Getting ready for the Daniel Fast:

Preparing for the Daniel Fast is important. Of course, you will want to get all the menus planned, the recipes gathered, and the food purchased. Get ready for the fast by seeking the Lord. Ask the Lord to show you His purpose for you during the fast. Are there issues that trouble you? Does the Lord want you to trust Him more? Is there a cause for which He is calling you to pray? Make this fast unto the Lord. Then He will reward you and you will discover the power and purpose of spiritual fasting!

Accountability & Support:

You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. You may want to form a group and meet occasionally or talk by phone. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy.

Plan to participate in:
• Wednesday night Prayer Meeting 7:30pm
• Sabbath Bible Study and Vespers 3:00-4:30 pm

Daily Daniel Fast Prayer Line & Support at 7am.
Call 712-775-7100 Passcode: 41398#

Your body might resist:

Your body may do some kicking’ and screaming’ during the first few days! So don’t be alarmed if you experience light headaches, hunger pains, or slight weakness. Your body might release an “unpleasant aroma,” both through the pores and your breath.

However, if you experience anything more severe, you will want to contact your health professional as it may be from another cause.

Remember, unless you already eat a healthy diet with little or no caffeine or other addicting substances, your body will experience a certain level of withdrawal and detoxification. There are a few things you can do to minimize the side effects.

Vitamin C - an antioxidant that supports detox. It may also help to decrease some of the side effects of the Fast, such as 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 some of your water.

Dry Skin - Using a body brush in the shower will help eliminate the dry flakes and actually promote blood flow.

Water - Keeping well-hydrated has many benefits including flushing your body and reducing 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 and less food consumption.
Theme of the Fast:

Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. It is necessary to increase your prayer life during this time. Study the Scriptures with a new intensity. When the fast is over, you should have a new spiritual strength from overcoming the cravings that usually control your life and from dedicating yourself to God. Pray 3 times a day!

What is the Daniel Fast?

The concept of the 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”.

Daniel 10:2-3

A Daniel Fast is eating only fruits and vegetables for a certain amount of time, abstaining from all meat products. We seek wisdom, understanding, and victory over concerns with Prayer and the Daniel Fast for 3 weeks (21 days) at the beginning of the year.

Weekly Theme Emphasis

Week 1: A Healthier Me and A Closer Walk With Thee
John 1:2

Week 2: Guidance For Hard Things
Mark 9:23

Week 3: Victory In Jesus; Who Am I In Christ!
Philippians 1:26

What can I eat during the Fast?

Foods You 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, Limes, Mangos, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, 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.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetables Juices. You may drink protein drinks if they do not include dairy products or other ingredients on the “Foods to Avoid” list.
- Others: Seeds, Nuts, Sprouts

What can I NOT eat during the Fast?

Foods to Avoid:

- All refined or Processed Food Products
- All Animal Products (Meat, Dairy, Fish, etc.)
- Meat (Beef, Poultry, Lamb, etc.)
- Bread and Other Baked Goods
- Dairy Products, Includes Eggs, Milk, Cream, etc.
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

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