



What is Fasting?

Fasting is a believer's voluntary abstinence from food or some choice food to serve a definite spiritual purpose.

Why Fast?

1. **To spend an in depth communion with God** - Moses spent 40 days and 40 nights without eating bread or drinking water. He was with God during this time writing down the 10 commandments. (Exodus 35:28)
2. **To intercede for one's self and significant others** - Daniel fasted for 3 weeks so he can present his request to God on behalf of his nation and to confess his sin, and the sin of his people, Israel. (Daniel 9:20-23)
3. **To seek God's supernatural favour, deliverance, and protection for families and nations** - Queen Esther and the Jews abstained from any food and drink for 3 days and 3 nights to ask God to stop the total annihilation of the Jews. (Esther 4:15-16). Queen Esther's life was spared and that of her nation.
4. **To avail of super abundant grace in times of temptation and major transition in life** - Jesus fasted for 40 days to prepare for His public ministry. (Luke 4:2) The devil tried to tempt Him but he did not prevail!
5. **To cast Satan and his allies out of our domain** - Jesus' disciples tried to cast out the evil spirit from a boy's body but they couldn't and wondered why. Jesus said they can, only if they have faith, fast, and pray. (Matthew 17:21)
6. **To receive healing and restoration** - Paul fasted for 3 days while waiting to regain his eyesight. (Acts 9:9) Paul not only received his eyesight but also grace for mighty manifestations of God's power in his ministries.
7. **To open our spirit to specific instruction from God** - The church leaders in Antioch received a specific instruction from the Holy Spirit to set apart Barnabas and Saul for ministry. The Holy Spirit spoke whilst they were together in corporate worship and fasting. (Acts 13:1-3)

I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.
DANIEL 10:3 (KJV)

What is the Daniel Fast?

The Daniel Fast is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein.

Fasting Benefits

When you fast and pray — two words that go hand-in-hand in scripture — *you pursue God in your life and open yourself up to experiencing a renewed dependence on God*, but it isn't easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation. Below are just some of the incredible benefits of fasting.

“This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.” - Isaiah 58:6

Spiritual

- Brings you closer to God
- Makes you more sensitive to God's voice
- Helps break bad habits/addictions
- Shows us our weakness and allows us to rely on God's strength

Mental & Emotional

- Relieves anxiety and nervousness
- Can increase peace
- Clear your mind of negative thoughts and feelings
- Can help heal relationships in your life
- Helps increase your ability to trust God

Physical

- Breaks addiction to sugar
- Clears out toxins that can make you feel sluggish or depressed
- Supports the body's detoxification
- Promotes healthy weight loss
- Promotes healthy energy levels
- Improves skin health
- Promotes healthy digestion and elimination
- Supports healthy inflammation response and promotes joint comfort
- Promotes healthy hormonal balance

How to begin the Daniel Fast?

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord.

1. Start with a clear personal goal of why you are fasting. Be specific. Do you need direction, healing, restoration of marriage or resolution of family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance.
2. Pray daily and read the Bible.
3. Prepare spiritually by confessing your sins to God.
4. Ask the Holy Spirit to reveal areas of weakness.
5. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).
6. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Practical Tips

1. **Seek medical advise.** If you have health concerns, please consult your doctor prior to fasting.
2. **Prepare your pantry.** Shop for everything you need the day before the fast. You are most likely to succeed if you have your Daniel Fast food ready on your first day.
3. **Read the label** when purchasing packaged, canned, or bottled foods. They should be free from sugar, preservatives, additives, and chemicals.
4. **The focus is not on 'Not Eating Food', the focus is on 'Spending Time With God'.** Find a quiet place with NO DISTRACTIONS. Turn off your mobile phone, gadgets, and keep away from the TV while on your fast.

5. **The first few days can be a challenge** as you may experience some side effects, ie: light headaches, hunger pangs, or slight weakness. Pray and lean in.

Minimise side effects by taking:

Vitamin C – an antioxidant that supports detox and can eliminate mild headaches.

Lemon – Lemon supports liver cleansing and is also refreshing to your mouth. Add lemon juice to salad dressings and include lemon slices in your water.

Water – Drink plenty of water to flush your body and reduce the physical feelings of hunger.

Meanwhile, the withdrawal and detoxification symptoms should pass in a few days. Even your level of hunger will subside after your body becomes more accustomed to few calories.

FOODS TO ENJOY

FOODS TO AVOID

FRUITS	VEGETABLES
LIQUIDS	ORGANIC LEGUMES
WATER, 100% FRUIT & VEGETABLE JUICES (NO SUGAR ADDED), HERBAL CAFFEINE-FREE TEA, NUT/NON-DAIRY MILK	BLACK BEANS, BLACK-EYED PEAS, KIDNEY BEANS, LENTILS, MUNG BEANS, PINTO BEANS, SPLIT PEAS
NUTS & SEEDS	WHOLE GRAINS
ALL NUTS, PUMPKIN SEEDS, FLAXSEED, CHIA SEEDS	AMARANTH, BARLEY, BROWN RICE, QUINOA, MILLET, OATS
OTHERS	
TOFU, SOY PRODUCTS, BALSAMIC VINEGAR, APPLE CIDER VINEGAR, SEASONINGS, SALT, HERBS, AND SPICES	

ALL TYPES OF SWEETENERS (HONEY, RAW SUGAR, SYRUPS, ARTIFICIAL SWEETENERS), LEAVENED BREAD, DAIRY PRODUCTS, PROCESSED AND REFINED FOODS (WHITE RICE, WHITE FLOUR, FOODS WITH ARTIFICIAL PRESERVATIVES), DEEP FRIED FOODS (POTATO CHIPS, FRIES), SOLID FATS (BUTTER, MARGARINE), WHITE VINEGAR, CAFFEINATED DRINKS (ENERGY DRINKS, COFFEE, & TEA), ALCOHOLIC AND CARBONATED DRINKS, OILS, MEAT AND OTHER ANIMAL BYPRODUCTS

FAQs

- What about prepared foods?** Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.
- What about pasta?** Make sure the label says whole grain pasta with no additives (watch out for sugar).
- I know it says raw, unsalted nuts, but what about roasted nuts?** The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch. Just make sure you get plain roasted, unsalted nuts with no sugar and/or preservatives.
- How do I get enough protein in my diet while on the fast?** Almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu are protein-rich food that are allowed on the Daniel Fast.
- What kind of peanut butter is allowed?** Natural peanut butter with no additives; watch out for sugars including molasses.
- What about salad dressing?** Olive oil and lemon or lime are an option.
- What about bread?** The bread should be prepared without yeast.