

### **WHAT IS THE DANIEL FAST?**

The Daniel Fast is a biblically based partial fast. It's a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring chapters in the Book of Daniel for the Daniel Fast

- Daniel 1: the Prophet ate only vegetables (that would have included fruits) and drank only water.
  - From these scriptures we get two of the guidelines for the fast:
    - Only fruits and vegetables
    - Only water for a beverage
- Daniel 10: we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days.
  - From this scripture, we get a third guideline:
    - No sweets and no breads
    - Yeast, baking powder and the like are not part of the Daniel Fast.
- Finally we conclude that no artificial or processed foods or any chemicals are allowed on the Daniel Fast.

### **WHAT IF YOU HAVE HEALTH ISSUES?**

Fasting should never bring harm to the body. The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. We encourage you to talk to your doctor if you have health concerns . . . and by the way being addicted to Snickers and Coke don't count as a special need! LOL☺

### **ADDITIONAL TIPS:**

1. The simpler the diet, the greater the spiritual benefits.
  - a. Sticking to water, fruits and veggies is the best thing to do.
  - b. If you have issues with being underweight, adding nuts is beneficial.
  - c. For dinner boil veggies and make soup.
  - d. Use onion, garlic and natural herbs for seasoning.
  - e. Once again the key is to keep it simple.
  - f. Avoid complicating things with detailed lists of what you can and cannot eat
  - g. Avoid taking more time than usual preparing meals - it defeats the purpose of fasting.
  - h. We recommend staying away from websites with detailed food list of what to eat.
2. Keep it simple!
3. For greater blessings start with a three day (or ten day) water or juice fast and then go to the Daniel fast of eating fruits and veggies.
4. Things to keep in mind:
  - a. It's IMPORTANT to drink lots of water.
  - b. For the first 3-4 days some people may experience headaches and pain in their joints because toxins are being flushed out. Hang in there and do not give up.
    - i. NO PAIN NO GAIN! ☺
  - c. Spend minimal time in food preparation and more time in God's word and prayer. Otherwise the fast ends up being nothing more than a diet.

### **SET SPECIFIC PRAYER GOALS:**

Here are 3 prayer requests God will always say yes to:

- Lord, give me souls. (2 Peter 3:9)
- Lord, bless and revive our church. (Psalm 85:6)
- Lord, send us more laborers. (Matthew 9:37-38)

To hear a sermon about the Daniel fast by Martin Kim visit [www.audioverse.org](http://www.audioverse.org) and search for a message titled, "A Deeper, More Intimate Experience with God."