



THE DANIEL FAST

Daniel 1: 8, 12, 13, 15,

Who qualifies for the Daniel fast?

Nursing mothers and pregnant women

Those who have to take medication with food medical reasons (sickness and disease)

Those whose bodies are physically weak

Those who are recovering from surgery or a major physical attack

Foods to eat:

Broiled or baked poultry, fish, pork or lamb

Steamed or raw vegetables

Boiled, steamed or baked potatoes

Water or water with lemon

Foods to avoid:

Beef (it is harsher on the digestive system)

Spicy food

Food that includes heavy creams or sauces

Coffee, tea, sodas (anything that contains caffeine)

No snacking between meals

Absolutely no junk foods (ex. potato chips, candy, popcorn, desserts that contain sugar)

No white or brown sugar or sugar substitutes

Purpose at the beginning of the fast what foods you are going to eat during the fast. It is a good idea to plan your exact menu in advance. Do your food shopping before the fast so you won't be tempted to deviate from your menu.

Schedule the time you will eat your meals before the fast (breakfast, lunch, dinner or just lunch or dinner). You decide before the fast, and stick to it! Remember, no food between meals and no seconds or extra servings.

REMEMBER!

The purpose of the Daniel fast is to eat just enough to sustain your physical body. This is a time to quiet down your flesh so you can hear from God. God will honor your faithfulness and heartfelt desire to seek Him. Don't allow the devil to rob you out of your reward for this fast, by causing you to think that you are not really fasting. Believe me, he will tempt you just as much as if you were on a total fast. You can do it!