



DANIEL FAST 2022

JAN 3RD - JAN 23RD



WHAT IS THE DANIEL FAST?

THE DANIEL FAST IS A PARTIAL FAST BASED FROM THE BOOK OF DANIEL CHAPTERS 1 & 10

Daniel was one of the young men of Judah's royal family chosen to serve in the royal palace under King Nebuchadnezzar. During their training, the King assigned the young men a daily ration of food and wine from his own kitchens but Daniel was determined not to defile himself by eating the food and wine from the King. Instead he asked the chief priest for permission to eat a diet of vegetables and water. The chief priest showed concern that Daniel would look malnourished so he allowed him to be tested on a diet of vegetables and water for 10 days. After the 10 days, Daniel was stronger and healthier looking than the other young men so the chief priest allowed him to continue this diet.

Daniel Chapter 10 is another source for Daniel Fast guidelines. *"When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed."* (Daniel 10:2)

WHY WE FAST

Fasting is giving up something for a specified time with a specific purpose. It's an opportunity to grow closer to God because when you deny your body, you feed your spirit which ultimately leads to deeper intimacy. Prayer and studying God's Word go hand in hand with fasting. Fasting is only effective when you replace the things you deprive yourself of with things that will feed your spirit.

HOW TO PREPARE FOR THE DANIEL FAST

1. BEFORE THE FAST STARTS

Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects. Also, it's a good idea to increase your water consumption before your fast begins.

2. PLAN YOUR MEALS

Start making complete Daniel Fast meals. This is a great way to experiment with different flavors to find what you like and don't like. If you wait until the fast starts to begin cooking, you may find yourself with meals that are less than satisfactory, and increase your risk of breaking your fast out of desperation and misery. Create an itemized daily menu full of snacks, meals and drinks. The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines.



3. MAKE A GROCERY LIST

After creating your meal plan, itemize every ingredient and the quantity you will need to create those meals onto a grocery list. Putting a list together before you go to the grocery store will make your shopping much more efficient.

4. GET YOUR KITCHEN READY

The Daniel Fast is a very hands on endeavor. Unless you hire a private chef you will need to make sure you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this three-week adventure. Having the tools you need will make cooking so much easier. Also, clear out any food from the refrigerator and/or pantry that falls on the "Foods to Avoid" list.

5. PREPARE FOOD AHEAD OF TIME

Carve out time to prepare. Prepare food with convenience in mind. Try to have meals portioned out and in disposable containers in order to take with you and eat whenever and wherever you need it. Also keep in mind what resources you have available to you when you travel. For instance, if you do not have a microwave available, try preparing salads. Look at the first week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient. Cook a few meals ahead of time and freeze them, that way you have food when you don't have time to cook or need a quick go-to meal.

SPIRITUAL PREPARATION

Pray

Begin praying for your fast before it begins. Ask the Lord to reveal his plans for you in this fast. Be ready for a revelation that will transform you.

Read your Word

The Lord speaks to us through His living Word. No matter what unique situation you may be facing during this fast the Word of God will be your key to understanding it all.

Get a Journal

So much will be revealed during this time. The process of journaling will provide you a necessary outlet for expanding your thoughts and documenting what you hear from God.

RELATIONAL PREPARATION

Find a Prayer Partner.

YOU ARE NOT ALONE. You have your church family along for the ride during this fast. Rely on a trusted friend or family member to pray for and with you. They can help keep you accountable and help problem solve during discouraging times.

Life Is Not Stopping For This Fast

You will be around people who do not understand or support the idea of fasting. People you deeply love may try to tempt you to break your fast. Try, to prepare for social events by Praying and eating ahead of time to make sure you get through interactions without compromising your fast.

TIP: Host a Daniel Fast Potluck

Have a Daniel Fast feast with friends and family. You can even invite people who aren't fasting. Get together and share some of your experiences. We're on this journey together. Be encouraged!

FOODS TO INCLUDE ON THE DANIEL FAST

ALL FRUITS

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS

Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS AND SEEDS

Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

ALL LEGUMES

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS

Including but not limited to olive, coconut, avocado, canola, grape seed, peanut, and sesame.

BEVERAGES

Spring water, distilled water or other pure waters.

OTHER

Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID ON THE DANIEL FAST

ALL MEAT AND ANIMAL PRODUCTS

Including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS

Including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS

Including but not limited to sugar, raw sugar, honey, syrups, and molasses.

ALL LEAVENED BREAD

Including Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED AND PROCESSED FOODS

Products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP FRIED FOODS

Including but not limited to potato chips, French fries, corn chips.

ALL SOLID FATS

Including shortening, margarine, lard and foods high in fat.

BEVERAGES

Including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

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**FOR DAILY
ENCOURAGEMENT
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