

Naomi Leremore

Location: **Nairobi, KENYA**

Mission: **Christian education**



The Daniel Fast

Keeping the writing team energised during our day-long meetings requires a few snacks! Wondering what's on the typical shopping-for-snacks list? The answer is usually milk, coffee, eggs, sausages, bread rolls and fruit. But in January, some team members were observing the Daniel Fast along with their congregations, and so the snacks were radically changed.

Gone were the animal and dairy products, the caffeine drinks and rolls! All were replaced by a variety of fruits (plums, tree tomatoes, pineapple, oranges), nuts, water, hot chocolate, boiled sweet potato and arrowroot. According to the Daniel Fast guidelines, participants do not consume sweetened, refined, processed, or deep-fried foods. This means saying no to chips, chocolate, bread and butter – to name some favourites!



The purpose of setting such boundaries is to help create discipline as you develop your spiritual fasting muscles. It is following the spirit in which Daniel fasted, for example in Daniel 10:1-3 when he mourned for 3 weeks after receiving a revelation about a great war. Daniel abandoned his physical food in favour of spiritual nourishment.



GLOBAL DISCIPLES *Go Deep Go Wide* February 2025

We can learn from our Kenyan brethren when setting aside a season for fasting and prayer. Some people are able to go without food and others restrict themselves to a "dry fast" which prohibits drinking water as well. Different fasts vary in detail and length, but it is important to get medical advice before starting, especially if you have health concerns.

Alternatively, we can try fasting from other things that take control of our lives - such as technology, entertainment or time-consuming hobbies. The bottom line is that your fast may look different from someone else's and that's fine. What's important is being consistent in prayer and trusting in God's power to answer. Please join the churches in Kenya during this time of prayer and fasting, using their ideas:

Points for Prayer:

- Pray that God will remove any corruption from the hearts of political leaders and give them the wisdom to make godly laws that bring blessing to the nation.
- Pray for revival; for the standard of righteousness to be upheld and the undiluted gospel message presented in a right way.
- Pray that our churches will become places of refuge for the trouble-hearted during difficult times, and that ministries will be born out of the pain suffered - so that it is not wasted.
- Pray for the economy, for those on the verge of giving up their faith because of losses experienced and for God's provision so that people do not have to go the extra mile just to make ends meet.
- Pray for a hunger for God's Word and a thirst for Jesus - the living water.

Deputation – if you would like Naomi to speak in your congregation -7 – 26 March 2025, please contact the Mission Dept office.