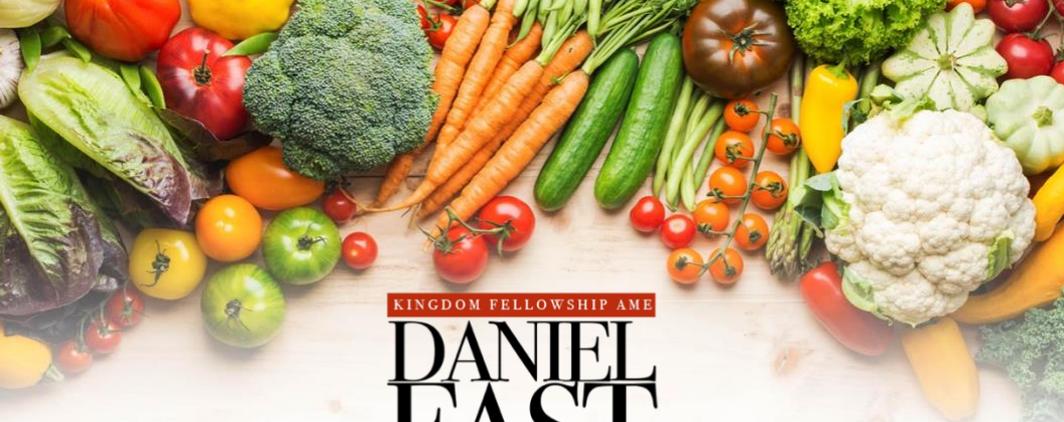
**Exodus 14:13-14** *“Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. <sup>14</sup>The Lord will fight for you; you need only to be still.” (NIV)*

### REFLECT

As the Israelites crossed the Red Sea and saw Pharaoh and the Egyptians pursuing them, I can only imagine that they were terrified. After all of their suffering and their aimless wandering in the wilderness, the Israelites faced another challenge. Moreover, this challenge could potentially mean capture and re-enslavement. The stakes couldn't be higher. And yet, the Lord was with them. God directed them through Moses to be still. That is a difficult thing to do when your enemies are chasing you! However, God tells them to stand firm and be still. Instead of running away and having their back turned to their situation, God tells them to stand firm and see what He is going to do. They are able to witness what God does on their behalf. And once you witness what God can do, you can approach every situation knowing that if He has done it before, He can do it again.

### RESPOND

**How has God delivered you in the past?**



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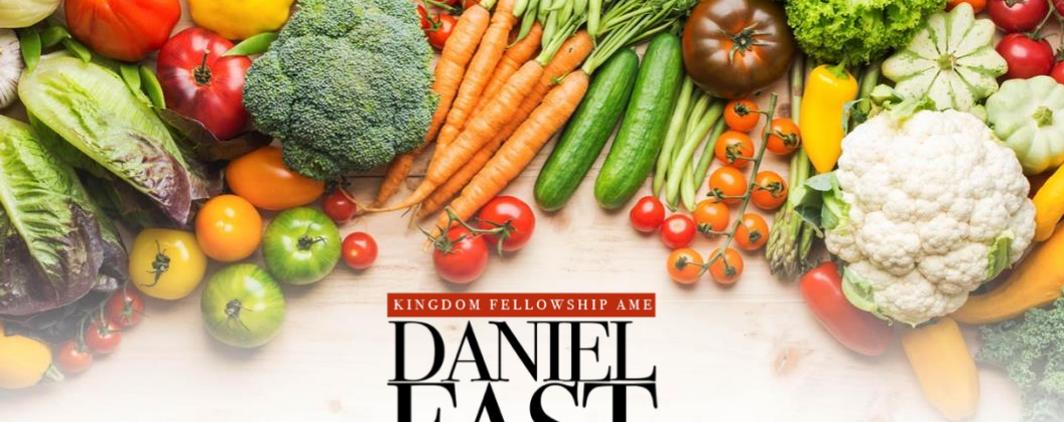
**Matthew 9:21-22** *“Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. <sup>21</sup> She said to herself, “If I only touch his cloak, I will be healed.”<sup>22</sup> Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed at that moment.” (NIV)*

### REFLECT

The woman with the issue of blood struggled with her sickness for quite a long time. For twelve years, I am sure she went to great lengths to be healed of her ailment. And yet, when she got into the presence of the Lord, in an instant she was made better. Her many years of dealing with her issue took a moment to be resolved. How many of us are facing challenges or situations that have plagued us for quite some time, but we have lost faith that they can ever be resolved? When the woman approached the Lord she said, *“If I only touch his cloak, I will be healed.”* Even though she was struggling for so long, she still believed that there was a way she could be healed. This is an important reminder for us, that in an instant, God can change something that has been plaguing us for a lifetime. By remaining faithful that we can be healed, we outwardly demonstrate our trust in God’s power to do what we cannot do for ourselves.

### RESPOND

**Do you need God to heal an area of your life? Do you have faith in Him to do it?**



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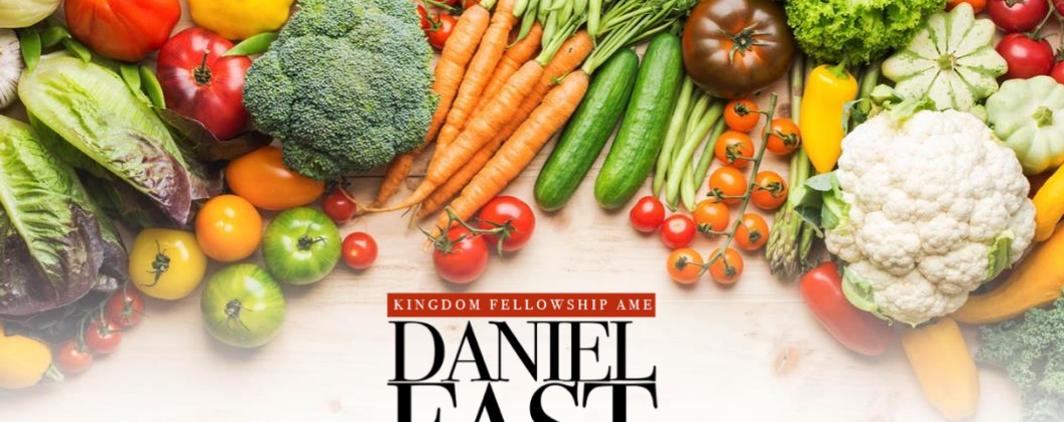
**Psalm 34:10** The young lions suffer want and hunger, but those who seek the Lord lack no good thing.” (NRSV)

### REFLECT

Have you ever been missing or lacking something needed to complete a meal or project? I remember one time I wanted to make a dish but realized that I didn't have one of the ingredients needed. My only choices were to make something else or go to the place where I could purchase the missing ingredient. The supermarket that had all of the ingredients I needed could be seen as an example of God in our text. The Scripture tells us that “those who seek the Lord lack no good thing.” This makes sense because if we seek the Lord then we will also find and know that God has every good thing that we could want. The problem comes in when we don't seek after God, but we seek after other people or things. God wants us to seek Him and as we're finding Him, we will not lack anything that is good and meant for us. Continue to seek the Lord today.

### RESPOND

**How can you seek God today?**



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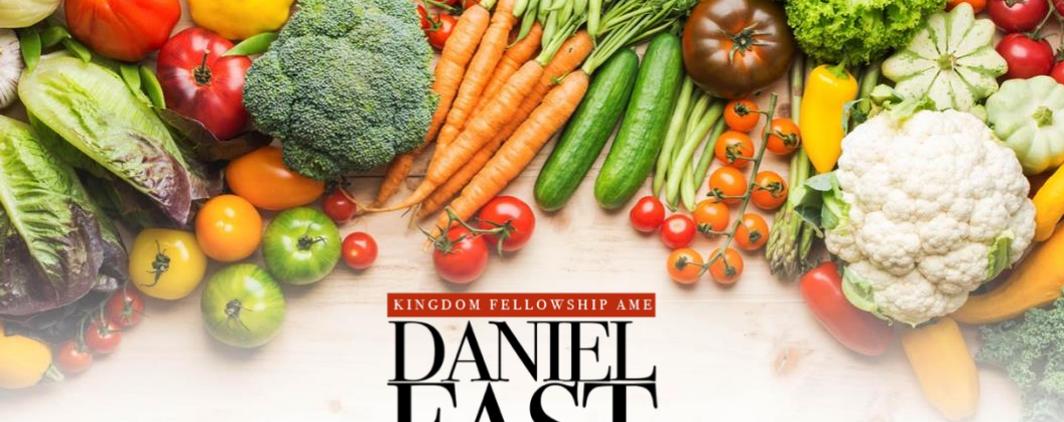
**Mark 14: 35-36** *And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. <sup>36</sup> He said, "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want." <sup>37</sup> He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour?" (NRSV)*

### REFLECT

This Scripture is a very revealing one of Jesus our Christ. In this moment He is forced to deal with His divine nature and His human nature at the same time. His human nature wants to live and not die, but His divine nature is clear that whatever His Father wants is what needs to happen. This was His calling and the very act that would allow us to be free in Jesus. However, this freedom in Jesus was locked to His willingness to look beyond what He wanted and toward what He was called to do. God isn't asking us to physically die but God is asking or requiring of us to say, "Abba, Father" and end the statement with "but your will be done." As we continue in this season of fasting, we have to deny what we want outside of food and do what God has called and purposed us to do.

### RESPOND

**How has God called you to deny yourself, other than food, in this season?**



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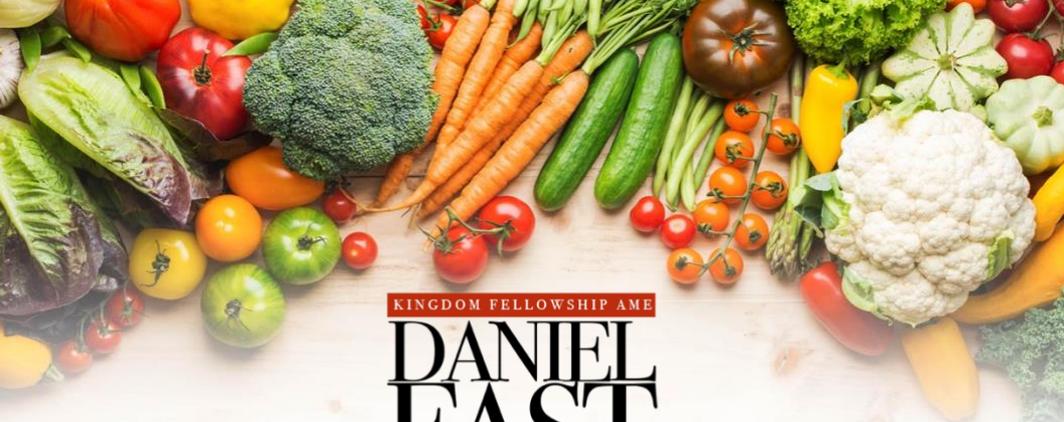
**Hebrews 11:6** *And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him. (NRSV)*

### REFLECT

What is faith? Have you operated in faith this year? The truth is that we have all operated in faith today. We have had faith, moving in what we can't see but what we trust, in several different ways today. From that chair you sat in that you didn't build or that stove you prepared food on or received food from that you did not build. Each day we operate in faith for different reasons, but in this Scripture, it is clear that we should be operating in faith toward God. Not only should we operate in faith toward God but once we do, the ultimate reward is ours. We receive the reward of "pleasing" God. We get to do what God has created us to do, which is to please Him by the way we operate in faith, and by the way we "move" or "act" in the face of what doesn't make sense. Faith moves us toward God and God has called us to move each day.

### RESPOND

**How can you operate in faith towards God today?**



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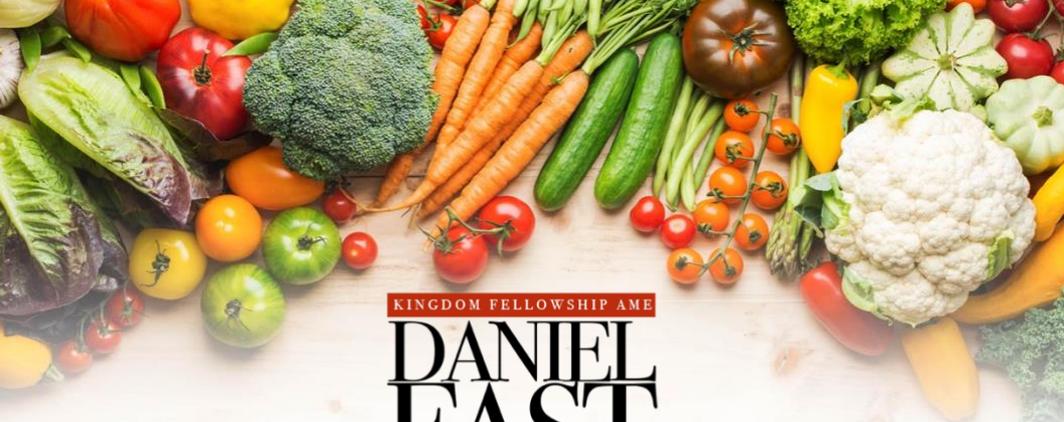
**Philippians 4:8** *Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. (NRSV)*

### REFLECT

I would imagine that by this time in our season of fasting, you have been tempted to stop or at least distracted in some way. Well congratulations for still being here and for staying the course. However, the temptation and the distractions are the job and role of the enemy. Remember that the enemy only tries to take off course those who have a plan and a purpose. You have stayed on course, I believe, because of this element in this Scripture. You have remained “focused,” yes Kingdom Focused, in times of trial. Paul in this Scripture is encouraging the believers to stay focused on the good things. He wants them to “think or meditate” on what is right rather than on what is wrong or evil. During this day there wasn’t widespread peace, but Paul is calling them to remain focused on what God has given them and what is most important. My brothers and sisters, it is important for us to think on the things of the Lord daily and stay Kingdom Focused even when the enemy does his best to distract us.

### RESPOND

**In what ways has the enemy tried to distract you during this fast? How can you continue to remain focused on God over the distractions?**



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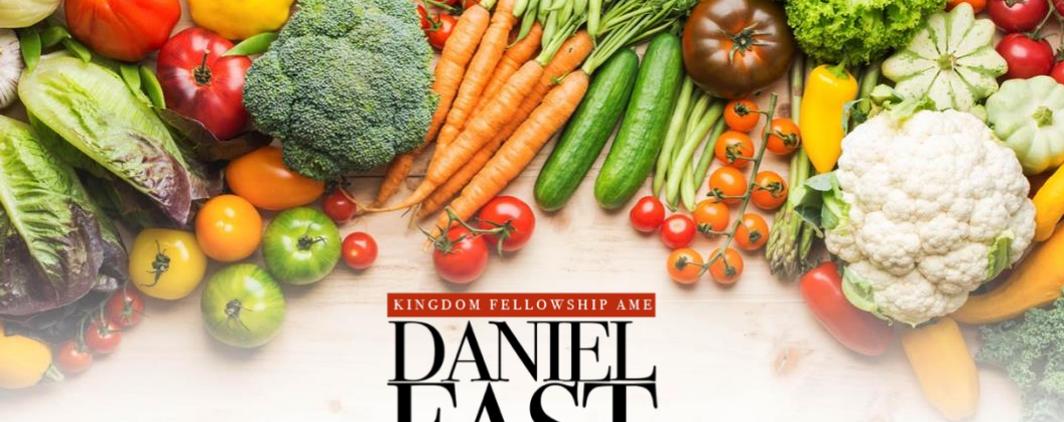
**Joel 2:25-26** *"I will repay you for the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent against you. <sup>26</sup> You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame."* (NRSV)

### REFLECT

I don't know about you but being repaid by someone is not always a big deal for me. Oftentimes, this is because what I am owed isn't a large sum or a big deal. However, this Scripture outlines something different. Could you imagine having the "Lord" say that He would repay you? What if God would give you a payment for what you lost? This is our God who created all things. Our God who named everything and allowed everything to be in existence. When God repays, I am sure it is in full and more than we can imagine. This is what the Prophet describes here that we *"shall eat in plenty and be satisfied."* This year we should hold fast to the understanding that regardless of how hard last year was, our God is still in control. Our God is still the one who is able to fill us to our max and even more. It's our job and role as believers to trust God when it's hard and to praise God through the good and the bad times as described in these verses.

### RESPOND

**What are you believing that God will do this year?**



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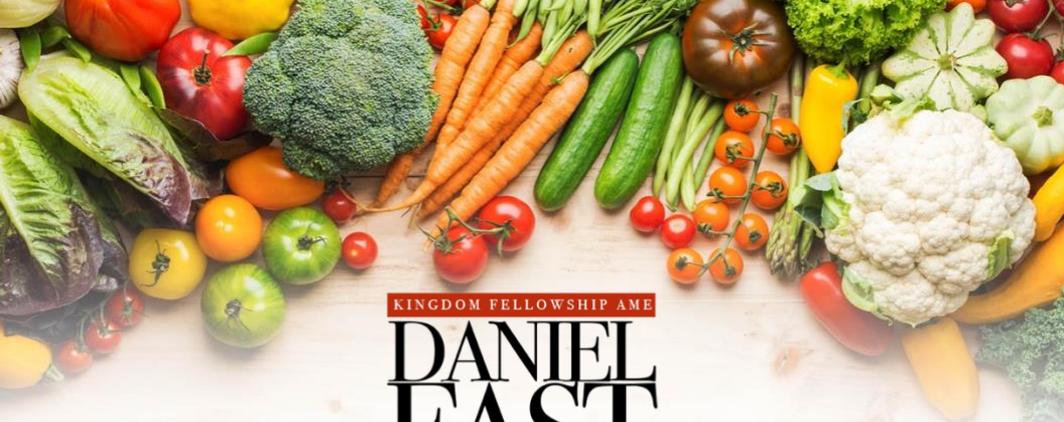
**Matthew 4:3-4** *The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."  
4 But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" (NRSV)*

### REFLECT

Not sure if anyone really likes to take a test. I remember when I was in school and the professor would say, "today we have a "pop" test or quiz." I was always upset because it was a "pop" test, and I didn't have a chance to study or prepare. However, these were some of the easier tests because the professor would only put on the test things that were recently covered or that we should really know. In this Scripture, Jesus was given a kind of "pop" test by the enemy. It was meant to take Jesus off track; however, because Jesus knew what was important, Jesus was clear that humanity should not live on bread alone. Jesus stood on the Word based on what He knew to be correct. The enemy will always try to take us off track and throw deceiving questions our way. The key for us is to trust in God and what God's Word has taught us so that we always pass the test.

### RESPOND

**What lessons have you learned from last year and from God's Word that you can apply now?**



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19

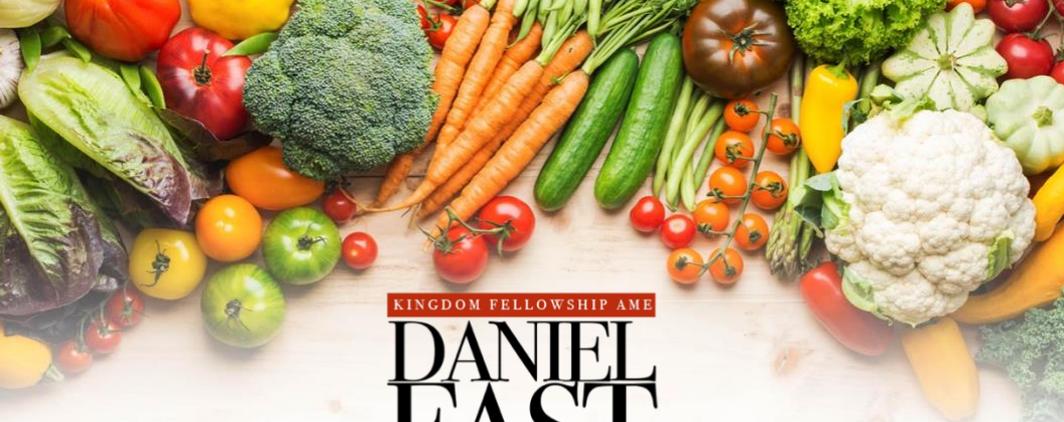
**Isaiah 58:11** *The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.* (NRSV)

### REFLECT

Have you ever been on a guided tour of a building or a park? What about a guided tour of a new place or country? I remember traveling overseas, when the world was open, and our tour guide didn't just know the area better, but they also knew the language. In this new place, having a tour guide wasn't just a good idea – it was needed for our survival. This Scripture reminds us that God is our ultimate tour guide. God “*will guide us continually,*” which means without end. Furthermore, with God as our guide, we not only have protection, but we also have our needs met. In parched places, our bones are being made strong and we are being watered like gardens. When God is our Guide, we are well taken care of and provided for in all situations.

### RESPOND

**In what ways or areas can you work to allow God to be your guide?**



KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
20

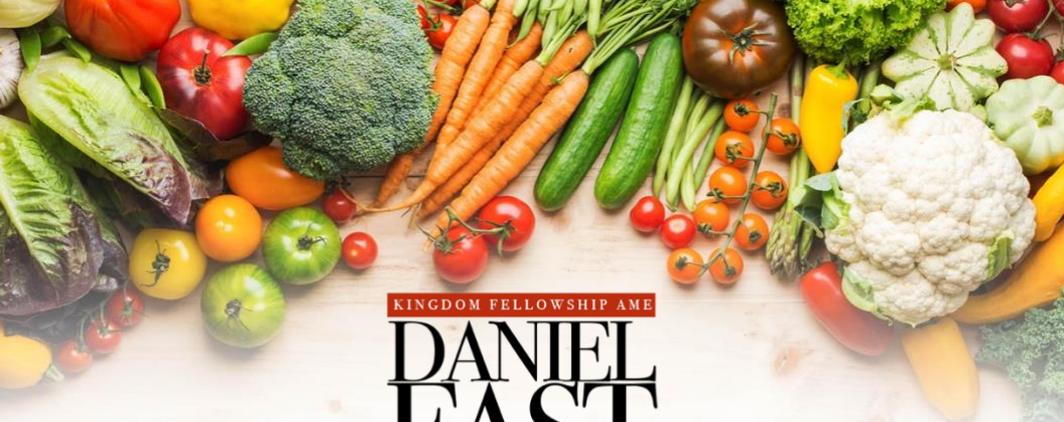
**Galatians 5:22-26** *By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, <sup>23</sup>gentleness, and self-control. There is no law against such things. <sup>24</sup>And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>If we live by the Spirit, let us also be guided by the Spirit. <sup>26</sup>Let us not become conceited, competing against one another, envying one another. (NRSV)*

### REFLECT

Have you ever planted something? Did it grow? Oftentimes if you plant the correct seed in the correct place and give it what is needed, you will produce fruit. However, most seeds only produce one kind of fruit; so, for one thing to produce different types of fruit is unheard of. It's important to note though that our God does things that are unbelievable and that don't make sense to the common mind. In this Scripture, it shows us that the fruit of the Spirit can produce a harvest in many forms. We may not be able to produce each of these fruit, but we can have several of them by the Spirit of God that lives in us.

### RESPOND

**What fruit have you produced by God's Spirit?**



KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
21

**Matthew 7:11** *If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!*  
(NRSV)

### REFLECT

We all know there are gifts and then there are “good” gifts. This last Christmas season, several gifts were given out to family and friends. However, the next day many people were in line to return some of those gifts because they weren’t the desired good gift. This Scripture helps to further make this point. If we who are normal people know how to give gifts that we think are good, how much more does God know? God knows how to give really good gifts. Gifts that we won’t return, gifts that we need, and weren’t even expecting. Those are good gifts. However, the key in this Scripture isn’t just the fact that God can give us good gifts. Rather the key is that we can receive these good gifts if we do our part which is to simply “ask.” We must ask our Father and point the request to Him only.

### RESPOND

**What good gifts are you asking your heavenly Father to give to you?**