

# ***Forerunners for Christ Los Angeles***

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September 24, 2024 – The Forerunner Message in the End Times – Erlinda Cruz

## ***Examples of the Forerunner Lifestyle (Part 2)***

### **Daniel 1: Embracing a Fasted Lifestyle – Daniel's Youth**

Daniel 1 shows us how the Hebrew boys (youth) took a stand early on while they were first taken into the Kings court.

Fasted life is a forerunner lifestyle: this is how the Hebrew boys lived and even in their food they fought for the godly way of eating as they were taught as a Hebrew. Dedication of youth, refuses to compromise, embraces a fasted lifestyle in Babylon. They set their heart to not defile themselves (Dan. 1:8).

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank...”

Daniel 1:8

They were wholehearted in their dedication to the Lord all their days, starting in their youth. They embraced a fasted lifestyle in the face of certain pleasures that were available in Babylon, and they refused to compromise by yielding to the ungodly culture that they lived in.

Overcoming peer pressure to conform is a challenge in every generation.

Biblical fasting is abstaining from food for spiritual reasons. It is not merely a diet. It involves reducing the types and amount of food that we eat and increasing our time with the Lord.

*(To be continued.)*