

The Daniel Fast Suggested Guidelines

bridgechurchnj.org/fasting | Sun, Jan 7th - Sun, Jan 28th

Why do we fast?

Fasting is abstaining from something like food and/or drink for a period of time to draw closer to God. It's a *natural discipline* that can bring **supernatural results**. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, and *Jesus* fasted. The Bible is filled with more than 70 references to fasting, but over the last several decades fasting has disappeared from the church and is only beginning to make a resurgence today.

Types of fasting?

There are many types of fasts which include:

- Standard Fast (water only)
- Absolute Fast (No water or food)
- Partial Fast (restrict certain food and drink categories)
- Intermittent Fast (Only eat during small daily window, for example: 1pm-6pm)

There are many variations of these fasts, and there are spiritual benefits of all of these **when we are able to devote the time spent eating to focus on God and serving others.**

What is the Daniel Fast?

The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically-based fast. According to Daniel 1, the results were: (v.17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12). One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather the kind of foods you can eat.

Book Recommendations:

- The Ultimate Guide to the Daniel Fast
- How to Fast Biblically: When Desperate Situations Require Drastic Actions
- Fasting for Spiritual Breakthrough: A Practical Guide to 9 Biblical Fasts
- A Hunger for God: Desiring God through Fasting and Prayer
- Fasting for Breakthrough and Deliverance

Daniel Fast Guideline Food List

All fruit | fresh, frozen, juiced, and canned.

Eg. Apples, apricots, bananas, cherries, grapes, lemons, limes, peaches, pineapples, strawberries, watermelon, etc.

All vegetables | fresh, frozen, juiced, and canned.

Eg. Asparagus, broccoli, cabbage, carrots, corn, cucumbers, lettuce, mushrooms, onions, potatoes, spinach, sweet potatoes, tomatoes, veggie burgers, etc.

All whole grains

Eg. Whole wheat, brown rice, millet, barley, oats, quinoa, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, etc.

All nuts & seeds

Eg. Sunflower seeds, cashews, peanuts, sesame, nut butters (including peanut butter).

All legumes | canned or dried

Eg. Dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannelloni beans, white beans.

All quality oils

Eg. Olive, canola, grape seed, peanut, and sesame.

Beverages

Eg. Natural fruit juices, spring water, distilled water, other pure waters.

Other

Eg. Tofu, soy products, vinegar, seasonings, salt, herbs, spices.

FOODS TO AVOID

On the Daniel Fast, you should not consume any of the other foods or beverages listed below. And, you can have foods with sugar, but avoid any ADDED sugars. So be sure to read the labels. Here are foods you definitely want to refrain from eating: Sweeteners | Meat | Dairy products | Breads, pasta, flour, crackers, cookies | Animal Fat and Oils | Juices | Coffee and Energy drinks | Gum | Mints | Candy.

FASTING COMMITMENT: *Write in here what you are abstaining from and what spiritual breakthrough you are looking for. Remember to be specific, measurable, attainable, relevant, and time bound for you to see success*