

DANIEL FAST 2022

Fountain of Life Outreach Church

First, we're delighted that you've decided to join with our church body to fast during these 21 days. The 21-Day Fast is the most popular, primarily because that is the model set out by Daniel in [Chapter 10:2, 3](#) – “*In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.*”

No Pleasant Food: This would include breads, sugars and sweet foods.

No Meat: All animal products are restricted on the Daniel Fast. That includes meat, poultry, fish, and dairy products (milk, eggs, cheese, butter, etc.)

No Wine: This restriction, coupled with previous fasts where Daniel drank only water (which is typical for biblical fasting), is where today’s Daniel Fast finds its roots for water only. Fruit and vegetable juices are acceptable.

Corporate Prayer Times

[F.O.L.O.C. Prayer line: 646-749-3122](#) [Access Code 663338717#](#)

January 9-19, 2022 6-6:45 a.m. (10-day fast)

January 9-29, 2022 6-6:45 a.m. (21-day fast)

Make a commitment to be at the scheduled Corporate Prayer Meetings.

PREPARATION FOR FASTING:

1. Pray. Spiritual fasting is first directed toward God! You want all your fasting to be God-centered. See [Isaiah 58](#).

2. Prepare. Begin to prepare your heart. Continue to seek God’s direction as you fast corporately with the church body and adopt the focus. The focus is to dedicate ourselves unto the Lord and to refrain from negative thinking, speaking and opinions regarding self and others, so that we may be more receptive the plan God has for our lives and for this ministry. Is there a specific trial and you need a breakthrough? Decide your purpose and then begin preparing your heart.

3. Sanctify Yourself: To “sanctify” is to set apart. Daniel sanctified himself unto the Lord and therefore did not eat the rich foods or those offered to the Babylonian gods. As you enter into the Daniel Fast, you also can sanctify yourself and your fast unto the Lord. Make a commitment and set yourself apart for your fast period to diligently seek the Lord and experience His presence as never before.

4. Sanctify the Time. Keep in mind at all times in your fast that this is “unto the Lord.” Set aside time every day to pray, study God’s Word, and to be quiet before our Lord. He wants to meet with you! He wants to demonstrate His deep and abiding love for you. If this is new to you, be patient with yourself and keep at it! Sanctify a time every day to meet with the Lord.

5. Journal Writing (Optional). Writing about your experience will add a richness and depth to your fast that is hard to get any other way, especially if you don’t fast frequently. You can also record your personal insights each day as you walk through the fast. What are you experiencing? What is the Lord teaching you? You will be surprised as the way the Lord will minister to you during this precious time of fasting.

6. Stay Present with the Lord: Use this Daniel Fast as a time to increase your focus on the Lord. Obviously, you won’t be able to pray every minute. But take time to ask the Lord to keep you in the right place at the right time. Keep your heart “stayed on Him.” Keep Him present with you as you interact with family members, friends, work associates, and other believers. Pray more often about even simple tasks and encounters. Increase your awareness in the Lord and that He is ever present with you.

7. Press On: There will be times on the Fast that your body and soul will kick and scream and your spirit needs to take charge! There will be times when you will need to alter your plans or make special provision so that you can remain in the Fast. This is all very normal and all part of the fasting experience. So what do you do? Press on! Succeeding in the fast by pressing on in the hard times will strengthen your character and your spiritual muscle.

8. Completion: In not too many days you will complete the Daniel Fast. You will want to reflect on your experience and notice your spiritual growth. What did you see of God while you fasted? What did He see of you? What did you learn? Are there things that came up that you know you need to address even now? Make sure to take time to reflect and take hold of the lessons learned and the blessings gained. The Bible says, “God rewards those who diligently seek Him.” Hopefully, you have had a successful and spiritually maturing fast and know of His rewards.

POSSIBLE SIDE EFFECTS:

While the Daniel Fast will certainly benefit you physically, your body may do some kickin’ and screamin’ during the first few days! So don’t be alarmed if you experience light headaches, hunger pangs, or slight weakness. Your body might release an “unpleasant aroma,” both through the pores and your breath.

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.

Fasting Guidelines

The fast is a spiritual discipline designed to better connect us with God. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you have any condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days.

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

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

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, red potatoes, radishes, rutabagas, scallions, spinach,

sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

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

Extra-Virgin Olive Oil (small quantities), Honey, Raw Sugar

Beverages: spring water, distilled water or other pure waters, unsweetened soy milk, herbal (caffeine free) tea, natural fruit juice (no added sugar)

Other: tofu, soy products, vinegar, seasonings, sea salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All leavened bread including Ezekiel Bread (it contains yeast) and baked goods.

All refined and processed foods products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Remember, **READ THE LABELS!**