

Information on the Daniel Fast

Background:

We partake in the annual Daniel Fast as a time of renewal, refocus and refreshing as we deny our physical wants in order to meditate and seek the will and direction of The Lord for the new year. It is also a time of deeper study and worship to heighten our individual and corporate relationship with God.

The prophet Daniel and his friends were taken captive with other young Hebrew men by King Nebuchadnezzar and the Babylonians after the King's siege of Judah in 605 BC. The book of Daniel depicts God's providence and protection over His remnant during this time, stressing the important message to God's people to live faithfully and act wisely in every situation. Daniel is a stern example of faith, wisdom and endurance under difficulty and oppression. It affirms that God is in control and will have the final victory over evil.

Foundational Scripture:

Daniel 1:12-20

(Daniel to the king's officials after the king had ordered for the Hebrew men to be fed the king's diet)

“ I beg you, try your servants ten days. And let them give us vegetables to eat and water to drink.... 17 As for these four boys, God gave them knowledge and skill in all writing and wisdom. And Daniel had understanding in all visions and dreams...19b And among them all were found none like Daniel, Hananiah, Mishael and Azariah. So they stood before the king. 20 And in any matters of wisdom and understanding that the king asked them, he found them ten times better than all the horoscopists and conjurers who were in all his kingdom. “

Preparation:

The Daniel Fast is a time of consecration. It is important that you set time aside each day to meditate and read, both the Bible and the book. Make quiet time to do this. Prepare your body by easing off sugar, caffeine, chemicals and meats leading up to the first day of the Fast. It is also a good idea to limit access to TV and the internet for personal use to minimize distractions.

Food:

Firstly, plan your meals ahead of time and have snacks on hand.

The more basic your ingredient list, the easier it is for you to answer the question: “Should I be eating this?”

Eat and drink plenty of fruits, vegetables and water. Include other natural foods as needed, such as whole grains, natural oatmeal, etc... Avoid meats, sweets, dairy and caffeine.

Remember....

Most of all, the Daniel Fast is not meant to be a list of things we cannot do or eat, but more a time of greater discipline and relationship building with the Lord.

For more information and recipe ideas, go to: www.daniel-fast.com