

Forerunners for Christ Los Angeles

September 25, 2024 – The Forerunner Message in the End Times – Erlinda Cruz

Embracing a Fasted Lifestyle – Daniel’s Youth

By fasting food, we position ourselves before the Lord so that our heart may be tenderized and become more sensitive; thus, we are able to receive more from Him. In the fasted lifestyle, we embrace a spirit of heightened consecration in order to position ourselves to receive more from the Lord. The fasted lifestyle includes restraining from legitimate and permissible pleasures for the purpose of a more focused dedication to the Lord. It includes fasting food as well as fasting related to media, entertainment, and other legitimate pleasures.

Daniel set his heart to live a fasted lifestyle, even refusing permissible things in his dedication to God. He and his three friends ate vegetables and drank water. The word that is translated vegetables in the NKJV is translated as pulse in the KJV.

It comes from the Hebrew *zeroa*, which means “that which grows from seed.” Thus, *zeroa* includes vegetables, fruits, whole grains, legumes (peas or beans), nuts, seeds, tofu, and herbs.

“Test your servants for ten days, and let them give us vegetables to eat and water to drink.”
Daniel 1:12

Daniel’s lifestyle is a picture of the unusual dedication that God will call people to in this hour, even as the values and doctrine associated with the harlot Babylon (Rev. 17-18) are emerging in the midst of this pleasure-seeking generation. The resolve to live a fasted lifestyle positions us to grow faster and deeper in God and to receive more as the darkest hour of history approaches.

Daniel fasted to position himself to encounter God more by continuing to pray (9:3), humble himself (10:12), renounce compromise (9:20), seek for greater insight into God’s love (9:23; 10:11, 19) and His end-time plan (7:16; 8:15-19; 9:2-3, 22-23; 10:1, 11-14; 11:33, 35; 12:4, 9-10), and to pray for a greater breakthrough in God’s purposes, including for Jerusalem (9:1-3).

Practical: God calls some to a fasted lifestyle that affects how they approach food and pleasure. What a resolve! What determination! Great insight and understanding to the heart of God.

Prayer:

Father, help us to live a fasted lifestyle! A lifestyle to be positioned to praying, humility, and a greater insight into God’s love. Activate us for your end time plan and breakthrough in Jesus’ name! Amen.