

The Daniel Fast
for the Body, Soul and Spirit

A prayer and fasting experience for the whole person

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning this or any fast. Remain under the care of your earthly physician while praying and trusting the Great Physician.

Welcome to the Daniel Fast

Are you ready for a life-changing spiritual experience? Do you need your loving God to give you direction for an important decision? Is there a kingdom of God principle that you long to have part of your daily life? These are just a few of the reasons why those who know Christ use the Daniel Fast for spiritual growth.

My sincere hope for you is that you will experience a successful fast where you draw closer to your loving Father than ever before. I hope you develop spiritual habits that bring you into a greater knowledge of Christ, the Scriptures, and the immeasurable love the Father has for you. And I hope that you learn skills and more about living God's ways so He truly does become first place in your life and the number one desire of your heart.

This eBook actually started out only as a *Daniel Fast Personal Journal*. But I soon realized that men and women were looking for more than background information about the fast. So I expanded the *Journal* and changed it into a more complete body of information about the fast. You'll find even more resources at the Daniel Fast website at www.Daniel-Fast.com.

I started teaching and writing about the Daniel Fast in 2007 at the prompting of a supernatural experience I had with our Father. One day as I was sitting in my living room I heard the Lord speak to me. It wasn't an audible voice, but rather the voice we hear in our spirits when we know it's the Lord talking to us. Jesus said, "My sheep hear My voice, and I know them, and they follow Me." John 10:27. This was one of those occasions when I heard from the Lord.

He said, "Write about the Daniel Fast."

I had used the Daniel Fast several times. Plus I was an experienced Christian writer, although I had not been in the field for many years. But I knew this was a message from the Lord and I wanted to follow His voice.

One thing led to another . . . and I started a simple blog about the Daniel Fast and wrote the first edition of this book. Later I learned from visitors to my blog that people wanted Daniel Fast recipes, so I wrote a Daniel Fast Cookbook – Version I.

Since 2007 I have taught literally tens of thousands of men, women and teens about the Daniel Fast. When the Lord told me, "Write about the Daniel Fast," I

thought He was giving me a one-time writing assignment. But He knew what was ahead. He was charging me with a ministry that continues to grow and I am now considered by many to be the Daniel Fast expert.

I have communicated with thousands of people from all over the world; I have answered thousands of questions men and women have about the Daniel Fast; my blog has more than five million hits; I've published numerous eBooks to help people experience a successful time of prayer and fasting; and Tyndale House Publishers (one of the leading Christian publishers in the world) published my most comprehensive book about the Daniel Fast – in includes detailed information about the fast, how to prepare for the fast, a collection of Daniel Fast recipes and a 21-day Daniel Fast Daily Devotional. I've also appeared on numerous radio and television broadcasts and continue to teach men, women and teens about the Daniel Fast.

In all of this I have one leading goal: *I want to serve our Lord by serving His people . . . and do that by helping men, women, teens and congregations experience a successful period of prayer and fasting.*

The ministry has grown and as I interact with other Christians, I have learned so much about the Body of Christ today and the challenges we face. There is a growing hunger for a deeper and more profound relationship with God. And as more and more become shaky and unstable in the world, believers are longing for the everlasting and sure security found only in an active and consistent relationship with Christ.

The desire to draw closer to God calls us to His Word. It calls us to learn more about His ways and it calls us to change from our natural nature into the citizens of the kingdom of God. Entering a time of prayer and fasting is a spiritual method that enables us to put our whole selves on alert that we are engaging in deep study and focus. We want to learn what the Word says about challenges we may be facing. We want to hear from the Lord so He can direct our steps and clear our paths.

My research and study about the Daniel Fast caused me to take a closer look at the Book of Daniel and the prophet. There are so many lessons for us in those 12 chapters of Scripture, even though they were written more than 2500 years ago!

As you engage in the Daniel Fast, I encourage you to read The Book of Daniel, perhaps one or two chapters a day. Keep your eye open for Daniel's heart and

character. Pick up on the many encounters he has with the spiritual realm and even some of the lessons we can learn from those experiences. The Book of Daniel is a powerful account of a man devoted to God and a man who left behind a legacy of prophesy and spiritual insights for years to come . . . especially now!

Be blessed as you enter into your time of prayer and fasting!

Susan Gregory
Ellensburg, Washington

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The Daniel Fast – A Whole Body Experience

The Daniel Fast brings health to every part of you! You are a spirit, you have a soul, and you live in a body (1 Thessalonians 5:23). And the Daniel Fast is an excellent tool to bring increase and goodness to all of who you are!

There is a lot of confusion about the makeup of our beings. Yet once understood one is amazed at the clarity in the Scriptures and the ease it brings to living!

Your **spirit** is the inner-most part of you. It is the God-centered essence where Christ abides. Jesus addressed the two parts of us in John 3:5-7, Jesus answered, *"I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again.'" Your mother didn't give birth to your spirit and your father didn't provide the sperm (seed) for your spirit. Only God can give birth to your spirit.*

The **soul** (also called the flesh) is the non-material part of you that was born from your mother and of the seed from your father. Your soul is the seat of our conscience, emotions, intellect and will. Your soul cannot perceive truths from the Spirit of God. Your soul can be transformed to the degree that you renew your mind, change your attitudes, and conform to the Word of God. This should happen, and it's in the process of happening, but it didn't happen automatically when you accepted the truth of Christ into your life.

The **body** is easy to understand. You can see it! It is the physical place where our spirit and soul live.

The Daniel Fast is experienced by all three parts of us and brings health to those parts. As a spiritual exercise, we turn our attention to spiritual truths. In doing so, our spirits become stronger. In Matthew 4:3-4 we read about Jesus being tempted by Satan, *"The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'" Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*

Our spirits are fed from the Word of God. So during the Daniel Fast, many will give extra food to their spirits by increasing the time and attention they give to God's Word.

Meanwhile, it is the soul that will bring up the fight during the Fast. You will experience this fight when you have to make a choice to push through the hunger

pangs and the cravings. It is the soul that will want to manipulate the fast to get what it wants to eat. It is the soul acting out when you want to have "just one little bite of that bread," even though it's against the fasting guidelines . . . after-all, no one is looking!

The choice to push through and "quiet the soul" is your spirit taking precedence over your soul -- or another way of saying it is "living a spirit-led life." One of the primary benefits of the Fast is that your soul gets "put in its place," which is under the control of your spirit. What controls your spirit? God and His Word!

Finally, the body. It will do some kicking and screaming, at first. The body will want the usual amount of food . . . and when it doesn't get it, it will send out hunger pangs to the brain (the soul receives those messages). When your body doesn't get the caffeine it has come so used to, it might send out an alert by way of a headache, a back ache or leg cramps!

But soon, the body too will come into line and benefit from the goodness of the foods in the Daniel Fast. In fact, you might even get some rebellion from our body after the fast when you introduce foods that it has kind of liked doing without!

During the Fast your body will begin working more efficiently as it receives foods more easily digested, lots of refreshing water, and no artificial chemicals!

So the Daniel Fast is a whole-body-experience! It brings health and strength to the spirit, it brings health and control to the soul, and it brings health and good foods to the body!

The Daniel Fast

The concept of a Daniel Fast comes from two accounts of the prophet Daniel fasting, recorded in Daniel 1 and in Daniel 10, plus typical Jewish fasting principles.

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.”*

In this account Daniel and his three friends had been deported to Babylon when Nebuchadnezzar and the Babylonians conquered Judah (2 Kings 24:13-14). The Babylonian Empire had expanded at such a rapid and vast rate that the king needed people with skills and wisdom. That’s why Nebuchadnezzar targeted high quality young men from Judah. Daniel was among the educated and likely upper class in Judah and thus selected for this purpose.

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 king had high expectations for these servants and therefore ordered them to have excellent care. He wanted them to have the exact same diet he enjoyed – food fit for a king. However, 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). They also had made a commitment to not take of wine, so Daniel asked that they only have water to drink.

A second account of Daniel fasting is found in Daniel 10: 2, 3: *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.*

So, the core of the Daniel Fast is abstaining from meat products and eating only fruits and vegetables for a certain period of time. Some people use the Daniel Fast as a dieting method. Some people use the Daniel Fast as a partial fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel Fast. However, fasting is encouraged throughout the Scripture. More and more followers of Christ are choosing the Daniel Fast as their way to enter into this powerful and healthy discipline.

Take a few minutes and read the first chapter of Daniel. You will get a greater understanding of Daniel's devotion, the purpose for which the men were in the king's palace, and the origin of the Daniel Fast.

Fasting for Healing

Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside, our bodies begin to fight it. Doctors, surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

I always recommend that people continue under the care of the “earthly physician while praying to the Great Physician. So please, if you have health issues, it is totally appropriate for you to adjust the fast to meet your needs. However, expect an improvement in your health.

Since 2007 I have received hundreds of testimonies from men and women who have experienced powerful results of healing while on the Daniel Fast. Cholesterol levels are dramatically improved. Those with diabetes experience greatly adjusted blood-sugar levels and can often reduce or eliminate their medication. Those with high blood pressure experience marked improvement in their health. These are just some of the health benefits of the Daniel Fast.

Fasting for Spiritual Enrichment

Most people who chose the Daniel Fast, especially in the January Fast Movement motivated by Reverend Jentezen Franklin of the Free Chapel Church in Gainesville, Georgia, do so for spiritual enrichment. Fasting is growing in popularity among Protestants in North America, a practice that had been “set aside” by most.

Until you have experienced the power of intimacy with God through His Word, prayer, meditation, and fasting . . . you have no idea of the supernatural ways in which the Lord communicates with His own. If you want a rich fasting experience, I encourage you to enter into the fast being well prepared, with purpose and anticipation, and with joy.

Fasting is a powerful experience. It aligns you to encounter God and to let Him enter into your life in a meaningful and very real way. Spiritual fasting can be a life changing experience as you draw closer to the Lord and devote more of yourself to Him.

Prayer and Fasting

Daniel was a man who made a quality and rooted decision to consecrate himself to God. There was no wavering. It was either God's way or no way, even to the point that Daniel found himself in a den of lions because he would put no other before his God.

It was from this devotion that Daniel prayed and fasted. This is really important. Too many people try to mix up this order in their own life and then are disappointed with the fruit of their efforts. "Seek ye first the kingdom of God, THEN . . ." Daniel understood and lived out the order of that exists in the spiritual realm. God first, everything else follows.

I don't know that we understand why prayer and fasting have such power, but Scripture is quick to point out that this practice moves things in the spiritual world. Read Daniel 10 and you will see that Daniel was burdened for his people. Even though the Exile's end had been prophesied, Daniel prayed that it be fulfilled. We see also in this chapter that Daniel's prayers were heard when he first uttered them, but that powers in the heavenlies encountered strongholds that had to be broken.

Was it Daniel's fasting that helped break those strongholds? We can't be completely sure, but the angel said to Daniel, "*Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words.*"

It appears that Daniel set himself in position through humbling to have his prayers heard. What was it that showed Daniel's humility? First it was that his heart was right . . . and then he set out to hear from the Lord through prayer and fasting. He put away any ideas or plans he could have had and put everything before the Lord.

Read Philippians 4:4-8 and you will see another place where prayer has greater power when coupled with other spiritual tools. In verses 6 and 7 we read, "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*"

So what is "supplication?" It is more than petitioning. It is a greater earnestness and focus – not to gain merit or "spiritual brownie points," but rather to fully

transfer the burden of one's soul into God's hands. One way to engage in more earnest prayer is by coupling it with fasting.

Jesus talked of the value of prayer and fasting. You can learn about one instance in the next chapter of this eBook.

By entering into the Daniel Fast, you are committing yourself to an opportunity for great spiritual rewards. Follow the model of Daniel. Put God first. Commit your fast unto the Lord, then let Him lead and direct you as you seek Him and His wisdom.

Prayer for Daniel Fast Preparation

Father, I want to draw closer to You. I want to know You and experience You. In a few days I will start on the Daniel Fast. I ask now that You open my heart. Prepare me. Show me the things You want me to see about myself. Teach me more about You and Your Word. Help me see Your wisdom, Your grace, and Your purpose for my life. Amen.

Prayer of Dedication

Father, I am starting the Daniel Fast today and dedicate this time to You. Your word says that if I will draw near to You, that You will in turn draw near to me. Father, I want to experience You. I want to increase in my relationship with You. I want to learn more about how I can delight in You and submit to You more than ever. I want You to be Lord over all my life. I thank You for bringing me to this very moment . . . and I look forward to being with You each and every day during this consecrated fasting time. Amen.

What did Jesus Teach about Prayer and Fasting

A while back I wrote a long response to one of the visitors to The Daniel Fast blog. I wanted to pass it on, because others may have similar questions about prayer and fasting -- and fear and unbelief.

Hi Justin, Thanks for your question. Before I answer, please understand that I am not a pastor, physician, or theologian. I am a "sold out for Jesus Christian" and from that position offer my thoughts about your question.

I think the best thing we can do above everything else is to seek God. I mean really go after Him. I hope you are spending time in His Word each and every day. You know the saying, "There's power in the Word?" Well, it's true. There is supernatural power in the Word of God but the only way you can access that power is by spending time reading, praying the Scriptures, and studying.

I encourage you to create a "Secret Place," where you meet with the Lord every day. Read Psalm 91 and claim every verse that is in it. Pray through it and ask the Lord to meet you and minister to you. I promise you, He longs for a deep and loving relationship with you.

The writer of Hebrews explains in detail about Jesus being our High Priest. That means He is a minister to us and for us. The High Priest's whole purpose is to be for the people He serves. Jesus wants you whole and completely well.

Now here is the sticking point. Throughout the New Testament, we learn that if we are to receive the abundant blessings the Lord has for us that we need only to believe. We need to totally trust our lives into the hands of God and believe that He will do everything He says in His Word. If you are like most Christians today (and like I was not too long ago) you have a lot of doubt in your heart. Doubt and fear cancel out faith and hope.

So what is the solution? You need to "grow your faith." And how do you do that? "Faith comes by hearing, and hearing by the Word of God." Spend time with God and His Word. Take EVERYTHING to Him in prayer, including any doubt and unbelief you may have.

Entering the Daniel Fast "as unto the Lord" is a perfect way for you to devote yourself to the Father. Keep Him at the forefront of your mind and in all you do. Tell Jesus you want to know Him as Lord and Healer. Don't feel self-

centered about wanting to be healed. Jesus wants you healed. The truth is, He already healed you on the cross . . . just as He provided everlasting life to anyone who will receive Him when He died once for all . . . He also provided healing. "By His stripes we WERE healed." 1 Peter 2:24 Again, it goes back to trust.

I received the Lord's healing after suffering for many years with a chronic disease. It was not an instantaneous healing, but rather one that took place gradually. Why gradual? For me it was because my belief grew gradually. I am now completely healed!

One more thing that might help you as you work through to your healing: read Matthew 17:14-21.

"And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him."

Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."

When Jesus talks about "this kind does not go out except by prayer and fasting," most people think He is referring to the demons in the boy the disciples were praying for. But if you examine the context carefully and compare it to other passages about this same situation along with the whole of Scripture, you will see that Jesus was talking about unbelief. Prayer and fasting is the antidote for doubt and unbelief. So study this scripture, then get a mustard seed . . . you might have some in your spice cabinet. If not, invest a few dollars (spiritual learning aid) and buy a bottle at the store. Jesus says that even with faith the size of a mustard seed . . . that we can move mountains! My guess is that you have faith the size of a mustard seed - but the unbelief is canceling it out.

So, back to the beginning . . . this is a perfect time for you to enter the Daniel Fast.

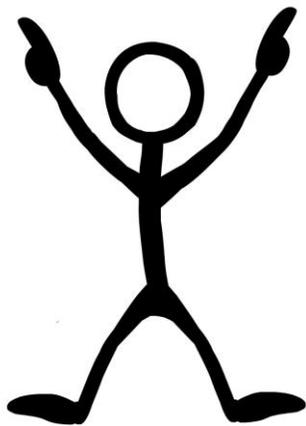
I hope this helps and please feel free to contact me again. I love talking about the Lord!

The Daniel Fast for Spirit, Soul and Body

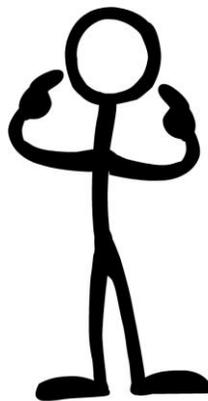
After an in-depth studying of Hebrews, I learned what will likely be one of the most valuable lessons in my spiritual life.

I was reading a book that focused its attention on Hebrews 4:12 in which the writer of Hebrews is teaching about a person's soul and their spirit. As I studied this verse, I was introduced to a formidable word. "Merismos" is the Greek word for "a division or partition." It's the word used in this powerful teaching from Hebrews 4:12: *"For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."*

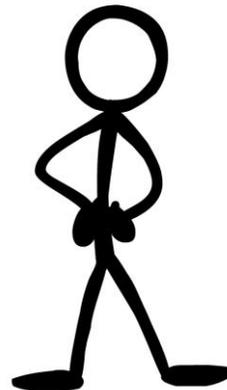
I began learning about how our soul can often behave like an unruly child . . . and as people who want to conform into the image of Christ our spirit needs to take control. As I was doing this study, just to get this truth deeper into my spirit, I drew little stick figures that were the image of "me." As the Word teaches, I am a spirit, I have a soul and I live in a body. So I drew the simple stick figures and titled each one.



Spirit



Soul



Body

As simplistic as this is, this exercise helped me get a deeper understanding of the separation between my spirit and my soul. When I was born-again, it was my spirit that became a new creature in Christ . . . that old soul of mine was the "baggage" that I still carried from the years of training I had received in the world. Christ

calls believes to renew our minds – our souls – so that we can have the mind of Christ.

I realized that way too often my soul was in authority over my spirit rather than the other way around! And this was true even though I had been a Christian for decades. The Bible calls it living with the “carnal mind.” Paul wrote in 1 Corinthians 3:1-3:

“And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?”

Romans 8:6 say, *“For to be carnally minded is death, but to be spiritually minded is life and peace.”* In 2 Corinthians 10:4 we learn, *“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,”* And in Colossians 3:1 we see that, *“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.”*

This was one of those times when God revealed His truth into my spirit. I could see the separation of my spirit and soul – my merismos – as never before. So I made a decision at that moment, over my little stick-figure drawings! From that time forward my spirit would be in control.

This teaching also led me into a much better understanding of what “walking in the spirit” was all about. There are attitudes of the spirit and attitudes of the flesh. When I feel pride, resentment or other “fleshly” emotions arise in me; I quickly can see that it is my flesh “acting out.” I can then get a grip and choose to walk in the spirit.

I looked again at my little stick figures and listed words under Spirit and Soul:

Spirit

Love
Forgiveness
Faith
Selflessness
Humility

Soul

Bitterness, Hate
Resentment
Fear
Jealousy
Pride

This is just a partial list, but I think you can get the idea. Christ calls us to walk according to the spirit and not the flesh. We are to crucify our flesh . . . all those worldly thoughts and emotions, and allow the Holy Spirit to guide us and direct us through our spirit.

I took this exercise another step . . . layering this truth with Deuteronomy 30:19, “I call heaven and earth as witnesses today against you, that I have set before you **life** and **death**, blessing and cursing; therefore **choose life**, that both you and your descendants may live . . .” When I follow the commands of God and living according to the spirit, then I am choosing life. When I allow the flesh to have control, I am choosing death.

Jesus said in Luke 17:21, “The kingdom of God is within you.” I believe living in the kingdom of God is when our born-again spirit opens itself to the Holy Spirit and lives according to the wisdom and truth of God. That’s choosing life . . . and Jesus said, “I am the way, the truth, and the life.” When I submit myself completely to the Lord, I am choosing life . . . I am killing the flesh . . . and my heart is being circumcised for holiness.

Now comes one of the great benefits of fasting – while God honors our fasting and therefore we benefit from a host of spiritual rewards – it also serves as a great way to strengthen our spirits and weaken our flesh. After all, it is the flesh that wants to rebel and quit the fast or give in to a slice of bread. But as we put our spirit in control of the flesh and deny it the food that it craves, we are “putting the soul in its place,” which is in submission to the spirit.

Is my soul going to control my body or is my spirit in control? Is my body not the temple of the Holy Spirit? The choice is clear for me – I want my spirit to be in control of every part of my life.

So you might want to get out a sheet of paper. Write your name at the top and then draw your three little stick figures. Make a decision as you enter this fast, which part of you will be in control of your body. Will it be your spirit or your soul?

Please don’t brush this suggestion off! Take a couple minutes right now and do as I did with the simple drawings. Ask the Holy Spirit to show you your own merismos . . . and then decide how you will walk.

Three Days Before the Fast

You will want to make sure everything is in order before the fast. Three days prior to the fast start date, you will want to decrease your food intake and prepare your heart and mind for this very special time.

1. Decide on a purpose for your fast.
2. Decide on the length of your fast.
3. Consecrate a time and place for daily quiet time with the Lord.
4. Plan 3 or 4 days of meals. Schedule a shopping time.
5. Review your calendar to see if you need to make any alterations.
6. Gather your quiet time prayer and study tools.
7. Begin praying whenever you think about the fast, asking the Holy Spirit to lead and direct you as you enter this spiritual experience.

The Daniel Fast Food List

After answering hundreds of questions about the Daniel Fast, I am updating the food guidelines. My hope is that it will serve as a more complete list. The original list used by many people was issued in a book about fasting. I know the author tried to do the best he could, but that isn't the same as getting hundreds of questions seeking clarification. So here is the new list that I hope helps.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be **free of all sweeteners and free of all chemicals**. 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, 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: 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 foods 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!**

Plan Your Fast?

Your Purpose: One of the first things you will want to do is decide your purpose for fasting. Do you have a specific need that you want to present to the Lord and gain His wisdom and direction? Do you have a health issue that you want healed? Is there a social issue to which you want to focus your prayers, such as evangelization of the next generation, the war in Iraq, or AIDS in Africa? Perhaps you want to draw closer to God and move into new habits of devotion and prayer during your fast. This is the time to prayerfully consider your purpose for the fast.

How Long: You also will want to decide on the length of your fast. Most of those entering into the fast in January will commit to the 21-day fast. That's primarily because it's a corporate fast with literally tens of thousands of men and women joining in the movement. Jenzten Franklin reported that The Free Chapel Church received more than 7 million hits on their website last year from people interested in the January Fast.

The length of your fast is again a decision you will want to reach through prayer. The Lord will lead you into a good decision. Also, you may choose a 3- or 7-day fast and then decide to go longer. The main thing is to make a decision before you start the fast.

Prayer Time: You will also want to set aside – consecrate – a daily time for prayer. This is when you will use your *Daniel Fast Journal* along with your Bible and any other aids you might find useful. Again, plan this time before you enter the fast. Integrate your prayer tools with your purpose of the fast for a rich and rewarding time. You also might want a candle or other items.

Designate a place where interruptions are limited and you can be quiet before the Lord. You also might want to make it a private place where you can speak out to the Father and pray aloud. Again, make a plan as you prepare for your fast.

Look Sharp: Remember the very specific instructions Jesus gave about fasting: *“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”* **Matthew 6:16-18**

He gives similar instruction regarding prayer in Matthew 6:6, “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

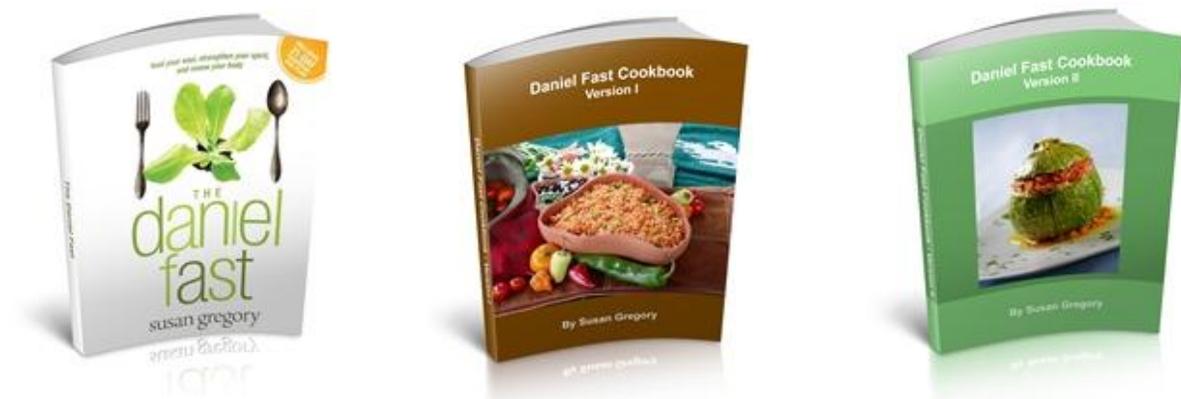
So during your fast, don’t draw attention to yourself. Instead, practice walking in the spirit with wisdom and love. Be bright, uplifted and joyous. Let others see the light of Christ in you through your words and deeds. This is a special time of spiritual development and enrichment.

Plan Your Meals

Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order during the Daniel Fast, rather than “chowing down” on foods as long as they’re on the acceptable food list. You may experience some hunger, and that’s okay. You may be a little bored by the meals and again, that’s okay. Remember, this is a partial fast so there will be some “denying of the flesh” involved.

With that in mind, you will want to plan your meals at least a few days in advance as you prepare for a successful fast. You can find many recipes for simple meals on The Daniel Fast Blog and other resources. Just keep the food list in mind, the purpose of your fast, and your fasting experience. You want to be successful . . . so don’t deny yourself of too much food for too long if you have never fasted before.

Use the form at the back of this eBook to plan several meals. You might want to use a pencil so you can make changes easily. You will find sample menus in this Journal and on The Daniel Fast weblog.



Daniel Fast Sample Menus

Following are some ideas for menus that you can use during your Fast:

Breakfast

Sliced fruit
Hot whole-grain cereal with raisins and nuts
Juice

Lunch

Hearty Layered Salad

Greek Vegetable Stew

Dinner

Vegetarian Chili
Green Salad with dressing

Lentil Soup
Green Salad with dressing

Snacks

Sliced vegetables with hummus
Sliced vegetables with white bean dip
Raw almonds or other nuts
Sliced fruit



Daniel Fast Recipes

Vegetarian Chili

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 (14 $\frac{1}{2}$ ounce) cans tomatoes (juice and all)
- 2 (14 $\frac{1}{2}$ ounce) cans pinto beans (juice and all)
- 2 (14 $\frac{1}{2}$ ounce) cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 6 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.

Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings

I featured this recipe in my book titled *Out of the Rat Race* published in 1994 by Servant Publications.

Lentil Soup

- 2 tablespoons olive oil, plus extra for drizzling
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, chopped
- Salt and freshly ground black pepper
- 1 (14 ½ ounce) can diced tomatoes
- 1 pound lentils (approximately 1 1/4 cups)
- ⅔ cup pearl barley
- 11 cups vegetable broth (can substitute water)
- 4-6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes.

Season with salt and pepper, to taste.

Ladle the soup into bowls, drizzle with olive oil and serve.

Six Servings

Greek Vegetable Stew

- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

Lightly brown onions in a hot dry skillet in 2 Tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

Eight servings.

Recipe from: A Taste of Tradition, the Friends of St. Mary's Russian Orthodox Church, Coaldale, PA

Hearty Layered Salad

- 6 cups mixed salad greens
- 1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 1 cup thinly sliced red onion, separated into rings
- 1 green pepper, diced
- ½ cup chopped walnuts, toasted

Dressing:

- 1 large ripe avocado, peeled and sliced
- 1 cup silken tofu
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

In a large glass bowl, layer the first eight ingredients. In a blender, combine the dressing ingredients; cover and process until smooth. Serve with the salad.

Serves six

Salad Dressings

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

Lemon Olive Oil Dressing

- 1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
- 3/4 cup olive oil (or sometimes I mix canola and olive)
- 1-2 tablespoons tamari soy sauce
- 2 large cloves garlic, crushed
- Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

Tofu Mayonnaise

- 4 ounces tofu
- 1/3 cup olive oil
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon grated lemon rind
- Salt and pepper -- to taste

Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Serving Size: Just under 1 cup of finished mayo

White Bean Dip

This is a great dip for vegetables. It's a lot like hummus. You can also substitute the mint and thyme with chopped rosemary for a totally different flavor. Consider adding lemon zest. Use the beans, garlic and oil as a base, and then experiment.

- 1 (14 ounces) can cannellini beans, rinsed and drained
- 1 clove garlic
- 1 ½ tablespoons extra-virgin olive oil
- 4 sprigs fresh mint leaves
- 6 sprigs fresh thyme leaves, stripped from stem
- Coarse salt and black pepper

Mix all ingredients in food processor. Serve with sliced vegetables including carrots, celery, cucumbers, and red and green peppers

Makes about 2 cups

Prayers, Meditation, and Study Tools

You will want to gather some study helps so that you are prepared for our Fast. Here are a few ideas that may trigger some ideas.

1. Read the Book of Daniel. It's full of devotion for the Lord, prophesy for the future, and life lessons for today.
2. Faith Study. Use a concordance and look up scriptures that include the word "faith." Choose a verse or passage and meditate on it, allowing the Holy Spirit to teach you. Then spend a few minutes writing in your Journal.
3. Conduct a Google search using this phrase: **Andrew Murray public domain** then select one of the books to use as a study. A great work is *Absolute Surrender* which would serve as a powerful study for your fasting experience.
4. Each day, write a short note to a friend, family member or whoever the Lord brings to your mind. This doesn't have to be a long note, but just a few words of friendship and appreciation.
5. Do an in-depth study on forgiveness and work through some of the wounds that may still cause pain in your life. Use this fasting period to purify your heart of bitterness, pain, anger, and resentment that you may have. R.T. Kendall has two excellent books on Total Forgiveness. One centers on forgiving others and the second book is on forgiving yourself.
6. Go to The Daniel Fast weblog where more devotional ideas are posted.

Jesus gives us salvation . . . but He wants us to move on to transformation! This Daniel Fast can be a transforming time for you! The Lord rewards those who diligently seek Him! Give your attention and time to the Lord and He will reward you!

How to Use the Daniel Fast Personal Journal

The purpose of this Daniel Fast Journal is to provide a tool for you to use during your fast. My hope is that you will experience great spiritual growth and development . . . and answers to your prayers. But most of all I hope you draw closer to God than you ever have before and that you experience His presence. The Lord longs for His people to develop deep, intimate relationships with Him. A fast is a biblically supported and God ordained way to come into communion with the Lord.

The first many pages of this document are for our preparation of the fast. I hope you find the information useful and handy as you walk through these days of spiritual discipline. This information is not exhaustive; however I have tried to provide that kind of very thorough and detailed information on The Daniel Fast Blog. Please visit the site frequently since I add to it almost every day.

The last pages of this document are the actual Daniel Fast Journal. You might find it most helpful to keep the pages in a 3-ring binder or a file folder. You will want to keep them together and easily accessible for your daily quiet time. Take a look at one of the pages and you will see that you can use it to log several details of your fast including the fast day, the date, your food intake for every meal, and snack times, and your weight if you want to track that. You can also “check off” the number of glasses of water you drink.

The most important part of each page is the place for personal thoughts and reflections. This is where you can record your experience, note prayers or answered prayer, document revelations that the Lord gives you and even your emotions as you walk through the fast days.

If you don't already have a daily quiet time, I hope using this Journal will serve as catalyst to developing a new habit in your spiritual walk. My daily quiet time has revolutionized my walk with the Lord. The supernatural power of God will meet you, if you give Him the time and place in your life!

I encourage you to save these your Personal Journal pages so that you can look back at them in the future, perhaps the next time your fast or when you realize God has manifested one of your prayer requests.

Other Resources

You might want to study more about fasting by reading some of the resources that are available or watching some of the television broadcasts that will focus on the January Fasting Movement.

You can also find updated links and resources on The Daniel Fast Blog.

The Daniel Fast website: <http://Daniel-Fast.com>

The Daniel Fast Blog: <http://DanielFast.WordPress.com>

Jentezen Franklin Ministries: www.JentezenFranklin.org

The Fasting Movement: www.TheFastingMovement.com

Your Daniel Fast Weekly Meal Planning Worksheet

Monday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Tuesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Wednesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Thursday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Friday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Saturday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Sunday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Shopping List

<input type="checkbox"/>	<input type="checkbox"/>

Notes/Reminders:

Christmas Offer