



=



+



Daniel 9:3 (KJV) And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:



Scripture does not command Christians to fast. God does not require or demand it of Christians. Yet it appears in Scripture that Jesus expects us to fast, and that there are indeed major benefits to fasting.

[Matthew 6:16]-Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

[Mark 9:28-29]- And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

The Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (**Acts 13:2; 14:23**). Fasting and prayer are often linked together (**Luke 2:37; 5:33**). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take our eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.



[Matthew 4:1-4]- Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

A person feasting on God himself is not hungry for anything else. Fasting did not make the feast; the feast made the fasting.

How long should we fast? How hungry are you for GOD?

One must starve the flesh in order to become hungry for GOD! We must empty ourselves, so that we can then begin to feast on His spiritual food, and become full of Him.

Fasting is a way of showing willingness to serve God by giving oneself entirely over to prayer and contemplation. When one feels hunger it is a reminder to seek God about the matters at hand.





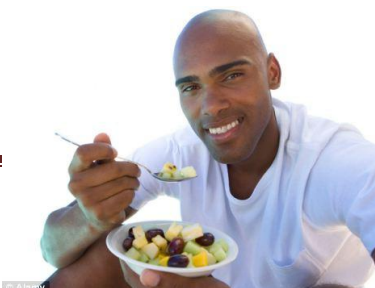
"What is a Daniel fast?"

The concept of a Daniel fast comes from ***Daniel 1:8-14***, “But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, ‘I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.’

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ‘Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.’ So he agreed to this and tested them for ten days.”

The background of the Daniel fast is that Daniel and his three friends had been deported to Babylon when Nebuchadnezzar and the Babylonians conquered Judah (***2 Kings 24:13-14***). Daniel and his three friends were put into the Babylonian court servant “training program.” Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).

So, a Daniel fast is eating only fruits and vegetables for a certain amount of time and abstaining from meat products. Some people use a Daniel fast as a dieting method. Some people use a Daniel fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.





Daniel Fast Food List

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:2, 3

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

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.

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, french 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: plenty of 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, 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!