

Daniel fasting

By Ed Young

First, we're thrilled that you've decided to participate in the Daniel Fast over the next 21 days! Second, the list of foods we've provided is merely a first step to get you thinking about making better food choices. Remember, this fast is about growing your relationship with God. And He's not as concerned about what is in your stomach as He is about what is in your heart. Daniel's decision not to eat the king's food was an outward symbol of an inward commitment he had made to God. Let your choices over the next three weeks reflect the hunger you have for God's presence in your life.

Since there is no definitive list of foods for the Daniel Diet, it is truly the spirit of Daniel's decision that we are imitating over the next 20 days. If there is something that is not specifically listed that you think still qualifies as a 'food of the king,' then ask God to reveal to you whether it should be part of your diet over the next few weeks. The details of the fast are between you and God - use this time to focus on Him.

God is certain to bless your life in new and exciting ways during the fast. We encourage you to write down your prayers and the many ways God reveals Himself to you. We can't wait to see what God is going to do in your life!

Fasting Guidelines

focus

The fast is a spiritual discipline designed to better connect us with God. We are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

timeline

Day 1: 24-hour Liquid Fast

Drink water, natural fruit juice and herbal caffeine-free tea

Day 2: Begin the "Daniel Fast"

Introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 20 days.

Day 22: Break the Fast

menu

The Daniel Fast is a partial fast, which means that you will eliminate some common things from your daily diet, but will have generous options available. Focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid. If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

foods to eat

whole grains: Brown Rice, Oats, Barley

legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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

Seeds, Nuts, Sprouts

liquids: Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free)

Tea, Natural Fruit Juice (no added sugar)

Extra-Virgin Olive Oil (small quantities), Honey

foods to avoid

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)

* **Important reminder:** Be sure to drink as much water as possible throughout the fast.

A great goal is to drink a gallon of water a day!