

The Daniel Fast is a method of fasting used by hundreds of thousands of Christians throughout the world. The fast is based on the fasting experiences of the prophet Daniel along with standard Jewish fasting principles.

The Daniel Fast is a partial fast, meaning that some foods are eaten and other are restricted. The fast is typically followed for 21 consecutive days and is like a vegan eating plan with more restrictions and the only beverage on the fast is water.

First and foremost, the fast is a spiritual discipline where followers of Jesus Christ can draw nearer to God and focus more of their attention on Him and His ways. In today's busy and distracting culture, entering into the fasting experience is like pushing the pause button a hectic life and centering more on the rest that Jesus offers. This quieter and more focused time allows you to hear the still small voice of the Holy Spirit as He reveals God's truth and direction for your life.

Church congregations, study groups, and individuals often use the Daniel Fast as their method of fasting to begin the New Year, during Lent, or other times. This method of fasting opens this powerful discipline to many people who find it difficult to fast for multiple days on a water-only or liquid-only method of fasting (called a normal fast). The blessing is that you can continue to meet your home and work responsibilities while fasting and receiving from the Lord.

Fasting was designed by God, not to change Him, but rather to change us! Fasting doesn't show God that you are good or deserving. Only Jesus Christ does that for us. However, fasting does bring us into an experience where our hearts are more open to what the Lord wants to show us for our individual lives.

While you will pay more attention to the foods you eat during the fast, focusing on this element of fasting keeps you from experiencing the richness that's available to you. Focusing on the food keeps you attending to your flesh rather than your spirit that connects with the Spirit of God.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. Romans 8:5

You can still enjoy your meals, however this is a time to be simple and more basic so that food and feeding the flesh is in balance with your spiritual experience of fasting.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

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, date honey, agave, stevia and cane juice.

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.

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!