

Guidelines for a Daniel Fast

Foods we may eat:

Whole Grains: brown rice, oats, barley

Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas.

Fruits: apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, oats, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini

Seeds, Nuts, Sprouts

Liquids: Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetables Juices

Foods to Avoid on The Daniel Fast:

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour & All Products Using It

Margarine, Shortening, High Fat Products

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What Is a Daniel Fast?



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The concept of a Daniel Fast comes from 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



A Daniel fast consists of eating only vegetables, fruits, grains and water.

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.”

At the end of ten days “their appearance seemed better” (Dan.1:15a) so the guard continued the fast for them and God gave them knowledge and intelligence in every branch of literature and wisdom! (Dan. 1:17) Then they were presented to the king who found them ten times better than all the king’s men.” (Dan. 1:20)

The background of the “Daniel Fast” is that Daniel and his three friends had been “deported” to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). 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 eating habits of the Babylonians were not in complete agreement with 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).

Recommended Reading: [A Hunger For God](#) by John Piper.

Information taken from www.gotquestions.org/Daniel-fast.html

Scriptures to Meditate On During Fast:

Week 1: Consecration of the Body

1 Corinthians 3:16-17
1 Corinthians 6:12-15
1 Corinthians 6:19-20
2 Corinthians 6:14-7:1
Romans 12:1
Romans 6:12-14
1 Peter 2:5

Week 2: Changing of the Mind

Romans 12:2
Isaiah 26:3-4
Philippians 2:5
Philippians 4:6-9
Matthew 22:37
Romans 8:5-8
Colossians 3:2-4

Week 3: Circumcision of the Heart

Deuteronomy 30:6
Deuteronomy 10:16
Jeremiah 4:3-5
Jeremiah 32:39
Ezekiel 11:19-21
Ezekiel 36:26-30
Matthew 22:37

Basic Fat-Burning Soup

6 Lg. Green Onions (scallions)
2 Green Peppers
1 Bunch of Celery
1 Pkg. Lipton Onion Soup
1 or 2 Lg. Cans Tomatoes
1 Lg. Head Cabbage

Season with salt, pepper, curry, parsley, etc., if desired, or six bouillon cubes. Half of this recipe was used by two people for four days. We kept it continually hot in a crock pot.

Cut vegetables in small to medium pieces and cover with water. Boil for ten minutes. Reduce to simmer and continue cooking until vegetables are tender.