

“Favor”

2010

What is a Daniel Fast?

A Daniel fast is a specific fast during which you would refrain from many of the rich foods you might enjoy throughout the year and simplify your diet. It is important to remember that the intent of any fast is to deny yourself something that you would normally do in order to focus more specifically on the Lord and prayer. In considering a dietary fast such as a “Daniel” fast, it is best for each believer to prayerfully determine what things they will eat or not eat. The Bible does not give us specific details, but rather says Daniel refrained from the King's rich food, and ate vegetables and drank water.

Below we have some suggestions for your consideration. If you do choose to take part in the Daniel Fast and have medical issues, please check with your doctor first.

Suggested Foods to Avoid:

Meats, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, (Basically all Desserts), Sugar Substitutes, White Flour and all products using it, Margarine, Shortening, High Fat Products, and No Alcohol.

Suggested Daniel Fast Foods:

Whole Grains: Brown Rice, Oats, Barley

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

All Fresh Fruits

All Fresh Vegetables

Seeds, Nuts, Sprouts

Liquids: Water, 100% All Natural Fruit Juices

100% All Natural Vegetable Juices

Cheese and Eggs

Suggested Cutbacks:

Entertainment, Media, Recreational Internet