



DANIEL FAST

Fasting Insights



By Pastor Derek Sissel

As we pursue God with our whole heart it is valuable to recognize scriptural insights that assist us in our endeavor to be close to Him!

Fasting when partnered with reading scripture, worship and prayer have more to do with putting our flesh under and giving place to our spirit than anything else. Jesus said the spirit is willing but the body is weak.

Matthew 26: 40-41

⁴⁰Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour?" ⁴¹Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

Some Important Facts to Consider

There are two specific references to fasting in the book of Daniel

Daniel 1

Daniel 10

This passage describes how Daniel, Shadrach, Meshach, and Abednego, ate only vegetables and drank water. At the end of a 10-days Daniel and his friends appeared healthier than those who ate the rich foods from the kings table. In Daniel, chapter 10, Daniel fasts again, abstaining from "pleasant food," meat, and wine. The Daniel fast promotes a healthier lifestyle. Fasting in a general sense gives our bodies a rest.

Some Thoughts for the Daniel Fast

1. Remove distractions. Try to avoid things that just pass the time like television. Read the bible, worship and rest. You will be amazed at how you feel in all respects as you go through this process. This is an important time between you and God, very few people practice these disciplines together and miss out on the benefits they offer.
2. Start the fast by evaluating your faith. Ask yourself, Where is your relationship with God and where would you like it to be?
3. Pray. Your days should be filled with prayer. During the fast I suggest you use the Lord's Prayer as a guide. Don't just recite it, make it more meditative. Make each key part of the prayer a focus.

Luke 11:1 NLT

Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray, just as John taught his disciples." Jesus said, "This is how you should pray:

"Father, may your name be kept holy. May your Kingdom come soon. Give us each day the food we need, and forgive us our sins, as we forgive those who sin against us. And don't let us yield to temptation."

4. Find specific times during the day to read your Bible. Maybe take the approach of morning, noon, and night.
5. Do your best to cultivate an expectation that God is going to answer your prayers.
6. Seek God for guidance in your life.

If you have any special health circumstances, we do suggest that you consult your doctor before starting to fast.

While not everyone may be able to fast food, we encourage everyone to set aside time to spend with God and intentionally seek Him. Powerful and mighty breakthroughs when God's people come to a place of unity in seeking Him.

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Foods to Eat



ALL FRUITS

*FRESH, FROZEN, DRIED,
JUICED OR CANNED*

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

ALL VEGETABLES

*FRESH, FROZEN, DRIED,
JUICED OR CANNED*

Artichokes	Collard Greens	Mustard Greens	Squashes
Asparagus	Corn	Okra	Sweet Potatoes
Beets	Cucumbers	Onions	Tomatoes
Broccoli	Eggplant	Parsley	Turnips
Brussels Sprouts	Garlic	Potatoes	Watercress
Cabbage	Ginger root	Radishes	Yams
Carrots	Kale	Rutabagas	Zucchini
Cauliflower	Leeks	Scallions	Veggie Burgers
Celery	Lettuce	Spinach	
Chili Peppers	Mushrooms	Sprouts	

ALL WHOLE GRAINS

Whole Wheat	Oats	Wheat Tortillas	All Seeds
Brown Rice	Barley	Rice Cakes	All Nut Butter
Millet	Grits	Popcorn	
Quinoa	Whole Wheat Pasta	All Nuts	

ALL LEGUMES

DRIED OR CANNED

Pinto Beans	Lentils	Kidney Beans	Cannellini Beans
Split Peas	Black Eyed Peas	Black Beans	White Beans

OTHERS

Canola Oil	Sesame Oil	soy products	salt
Grape Seed Oil	Olive Oil	vinegar	herbs
Peanut Oil	tofu	natural seasonings	natural spices

BEVERAGES

Spring Water	Distilled Water	Tea	Natural Juice
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