



DANIEL FAST

21 DAY FAST | JANUARY 10TH - JANUARY 30TH

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Purpose:

What is fasting?

Fasting is the abstinence from food (complete or partial) for spiritual breakthrough, ultimately to get to know God better. Fasting is often seen as abstinence from some form of gratification, for a period of time, in order to achieve a greater spiritual purpose.

What is the purpose of prayer and fasting?

Prayer exercises our faith and hope. Fasting, done properly, is to:

- Honor God – Matthew 6:16-18
- Humble yourself – 2 Chronicles 7:14-15
- Discerning healing – 1 Corinthians 11:30
- Deliverance from bondage – Matthew 17:21, Isaiah 58:9
- Revelation – Daniel 9:3
- Revival – Acts 2:16-21
- Repentance – Psalm 51

How to approach the fast?

“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small time celebrity but it won’t make you into a saint. If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth and wash your face. God doesn’t require attention-getting devices. He won’t overlook what you’re doing; He’ll reward you well.” Matthew 6:16-18 MSG

What to do while fasting?

- Praying
- Reading/Studying the Word of God
- Praise & Worship
- Communion

Encouragement:

Dr. Ben Lerner, said it best, “If it comes from God, it shouldn’t be impossible to follow.”

Daniel Fast Food List:

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.

EXCEPTION: *Natural Sugars which are already found in foods such as, fruits and vegetables and NOT artificially added.*

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.

EXCEPTION: *Minimally Processed foods: whole foods that have been trimmed, sliced, or diced for convenience; that are partially cooked, cooked, and/or mechanically altered to reduce cooking time; or cultured. They have no more than two additional natural ingredients to help preserve freshness.*

Example: organic/non organic canned, rolled oats, canned organic/non organic tomatoes (low salt or no added salt), peanut butter.

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, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

HHIM Daniel Fast Meal Replacements



Raw Meal

Only sold at EarthFare & God's Green Acres (Summerville)

www.VitaCost.com (Best Price)



Raw Protein

Only sold at EarthFare & God's Green Acres (Summerville)

www.VitaCost.com (Best Price)



Juice Plus Complete Protein Shakes

[www. KoinoniaJuicePlus.com](http://www.KoinoniaJuicePlus.com)



Juicing

Nutribullet, Vitamix, Ninja Juicers

*When fasting make juices 70% veggies. *