

GUIDELINES FOR DANIEL FAST

During the Daniel Fast, eat 3-4 small, well-balanced meals each day using the following Suggested Food Guidelines. If you are used to drinking a lot of coffee, tea and other caffeinated beverages, you may experience a headache, a common withdrawal symptom. This should gradually diminish after the first few days.

SUGGESTED FOOD GUIDELINES FOR THE DANIEL FAST

FOODS	EAT	AVOID
FRUITS	All	None
BREADS	Bread/crackers made with rye, whole wheat, rice, and oat or bran flour.	Bread/crackers made with processed white flour.
VEGETABLES	All	None
MEATS/SEAFOOD/POULTRY	Seafood, poultry	Beef, lamb, pork.
DAIRY PRODUCTS	All	None
BEVERAGES	Water, milk, fruit juices, herbal and decaffeinated teas, decaffeinated coffee, water.	Caffeinated beverages, carbonated beverages.
DESSERTS	None	Candy, cakes, cookies, pies, ice cream ice milk, sherbet, etc.
SEASONINGS	Olive oil, butter, herbs, lemon juice, vinegar, brown sugar, honey.	Ham hocks, pork bacon, salt pork, meat drippings, margarine, white sugar, artificial sweeteners.
MISCELLANEOUS	Pastas, rice, noodles, Popcorn, potatoes	<u>All fried foods</u> , Junk food, potato chips, pretzels, etc.

Do not let your outward appearance or behavior indicate you are fasting. Remember, this is a personal commitment between you and God. Continue to dress appropriately, as a Christian should, and as your setting dictates. On occasion you may be placed in a business or social setting where it is necessary to eat a little rather than call attention to yourself by not eating. If this happens, avoid red meat, try to stick to

simple foods and skip dessert. However, since many people in society are already dieting (or so it seems), your omission of dessert and high calorie foods may not even be noticed.

If you happen to inadvertently eat something on the "Avoid" list, don't be discouraged and **do not quit** the fast. Ask the Lord to help you, realizing you will need more of His strength to make it the remainder of the 40 days.

Frequently Asked Questions and Answers Regarding Fasting

- **Is fasting for everyone?**

Fasting is beneficial for anyone who desires to draw closer to Christ. Every Christian should do some sort of fast at least once a month. The Apostle Paul fasted often.

- **What if I don't feel called to fasting?**

Fasting is a spiritual discipline, just like prayer and reading the Bible. It is not something we are always called to do, rather we choose to obey Christ and sacrifice some of the pleasures of this life in order to please God. Fasting trains, us in self-control and produces fruits of peace and righteousness.

- **Why is fasting so important?**

It reduces our appetite for carnal pleasures and creates a hunger for God's treasures. We are commanded to walk in the Spirit so we won't fulfill the desires of the flesh. Fasting helps us to resist the flesh and walk upright before the Lord - to live a life which is pleasing to Him.

- **What should I do while fasting?**

Spend as much time with Jesus as possible. This is how we become more and more like Him. Read your Bible, read and pray, worship with song and thanksgiving, be silent and listen. Silent reverence with repentance is powerful!

- **Should I fast if I have dietary restrictions or am on medication?**

You should seek the Lord and consult your physician if you have any concerns. Medical science has known for some time that our bodies purge toxins while we fast. Chapter 58 of Isaiah mentions healing as one of the many benefits of fasting. However, use discretion when doing a food fast and consider an alternate fast if you are medically restricted in any way.

- **Why do I get headaches when I try to fast?**

Your body is purging toxins which have accumulated from years of a poor diet, prescription drugs and bad habits. Headaches are one of the results of this cleansing process (usually on the second day).

Prepare your system prior to a fast by eating healthier. Avoid red meat, sugar, caffeine and bread. Eat lots of fruit and vegetables three or four days before going on a fast of more than one day.

- **How will I benefit from fasting?**

The benefits of fasting are many for those who continue faithfully in this discipline. Here are just a few.

1. A significant increase of understanding and revelation from the Word of God.
2. Addictions and strongholds are broken--permanent changes take place.
3. Recognition of sinful attitudes or conditions of your heart that you haven't noticed before.
4. Decrease of self-indulgence and self-righteousness.
5. An increase of faith; Fear and doubt diminish because of confidence in God rather than your flesh.

6. Supernatural release from bitterness and an ability to forgive others.
 7. A much greater sensitivity to God's presence.
 8. The ability to hear God is greatly enhanced.
 9. You increasingly become more like Jesus with a notable increase of love, humility and wisdom.
- **Will all of my prayers be granted if I fast and pray the right way?**
Not necessarily. Fasting and praying does not force God to do something He otherwise would not do. However, there is no wasted time or energy when seeking God through fasting, prayer and worship. He will change You! He will soften your heart and give you a healthy perspective of your circumstances and relationships.