

21 Days of Prayer & Fasting

Focus & Foods



21 Days of Prayer & Fasting (*Focus*)

BLESSINGS

As you start on your fast I pray God's blessings for you. May He answer your prayers and may you successfully subdue your flesh into a full submission to your spirit.

Step 1: Be Specific Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

Step 2: Fast as a Spiritual Commitment *The Daniel Fast* involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" ([Daniel 1:8](#)).

Step 3: Reflect Inner Desire by Outer Discipline Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step 4: Pray to Perceive Sin's Role in Poor Health Notice [James 5:13-16](#):

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance and faith are linked to health according to James.

Step 5: Fast as a Statement of Faith to Others Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

Step 6: Learn the Effects of the Food You Eat Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be

some things we would never eat again.

Step 7: Yield All Results to God. Daniel: "as you see fit, deal with your servants" ([Dan. 1:13](#)).

WHAT IS THE “DANIEL FAST”?

Daniel Fast is a Biblically based partial fast based on two instances of Daniel’s fasting experiences. “Please test your servants for ten days, and let them give us vegetables to eat and water to drink.” Daniel 1:12

“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 10:1-2]

Based on the information that we glean from these references we understand that the Daniel Fast eating plan is vegan in nature, with additional restrictions.

In the first Scripture we see that Daniel ate only:

1. Only Fruits and Vegetables
2. And drank ONLY water

Which would also mean that he ate no processed, artificial, or chemically altered foods.

From the second Scripture we learn that Daniel’s diet did not allow:

3. Animal products
4. Pleasant/precious food, which would include all sweeteners, including honey, agave syrup, maples syrup, etc.
5. Alcohol

From studying Jewish history you will also learn that all fasts excluded

6. Any kind of leavened bread [anything made with yeast, baking powder, baking soda, etc.]

WHY DANIEL FAST?

Fasting is not a diet! Fasting is not done for weight loss! Fasting is ALWAYS done for spiritual purposes. Fasting should be done with a PURPOSE!

Before you begin the fast you should decide on the purpose of your fast. Without a purpose, you will be simply dieting. Take the time to prayerfully consider the reason of your fast.

What is your greatest need at this time? Can your marriage grow stronger? Are you facing financial difficulties? Do you want to learn to trust God and develop a deeper relationship with Him? Take the time in prayer to decide on the purpose of your fast.

When you are fasting, set time aside for prayer, meditation and Bible study. Keep a journal of your revelations, of what God is speaking to you. Invite the Holy Spirit to guide you and to reveal areas in your life that need purification.

WHAT HAPPENS DURING THE FAST?

Daniel Fast is undertaken by people of all ages for many various reasons. However, whatever your need/reason is you can be certain that your entire being will benefit from it: Spirit, Soul and Body. We are a triune being. When we fast we learn to allow God intended order into our life: human is a spirit that possesses a soul and lives in a body.

Body

Our bodies are most definitely going to be effected as we change our diet for 21 days. For some the change is going to be very dramatic. You might experience detoxing from food addictions, such as: caffeine, processed or unnatural foods, chemicals and sugar.

The symptoms that accompany detox process might be light or more pronounced: headaches, leg cramps, fatigue, and nausea and malaise [light depression]. As the body will detox the symptoms will alleviate and you will experience more energy, better sleep, clearer and sharper mind, and many other benefits.

Most people will lose weight during the fast. Many experience healings from various maladies, such as: diabetes, allergies, arthritis, high cholesterol and even cancer.

Soul

The soul is the central place of our emotions, intellect and will. It is the place where we make decisions, experience anger, fear, love, frustration and cravings.

The soul is frequently referred to as “the flesh” in the Bible.

During the fast your soul may rebel against the change in your diet. You will get an opportunity to experience and win this battle over the flesh, which might prove to be one of the most powerful lessons of the fast.

Spirit

Our spirit is the part of us that has been born again when we gave our lives over to Christ. It should be the part that surrenders to God. When we are fully surrendered we can truly abide with the Father and the Son. Our spirit is filled with the Holy Spirit if we yield to Him.

The purpose of the fast is to place our spirit in control of the other two parts of us: soul and body. When our flesh is acting out with a craving, we take control of it with our spirit (just imagine as parents would take control of a rebellious child).

PREPARING FOR DANIEL FAST

In addition to spending time in prayer to decide on the focus of your fast you should take the time to prepare your body as well.

Start easing off things that you feel you cannot live without: ease off caffeine, sugar, and processed foods. Try to do it before the first day of the fast. Otherwise you might experience strong detox symptoms: headaches, cramping, nausea, etc.

I would also strongly suggest for you not to go on an eating binge of all your favorite food the night before your fast begins! First, it really shows that your flesh is stronger than your spirit, secondly, it will be harder for you to start the fast because processed, animal and fatty foods will create a craving that will be hard to deal with for days to come.

To prepare for the fast, start drinking more water to flush out toxins faster and make the transition easier.

A WORD ABOUT WATER

If you don't drink enough water, your body is probably used to storing water. Water retention=extra unwanted weight. Before and during the fast you need to learn to consume enough water to stay hydrated. How much water exactly? The formula is quite easy:

HALF OF YOUR BODY WEIGHT IN OUNCES.

So, if you weigh 180 lbs, you should drink 90 oz of filtered water a day.

By increasing fluid consumption you will help your body to flush out toxins and train it not to store extra water.

You can drink warm/hot water throughout the day with a wedge of lemon to help reduce fluid retention. However, make sure that you the water you drink is without chemicals as much as possible.

DURING THE FAST

Physically, especially in the beginning of the fast, you might experience hunger pains. Before going for a snack or a meal drink some water—most people misunderstand signs of dehydration for hunger. If you drink some water the “hunger” pains might go away.

The purpose of the fast is not to simply change the foods you eat but also to restrict how much you eat, so learn to spend the time you would normally spend eating in prayer and meditation. However it is also advisable that you eat smaller meals throughout the day instead of three huge “square” meals and overwhelm your body.

Spiritually, you will experience a more successful fast when you spend time each day in prayer and communion with God. Establish a time during the day for quiet time and meditation on the Word of God. Study His Word and seek His face.

Physically you might be tempted during the fast to break a few “rules” and eat/drink something your body craves. If the temptation comes, I hope you can learn a lesson by examining yourself. Ask yourself why you would want the thing you desire. If you respond in the manner that will indicate that it is because YOU WANT it, it will be a good time to exercise control over your flesh and show it who is truly in control.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast. You can print out the list of foods you will be using on the Daniel Fast and take it with you. Daniel Fast is very sound and safe and most practitioners will be more than happy to approve it. However, if in doubt, check it out!

MEDICATION AND SUPPLEMENTS DURING THE FAST

You should seek the advice of your health care practitioner about medications you might be taking. If you depend on them for any serious reason DO NOT discontinue them without first advising your doctor. Supplements are food for the most part and can be safely taken during Daniel Fast.

FOR PREGNANT AND NURSING MOTHERS

If you are an expectant mother OR if you are nursing you would need to ease into Daniel Fast. If your diet is far from vegan, you might want to limit yourself by excluding only certain food groups from your diet. If you are currently eating a lot of animal products and try to stop abruptly your body might detox too quickly, which might be harmful to your baby.

NUTRITION DURING DANIEL FAST

A lot of people are scared into thinking that they somehow will not get sufficient nutrition during Daniel Fast. I would urge you not to worry. You will have more than enough.

The Daniel Fast (*Food Guidelines*)

FOOD PREPARATION

Since most of the foods sold in grocery stores nowadays are heavily processed and full of chemicals you will find it necessary to make your own meals.

Meal preparation can be very simple, or more complex, depending on how much time you desire to spend in the kitchen. It can be as simple as slicing up some veggies and fruits and snacking on them throughout the day, or more involved if you want to create a very special dinner for yourself and your loved ones.

Meal Planning

You will find it easy to succeed if you plan your meals a few days ahead of time. You can plan them for the entire week. Once you make sure you have all the ingredients you won't be as tempted to grab foods that you used to consume before the fast to satisfy your hunger.

In addition to preparing your meal plan for the week and buying groceries for it, I would strongly suggest that you clean out your cupboards from all of the foods that are not Daniel Fast acceptable--out of sight, hopefully, out of mind. It is much easier to overcome a temptation to

have Ben & Jerry's ice cream when you cannot easily find it in your house. Instead, when you open your fridge you might see an apple or a banana and go for it.

Set a Cooking Day

Another way to save time and avoid temptations is to prepare your meals ahead of time. Use a day when you are not working to wash, chop, cook and refrigerate/freeze your meals for the whole week, or several meals in advance. For example you can make a large pot of soup and refrigerate/freeze portions of it to be eaten throughout the week. It makes it easy to pull it out and warm it up later. You can also prepare all of your salad ingredients, place them into bags or glass containers and refrigerate, so when you want a salad all you would have to do is pull out your containers and quickly assemble a scrumptious salad.

Daniel 1:12 "Please test your servants for ten days, and let them give us vegetables to eat and water to drink."

Daniel 10:3 KJV 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."

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.

The Daniel Fast and Your Health

The purpose of the spiritual fasting is to consecrate (set aside) a specific period of time to draw closer to God to hear from Him. A powerful side benefit of the Daniel Fast is the improvement in health that most people experience.

The Daniel Fast is a plant-based eating plan with the only beverage being water. When the bodies that God designed and created are fed the good quality foods He created especially for it improvements in health result. The high fiber in the fruit, vegetables and whole grains cleanses the body and improves digestion. It's not uncommon for cholesterol levels to drop, for blood sugar levels to balance, for weight to be lost and for a general feeling of well-being to be experienced.

Anytime you make a significant change in your diet or exercise, consult your health professional. Also, if you have special health needs consider adjusting the eating plan to meet those requirements while maintaining the other restrictions for the fast.

Daniel Fast... *Food List*

“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

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast.

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 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, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

WHITE FLOUR

Over 90% of white flour sold on the market is heavily processed to achieve its look and taste. Through the process grain is stripped of all its nutritious value, and, when consumed, acts much like white sugar in your body.

You should avoid WHITE FLOUR, white rice and other processed grains while on Daniel Fast.

On a rare occasion you might find Hard White flour that undergoes unifine process when ground. During the process the grain enters a high speed rotor and is instantly shattered into fine flour - even the bran and germ are burst! Air goes through the rotor with the grain and blows the flour out, thus keeping it cool throughout the process, retaining many nutrients. With the Unifine Process the natural oils in the grain are kept intact and do not get hot like in regular grain milling and stoneground milling. This kind of flour is safe to use.

IMPORTANT

***For more information on the Daniel fast, including recipes, answers to frequently asked questions and support go to:

<http://www.daniel-fast.com/>

<http://www.jentezenfranklin.org>

http://diet.lovetoknow.com/wiki/Food_to_Eat_on_a_Daniel_Fast

The well-documented benefits of the Daniel Fast include:

- Body – detoxified
- Bloating (intestinal) – gone
- Blood Pressure – improved
- Concentration – enhanced
- Cholesterol – lowered
- Cravings (sugar, refined carbohydrates & savory) – overcome
- Depression – lessened
- Diabetes – improved
- Energy level – better
- Excessive night-time urination – disappeared
- Fertility – increased
- Fluid retention – gone
- Food allergies and addictions – recognised and overcome
- Good health – renewed and maintained
- Hair and nail strength – improved
- Headaches – disappeared
- Hot flushes – disappeared
- Hypoglycemia – improved
- Immunity to recurring illness – strengthened
- Insomnia – disappeared
- Irritable Bowel Syndrome and stomach complaints -disappeared
- Menstrual problems and PMS – disappeared
- Mind – clearer and sharper
- Negative health symptoms – reversed
- Organs and tissues – stimulated into proper function
- Overeating – overcome
- Recovery from illness and drug treatments – assisted
- Reflux and indigestion – disappeared
- Skin problems (eczema, acne and dermatitis) – improved
- Spirituality – enhanced
- Stamina – increased

- Sugar cravings – overcome
- Tiredness – disappeared
- Weight loss – accomplished

The Daniel Fast also serves as a means for getting the body “back in order” and not so controlled by the whims of emotional eating, cravings and plain old ordinary bad eating choices! The digestive system works more efficiently, the liver is not so over-taxed, and the rest of the body receives the nutrients that cause it to thrive.

So while the Daniel Fast is primarily a spiritual exercise for the spirit and soul, the body gains great benefits. Remember, we are a spirit, we have a soul, and we live in a body. So the Daniel Fast is a great tool to address every part of who we are!