

## The Daniel Fast

### Joel 2:13-17

Blow the trumpet in Zion; consecrate a fast; call a solemn assembly; <sup>16</sup> gather the people. Consecrate the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber. <sup>17</sup> Between the vestibule and the altar let the priests, the ministers of the LORD, weep and say, "Spare your people, O LORD, and make not your heritage a reproach, a byword among the nations. Why should they say among the peoples, 'Where is their God?'"

### What is the Daniel Fast?

*The Daniel Fast is one method of fasting. It is a partial fast meaning certain foods are restricted. The Daniel Fast comes from the Old Testament Book of Daniel. Daniel was a young man of faith and strong convictions. When king Nebuchadnezzar instructed that his captive youth placed within the king's program be given the best of the king's food, Daniel pushed back knowing some of those foods had been sacrificed to idols and were not allowed within the Jewish dietary laws.*

### Daniel 1:12

"Test your servants for ten days; let us be given vegetables to eat and water to drink.

*The Daniel Fast is a Plant-Based way of eating. Fruits, Vegetables, Nuts, as natural as possible or with a reduced sugar content. We often modify the Daniel Plan because in reality, eating all natural/organic with no sugar in any products can be quite expensive.*

### Daniel 10:3

I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

*We also see Daniel fasted for 21 days and ate "no delicacies". So, what would that look like for you to eat no delicacies?*

## **THE FOCAL POINT OF THE FAST**

### Daniel 9:13

As it is written in the Law of Moses, all this calamity has come upon us; yet we have not entreated the favor of the LORD our God, turning from our iniquities and gaining insight by your truth.

The Focal Point of the Fast is not to use it as a diet to lose weight, not to just eat healthier, but to Seek the very Heart of God and Implore Him to Relent from impending Judgement upon our Nation. *(As with any fast, please consult your health care provider before beginning)*

### Resources

[www.Daniel-Fast.com](http://www.Daniel-Fast.com)

Book by Susan Gregory "The Daniel Fast"

*Search online to find Recipes, PDF downloads, and guides*

### Joel 2:14

Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God?