




# Daniel Fast Guide



*Fasting does not gain us any merit with God but it is a weapon that gains ground for the Kingdom.*

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting...

Daniel 9:3

## THE PURPOSE

The purpose of this Daniel fast is to add spiritual firepower to our ENOUGH prayer event, increasing the impact and power of our prayers.

## WHAT IS A DANIEL FAST?

It involves eating only simple foods such as fruits, vegetables and pulses, avoiding sweets and meats. See p10-11 for details.

In the bible Daniel fasted in this way for 10 or 21 days, but we are suggesting a much shorter fast (2, 5 or 10 days) to help us all learn and grow together in the helpful discipline.

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## WHY THE DANIEL FAST?

Daniel's fight against spiritual forces was aided by his prayer with fasting. Through it he had a deep encounter with God and thrived in a time of adversity.

## THREE REASONS TO TAKE PART:

- 1 It will help us pray beyond the Enough evening
- 2 We will encounter God
- 3 In this time of adversity it will help us thrive.

## HOW LONG?

You can choose. We are suggesting 2, 5 or 10 days. If you are new to fasting, start small. Ask the Holy Spirit to guide you. Rely on God's strength and His word.



## GROWING TOGETHER

Share the fast along with others in your church e.g, small group. Then you can encourage each other and pray together through the time of fasting.

## GET PREPARED

To make the most of your fast you will need to plan some ways to pray and draw near to God. Keep the meal preparation simple and use the extra time to pray. You could also pray around the meal table as you eat.

## OTHER OPTIONS

As an alternative you could fast from sweet food, social media, coffee etc. Something that will be a sacrifice for you and point you to God.

## FOODS TO INCLUDE

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**All fruits.** These can be fresh, frozen, dried, juiced or canned.



**All vegetables.** These can be fresh, frozen, dried, juiced or canned. 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 including 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.

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## FOODS TO AVOID

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**WARNING:** TO AVOID WITHDRAWAL FROM CAFFEINE, SLOWLY REDUCE YOUR INTAKE IN THE RUN UP TO THE 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, date honey, agave, stevia 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!**

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