

The Daniel Fast Guidelines



In those 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 whole weeks were fulfilled.

Daniel 10:2, 3

Use this guide when preparing menus, choosing recipes and shopping for your Daniel Fast meals.

For more information, lots of recipes, and answers to frequently asked questions, visit the

Prepare for your Daniel Fast

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms.

You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period. Anytime you have concern about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to the body!

Practical Steps To Prayer And Fasting **Set an objective.**

- ⇒ Why are you fasting?
- ⇒ Ask the Holy Spirit to direct you personally.
- ⇒ FHC Objectives: To draw closer to God, to keep the main thing first thing (God is the main thing), for wisdom & direction, to be prepared to help others.

Make a Commitment.

- ⇒ What kind of commitment should you make?
- ⇒ As a Church body we are doing the 21 day Daniel fast.
- ⇒ For some, God might speak to you to skip a meal a day, or fast completely one day a week.
- ⇒ For others because of medical conditions you might have to include some lean meat such as chicken or fish.

Don't get wrapped up in what you can or cannot do. The point is to discipline your body and spend extra time in prayer, studying and reading God's Word.

- ⇒ It is good to commit to how much time you will spend in prayer, study, reading and reflecting

Write some commitment goals down so that it helps you to stay focused and dedicated so you are not praying arbitrarily or haphazardly.

Prepare yourself spiritually.

- ⇒ At the foundation of prayer and fasting is repentance.
- ⇒ Is there anything in your life that could hinder you?
- ⇒ I John 1:9 – be specific in confessing, don't generalize.
- ⇒ Meditate on the attributes of God: His love, grace, mercy, faithfulness, forgiveness, and wisdom.
- ⇒ Have an expectant heart and do not underestimate spiritual opposition.

Prepare yourself physically.

- ⇒ Extended fasting requires reasonable precautions.
- ⇒ Talk to your health professional if you are taking any medications, have diabetes or other types of ailment.
- ⇒ Do not rush into a fast.
- ⇒ In the days leading up to a fast you should eat smaller meals.
- ⇒ Avoid high-fat and sugary foods.
- ⇒ If you drink coffee or other caffeinated drinks, begin to wean yourself off of them ahead of time. Don't wait until the day the fast begins to stop!
- ⇒ It is good to eat some extra fruit and raw vegetables in the days leading up to the fast.
- ⇒ Some things to expect: hunger pains, the blahs, you might get impatient or cranky. Being aware of these things will help you to enjoy the fast more.

Make a schedule.

- ⇒ For maximum spiritual benefit set aside ample time to be alone with the Lord in prayer, studying, reading and meditating on His Word.
- ⇒ Avoid TV, computer and other distractions that may dampen your spiritual focus. (Obviously many use computers for daily work; this is more about gaming and personal entertainment, etc.)
- ⇒ Set aside time in the evening for unhurried,

alone time "to seek His face."

End your fast gradually.

- ⇒ Slowly reintroduce foods that you have cut out during your fast.

Do not! Do not! Do not gorge yourself after going off an extended fast!

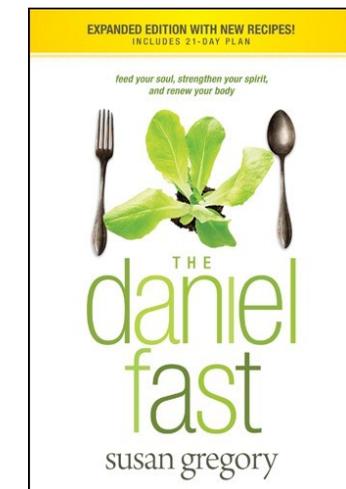
Gorging yourself can have adverse and even dangerous consequences.

- ⇒ Ending your fast gradually will benefit you spiritually and physically. You make even want to keep some of the disciplines you have established during the fast.

Expect results!

- ⇒ Doing a fast is not a "Christian way to diet!"
- ⇒ As you humble yourself before the Lord, repent, pray and seek His face.
- ⇒ As you consistently meditate on His Word you will experience a heightened awareness of God's presence.
- ⇒ The Lord will give you new and fresh spiritual insights.
- ⇒ Your confidence and faith in God will grow and be strengthened.
- ⇒ You will feel spiritually, mentally and physically refreshed.

You will see answers to your prayers!



**Optional:
You can purchase a 21 day devotional by Susan Gregory online.**

The Daniel Fast Food List

Foods to include 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 and 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.

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 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 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 and 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.

When you shop for food remember to **READ THE LABELS** to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

For more information, lots of recipes, and answers to frequently asked questions, visit the Daniel Fast Blog at:

<http://DanielFast.wordpress.com>

The Daniel Fast

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. However, if you have special dietary needs, you should consult your health professional before you start this fast. You can then modify the fast to meet your specific

We Challenge to Confess

We are excited for you! And I hope you'll begin using positive confessions as part of your daily life! They're so powerful and agree with the spiritual laws of God and His kingdom. Your faith's confessions create realities.

Here's how you can get started:

Decide to make positive confessions part of your daily routine. Integrate this practice in your morning quiet time with the Lord. Also, say them throughout the day.

Find a few Scriptures that relate to the area in your life you want to change.

Think about what God is saying to you. Start believing and gain trust in His promise.

Write a positive confession that embodies the truth from the verse.

Begin to say it with your mouth.

We encourage you to follow the practice of confessing the truth of God every day for at least 21 consecutive days. Notice how your faith is strengthening. And notice how your life is changing.

Remember the teachings of our Lord: For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Mark 11:23

Get your "believer" going. Get your mouth "sayin'." Eliminate doubt. Believe what you say is true and then receive with thanksgiving knowing that God is working on your behalf.



Daily Confession

Confess God's Truth It is good to give thanks to the Lord, and to sing praises to Your name, O Most High; to declare Your lovingkindness in the morning, and Your faithfulness every night, on an instrument of ten strings, on the lute, and on the harp, with harmonious sound.

Psalms 92:1-3 I greet this day with thanksgiving to my Father. I walk in His favor and blessings. God is able to make all grace abound toward me. He gives me all sufficiency in all things. I have more than enough to give to every good work He calls me to support. I submit myself to the Lord and choose to walk in His ways. I have confidence that He will always lead me in the way I should go. Today I again present my physical body to the Lord, which is the temple of His Holy Spirit. I will cherish His temple by nourishing it with good food and honoring it with care. Today I will be the love of Christ to everyone I encounter and allow His amazing grace to flow through me to touch their hearts. I believe and I receive

_____. I thank God for hearing my prayer and for providing me with the desires of my heart. God watches over me as I keep Him in the center of my life. He makes my crooked paths straight and leads me in to all that is good for me. Father, I thank you for hearing my prayer for

_____. I believe I receive and put my trust in you. Today I walk by faith. I put my trust in the Lord Jesus Christ. I am a child of God and a citizen of His kingdom. I have rights, privileges and benefits that Jesus gained for me. I am above and not beneath. I am my Father's and He is mine. I bless the Lord with all my heart. I thank Him for His immeasurable love and grace. And I walk in the ways He shows me in His Word.



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