

GUIDELINES FOR DANIEL FAST

Caution: Fasting can create problems for people with medical conditions, pregnant and/or taking medicine. Please consult your doctor or Pharmacist.

Now Daniel ate "no pleasant bread neither meal or wine " Daniel 10:3

Fasting, simply put, is sacrificing the flesh for the spirit... physical food for spiritual food, physical nourishment for spiritual nourishment. A basic Daniel fast consists of fruit, vegetables, whole grain breads, no desserts or meat, and water as a beverage over soft drinks, coffee and tea. Of course, there are variations.

First, pray for wisdom on how you should fast. God honors your sacrifice. If it is a sacrifice to you, it is a sacrifice to God. Fasting is between you and God, not you and man, so do not compare your sacrifice to others. Seek God's leading and He will be honored and you will be blessed.

Second, fasting is always tied to prayer. Fasting alone, without intimate time spent with Him in prayer, reading, and studying the Bible is just a diet. It is so important to increase your time with Him during this time. Sometimes, we can get so focused on the fasting... what we can and can't eat... that we lose sight of what we are fasting for. The best way to keep Him near is to stay near to Him by praying and reading the Bible. You will find added strength and comfort through scriptures and your prayer time with Him.

Third, keep mind there is great significance in giving the first fruits of your year to Him and you are doing this in concert with the entire church body. There is something about giving your firsts, and doing it in unity with other believers that is just so powerful.

Ingredients for Daniel Fast recipes

(Please note that these are just guidelines, do not treat them as a law.)

Whole Grains : Barley, brown rice, oats

Beans/Legumes : Red beans, black beans, dried beans, long beans, french beans, pinto beans, split peas, black eyed peas, lentils.

Vegetables : Asparagus, artichokes, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root,

garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.

Fruits : apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, litchi, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, raisins, strawberries, tangerines, tangelos, watermelon.

Nuts and Seeds

Liquid: Distilled water, spring water, 100% natural fruit or vegetable juice

Food to Avoid in Daniel Fast recipes:

(Again, do not treat them as laws, if you have taken by accident, do not feel condemned, or you will not benefit from this fast)

Caffeine

Carbonated soft drinks

Milk

Cheese

Meat

White rice

Fried food

Refined sugar

Sugar substitutes

Food containing preservatives or additives

White flour and food made by it

Butter, margarine and high fat products

Theme of the fast – fasting and prayer: Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Increase your prayer life during this time. Study the Scriptures with a new intensity. When the fast is over, you should have a new spiritual strength from overcoming the cravings that usually control your life and from dedicating yourself to God.

Biblical model: Do a personal study of fasting. In the book of Daniel, chapters 1, 2 and 10, Daniel describes two examples of his personal fasting and the dramatic results. Isaiah described God's chosen fast in Isaiah 58. Jesus fasted in the wilderness (Matthew 4, etc.) and spoke of the necessity of fasting for believers. It was a normal part of early church life. Fasting is one way we respond to the admonition throughout the Scriptures to die to our self-will and not to accommodate the desires of the flesh.

Following your own conscience: The precise details of your fast are between you and God. In Romans 14, the apostle Paul describes how we should relate in love to one another in the matter of what we eat or choose not to eat. He says, "Each person is free to follow the convictions of his own conscience" (Romans 14, The Message). If you fast often, you may need to turn up your fasting another level during this time. If this is your first fast, you may not be able to endure as many restrictions as someone else who fasts frequently. In the future, live a "fasted lifestyle," increasingly accommodating God and not the flesh.

Accountability and support groups: You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. You may want to form a group of three to five people who meet occasionally or talk by phone. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy.

Restricting television and entertainment: It will be difficult for you to consecrate yourself if you feed yourself on television and movies during this time.

Overview of the fast: The Daniel fast drastically restricts normal food intake by cutting away many of the foods you commonly eat to satisfy your appetite. During the Daniel fast, there will be a sense of hunger much of the time and a sense of sacrifice even when we eat. Restricting yourself to one meal per day yields a smaller hunger.

Types of food included in the Daniel fast:

Whole grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat

Legumes: dried beans, pinto beans, split peas, lentils, black-eyed peas, green beans, green peas, peanuts, etc.

Fruits: apples, apricots, avocados, bananas, berries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, watermelon, etc.

Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, collard greens, okra, onions, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

Seeds: all nuts

Liquids: Water (8 glasses per day) and 100% natural juices, herbal teas

Honey, extra-virgin olive oil

Avoid: Dairy products, refined sugar and sugar products, caffeine, bread, meats, fish, poultry, eggs, fried foods, and high fat products.

Side effects: You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. You may need to take Advil or Tylenol.

Caution: Fasting can create problems for people with medical conditions, pregnant and/or taking medicine. Please consult your doctor or Pharmacist.