

The Daniel Fast

The Christian's body is the **temple of the Holy Spirit**. 1 Co 6:19 "Or do you not know that your body is a temple of the Holy Spirit in you, whom you have of God? And you are not your own." Therefore, we must take good care of our bodies.

- This **Daniel Fast** is not exactly the same as Daniel's original Fast.
- This **Daniel Fast** will lead to spiritual insight. *"As for these four boys, God gave them knowledge and skill."* (Daniel 1:17)
- This **Daniel Fast** is longer than one day. These young men fasted for at least ten days. *"But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself in this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, 'I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men of your age? The king would then have my head because of you.'"* Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, *"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see."* So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead." (Daniel 1:12, 15)
- This **Daniel Fast** is a partial fast.
- Have a great Daniel Fast! Be careful as you break your fast. You don't want to shock your system with too much fat or sweets after going without! It may cause a stomachache or headache.

Caution! The Daniel Fast, like any other fast, can create problems for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctors and/or pharmacist before starting any fast. Ask them about your medication while fasting.

Food Guidelines:

1. You have freedom in this Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
2. The main thing is to **decide ahead of time how you are going to apply the Daniel Fast**. Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel asked for permission to avoid the king's delicacies over a ten-day period. Then, if he was still healthy looking, he could continue his "diet."
3. **Daniel's reason for his "diet" are given in Daniel 1:8 The Message Bible** "But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet."
4. Reading labels will assist you when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Foods to include in your Daniel Fast

All fruits.

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

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, squashes, 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 (“wheat flour” is not a whole grain,) 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 natural nut butters including natural peanut butter (only nuts & salt).

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, peanuts.

All quality oils

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

Liquids:

Spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices.

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, molasses, and cane juice.

All leavened bread

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

All refined and processed food 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.