

# DANIEL FAST

## 1/10/22-1/30/22

### What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

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#### Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15,  
Luke 18:9-14

#### Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3,  
20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

**Corporate Fasting:** 1 Samuel 7:5-6, Ezra 8:21-23,  
Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10,  
Acts 27:33-37

### How to Prepare for the Daniel Fast

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

### How to Begin Spiritually

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

# What to Expect during the Fast

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## When you fast

- Expect to get to know God better
  - Fasting is waiting: Lamentations 3:25-27
  - Fasting is drawing near: Jeremiah 29:11-13
- As you demonstrate sincerity to God, you can expect:
  - Strength in your inner character.
  - Find power to leave sinful habits: 2 Corinthians 7:1
  - Find power to stay focused in prayer.
  - Find yourself desiring God's presence.
  - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.

# Types of Fasts:

- **Full Fast**
  - Drink only liquids (you establish the number of days).
- **3-Day Fast**
  - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- **The Daniel Fast**
  - Eat no meat, no sweets and no bread. Drink water. Eat fruits and vegetables.
- **Partial Fast**
  - A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown.

You can select from three types of fasting – a Full Fast, Daniel Fast or give up at least one item of food.

## How to succeed in fasting

- Fast with friends: Matthew 18:19
- Fast with a purpose (not casually).
  - Set a start date and end date.
  - Determine you will follow through on the fast.
- Fast unselfishly.
  - Isaiah 58:1-11
- Spend time with God.
  - Fasting does not work if you do not pray.

# Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." We suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers\* with nut butter
- Hummus with flat bread\*

\*You can find a recipes made only from Daniel Fast Friendly ingredients.

Do you dream about the kingdom of God? What are your dreams and visions? What would you like to see happen in your church? What do you think Jesus would like to see happen in your church?

Daniel received dreams and visions from God, and God wills that you have dreams and visions too! "...and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions." (Joel 2:28)

Take some time now and list your dreams and visions that you have for your church:

- 1.
- 2.
- 3.
- 4.
- 5.

Now take this list that you just drafted and begin to pray over it. Begin to petition the Throne of God so that these dreams might become reality.

## **History**

Daniel and his friends (Shadrach, Meshach and Abednego) were taken into captivity by the Babylonians. (Daniel 1: 1-2) Daniel and his friends were brought before King Nebuchadnezzar and trained in the Chaldean language and sciences. (Daniel 1:3-4) Daniel purposed in his heart that he would not defile himself with the king's meat and wine. (Daniel 1 :8) Daniel made a commitment and set a goal before God and before man.

## **Daniel's Results**

" ... Their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." (Daniel 1: 15) "As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams. 11 (Daniel 1: 17)

" ... He (the king) found them ten times better than all the magicians and astrologers that were in all his realm." (Daniel 1 :20)

In Daniel 9:2, God gave Daniel a revelation that he would restore Israel. Notice again, Daniel sets his purpose and begins to fast and to pray. 11I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes ... 11 (Daniel 9:3)."

While yet making supplication and pleading his cause before God, the angel Gabriel was commanded by God to go to Daniel with instruction and revelation. (Daniel 9:21-27) As soon as Daniel began to make supplication and plead his cause before God, God began to send the answer. We are to "enter boldly before the throne." (Hebrews 4: 16)

# FOOD INFORMATION

Please make sure to READ THE LABEL 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 diet during 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, 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, 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, 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 during 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 canned 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 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.

**All solid fats** including shortening, margarine, lard and foods high in fat. Beverages including but not limited to coffee, tea, non-herbal teas, carbonated beverages, energy drinks, and alcohol.



# DURING THESE 21 DAYS, ALLOW THE LORD TO SPEAK TO YOU AND THAT YOU PRAY THREE TIMES A DAY.

**Day 1:** Read *Jeremiah 25*. Define types of captivity that seem to burden you (individuals, ministries, cities, and nations).

**Day 2:** Read *Jeremiah 29*. Praise God for His plan for the future. Let HOPE spring forth. Thank Him that He has an expected end.

**Day 3:** Read *Jeremiah 32*. Notice that Jeremiah had to buy a field as an act of faith. Ask the Lord to reveal any act of faith that He would have you do at this time in your life. Answer the question in your life: "Is there anything too hard for God?"

**Day 4:** Read *Jeremiah 33*, *Romans 8*. Know that God has a plan to surprise you. Call unto Him and watch Him do things you would not expect. Know that His covenant will stand. He can pray through you when you do not know what to pray.

**Day 5:** Read *Jeremiah 31*. He has many blessings for us in the new covenant.

**Day 6:** Read *Hebrews 8*. Let Him define your priestly service for the future.

**Day 7:** Read *Genesis 12*. Understand the power of covenant. As born again Believers, we are grafted into the covenant that God made with Abraham. The war in the earth realm is over God's covenant blessings. Covenant involves promise, commitment, faithfulness, and loyalty, even unto death. God is a covenant keeping God. He will war through His people to maintain His covenant in the earth. The blood of Jesus says to the enemy, "Hands off! This is not your territory!" Declare the same.

**Day 8:** Read *Genesis 15* and *Romans 9*. Let faith arise and feel God's agreement over your life. Understand how you are grafted into God's covenant purposes.

**Day 9:** Read *Genesis 17* and *Romans 11*. See how the Lord can surprise you even when you think things seem dead. Also, know that covenant connects you to the blessings of the generations.

**Day 10:** Read *Daniel 1*. Daniel obeyed God and separated himself. Ask the Lord how to separate yourself from anything that is making you common in the world.

**Day 11:** Read *Daniel 2*. Let the Holy Spirit train you to assist in revealing supernatural wisdom to others.

**Day 12:** Read *Daniel 3*. Ask the Lord about compromise in your life. Ask for help to stand firm.

**Day 13:** Read *Daniel 4*. Let the Lord remind you of the power of dreams; may He activate the gift of interpretation in you.

**Day 14:** Read *Daniel 5* and *Psalms 37:1-5*. Do not fret over evil doers around you. God has a plan.

**Day 15:** Read *Daniel 6*. Ask the Lord to reveal any plot of evil devised against you. Be at peace with your lions.

**Day 16:** Read Daniel 7. Bless the Ancient of Days. Let your enemies see the court that the Lord is preparing on your behalf.

**Day 17:** Read Daniel 8. Let angelic forces aid you in bringing Divine understanding into your situations.

**Day 18:** Read Daniel 9. Understand the power of identificational repentance and prayer. This is important for your bloodline, your city, our nation, etc.

**Day 19:** Read Daniel 10. Withstand, and embrace breakthrough.

**Day 20:** Read Daniel 11. Do not be afraid to see the future that the Lord has for you.

**Day 21:** Read Daniel 12 and Revelation 4. See your future door.