

The Daniel Fast

The Daniel Fast is based on Daniel 1:12-13 *"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see."*

Daniel 10:2, 3 *At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.*

Daniel 10:12 *Then he (the angel) continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.*

In both instances where Daniel fasted, one for 10 days the other for 21 days, it was done to meet a great need. Many of the fasts in the Bible were to meet a great need, a need that could only be met with the supernatural help and power of God.

James 4:10 *Humble yourselves before the Lord, and he will lift you up.*

I believe fasting is the act of humility that enables or moves God to "lift us up" literally meaning for God to elevate us above our present circumstances. This is why we fast because we need God to do something we cannot. What circumstance are you going through where you need God to elevate you?

Foods to Avoid

Basically, you want to avoid the King's food. By application, that means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat

any kind of meat or processed foods, like the following items to avoid. Meat, because Daniel didn't want to take the chance of eating non-kosher food and/or meat that was offered to idols.

- white flour and all products using it
- white rice, white bread, hominy and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products

Foods to eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

- **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. Grain legumes include beans, lentils, lupins, peas and peanuts (includes natural peanut butter).
- **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, 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, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
- **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
- **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices