

# FAST DANIEL

"in these days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three weeks were fulfilled."

*Focus*  
**Intimacy with  
God**

**January  
10 - 30  
2022**



**His Presence**  
Christian Worship Center

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. *John 15:5*

## **Church Focus of the Fast**

His Presence Church's focus is intentionally designed to be focused on God first then the total man; both the Spiritual and Physical. 3 John 1:2 states, "beloved, I wish above all things that you may prosper and be in health, even as your soul prospers. There is no better way to reset our spiritual compass and bring refreshing in every area of our lives than through prayer and fasting. Each member is encouraged to focus on feeding your spirit through daily prayer and devotions, while strengthening your body through proper exercise.

## **Individual Focus of the Fast**

Beyond the church focus, each person must decide their focus for the fast. This is an excellent opportunity to seek God concerning the challenges you may be facing right now. Write it down! Determine how you will conduct the fast and the things you want God to do in your life. You are encouraged to find two or three believers to touch and agree with you for your individual focusing of your body through proper diet and exercise.

## **Special Note**

If you have health issues, please be sure to contact your health professional for advice before committing to the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page. I understand that some of you are fasting for the very first time and others of you are experienced in the spiritual discipline of fasting. If this is your first time, don't be tempted to do less than your best.

## **Scripture References**

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: only fruits and vegetables, and only water for a beverage. Then in Daniel 10 we read that the Prophet ate not meat, nor any precious breads or foods and he drank no wine for 21 days.

We will be reading one chapter of the Gospel of John each day.

Week 1: Give thanks to God for who He is. Psalm 136:1-3

Week 2: Make God your number 1 priority. Matthew 6:33

Week 3: Draw closer to God, He will come closer to you. Jeremiah 29:12-14

## **Spiritual Preparation**

- Fasting ought to include prayer, intercessions reading of God's word. Without spending time with God you are simply dieting.
- Center your total being on Christ, your attitudes, your actions, your motives, desires and words. "Set your mind on things above, not on earthly things." Colossians 3:2
- A suggestion is to use the 21 Day Fast Devotional that is attached and read every morning during the fast.
- Do not be disappointed if you do not have a "mountaintop experience" as some do. Many times, the benefits are realized months later.
- Understand that God honors your commitment; your motive in fasting must be to glorify God, not to have an emotional experience.
- 1 Cor. 10:31, "whatever you eat or drink, or whatever you do, do all to the glory of God."
- Be prepared to ask yourself some hard questions. Did I do what I said I would do, how I said I would do it, and when I said I would do it?

## **Physical Preparation**

- Detoxify, drink plenty of filtered water (home filtering is fine) and natural juices without added sugar. This is a great time to use that juicer!
- Taper off caffeine, sugar and processed foods.
- Begin by eating smaller meals before you abstain all together.
- Adjust your schedule to allow your body time to adjust.
- Resist the urge to have that "last big feast" before the fast.

## **Expect the Following Physical Symptoms**

- During the first few days of course, you will feel hungry. This will decrease in about 3 days.
- Initially you may also feel tired and irritable: "be quick to hear and slow to speak, slow to anger," (James 1:19)
- A white-coated tongue at the beginning of a fast may be a part of the body's pattern of throwing off toxins.
- Headaches or stomachaches may be a result of salt, sugar or caffeine withdrawals.
- Coldness, bad breath, heightened body odor, changes in elimination (constipation or diarrhea), light-headedness, changes in sleeping and dreaming patterns, aches and pains may be expected.

**Expect to go to the restroom often  
(you will be drinking lots of water)**

## **Foods Included in Daniel Fast**

**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.

**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.

**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.

**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, cannelloni 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 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.

**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.