



SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

According to the Bible, there are three duties of every Christian: give, pray, and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

Are you in need of healing or a miracle?

Do you need the tender touch of God in your life?

Is there a dream inside you that only He can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate, and powerful relationship with the Lord?

Are you ready to have heightened sensitivity to the desires of God?

Do you need to break away from bondages that have been holding you hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

NOTES



There are certain foods and drinks that are suggested for a ***Daniel Fast***. As there are certain foods and drinks to avoid. Please review this list and try to grocery shop for foods suggested prior to your fasting. It is recommended to wean yourself off sugar and caffeine a few days prior to your fast, to alleviate withdraws and headaches. It is very important that you drink plenty of water daily. Finally, be sure to consult physician prior to fasting for approval. The Daniel Fast Food List

When you consider a food item, look at the ingredient list included on the label. It is usually near or under the nutritional information. The acceptable foods must be sweetener-free, chemical-free, and consistent with the food lists below.

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains. These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla.

All nuts and seeds. These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

All legumes. These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

All quality oils. These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame.

Water. Distilled water, filtered water, spring water, or other pure waters.

Soy foods. These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

Condiments and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, mayonnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

FOODS TO EXCLUDE

Exclude all meat and animal products such as beef, lamb, pork, poultry, and fish.

Exclude all dairy products such as milk, cheese, cream, butter, and eggs.

Exclude all sweeteners such as sugar, raw sugar, honey, syrups, molasses, and cane juice.

Exclude all leavened bread such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.

Exclude all refined and processed food products that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.

Exclude all deep-fried foods such as potato chips, French fries, corn chips.

Exclude all solid fats such as shortening, margarine, lard, and foods high in fat.

Exclude all non-water beverages such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** to know all the ingredients included in prepared foods!

STOCKING YOUR PANTRY

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.

Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges.

Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions),

yellow onions, tomatoes.

Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables, apple juice concentrate.

Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Dried fruit: Raisins, apricots, dates.

Miscellaneous: Peanut butter, rice cakes, walnuts, almonds, soy milk.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes.

Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up metabolism.



Daily Corporate Prayer Focus - Bishop Larry Mack

“BREAKTHROUGH!”

1 Chronicles 14:8 -17

- FAITH
- FAMILY
- FINANCE
- FAVOR
- FUN

