

FASTING 101

Daniel Fast Guidelines

Some of you may opt to undertake our normal Daniel Fast in addition to the Financial Fast. Here are some general food fasting guidelines:

- ▶ **Water:** Drink 6-8 glasses of water daily throughout the fast. *This is very important.*
- ▶ Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding.
- ▶ You may experience moderate to severe headaches for the first day or two as your body rids itself of various impurities.

Foods NOT included in this Daniel fast:

- ▶ Sugar, sugar substitutes and sugar products (desserts, soft drinks, etc.) • Table or box salt • Drinks including caffeine (coffee, tea, etc.) • Bread, enriched grains, and rice • Meats, fish, poultry, dairy products, eggs
- ▶ **Fried foods** • Margarine, shortening, high fat products
- ▶ **Side effects:** You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities. You may need to take Advil or aspirin. If your doctor has advised against Advil or aspirin, please contact your doctor for an alternative.
- ▶ **Important exceptions:** Use your discretion along with the advice of your physician and prayer to modify the Daniel Fast to adhere to your medical needs. Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding. Also, if you have extreme difficulty with the fast, such as an impairment of your ability to work at your job, you will have to make adjustments. Utilize wisdom. Seek the Lord and discuss it with other Christians involved in the fast, to find alternatives.

Types of food ALLOWED in this Daniel fast:

- ▶ Vegetables, such as potatoes, beans, and soybeans will help provide substance. Fresh or frozen vegetables are recommended. If canned vegetables are desired, use sodium free or drain and wash prior to cooking.
- ▶ Individuals who have an intolerance to beans should substitute with soy products. It is advisable to take a multi-vitamin/mineral supplement during the fast (1 per day). You may also include various nuts to serve as a protein supplement.
- ▶ **Whole Grains:** Brown Rice, Oats (including Oatmeal), Barley and Pasta
- ▶ **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- ▶ **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oranges, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon (Limit your intake to 2 citrus fruits per day i.e. lemons, limes, grapefruits and oranges)
- ▶ **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Collard Greens, Turnip Greens, Mustard Greens
- ▶ Seeds, Nuts, Sprouts, Olive Oil, Seasonings and Spices
- ▶ **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (apple juice, orange juice, grapefruit juice, cranberry juice, etc.) No sweetened drinks or sweetened fruit.

To maintain portion control refer to the USDA Food Pyramid on www.mypyramid.gov for the recommended number of servings per day. For example, limit fruits or vegetables to 7-10 per day and nuts to 12-15 per meal.

Pray

Our lost children and grandchildren – Isa. 44:3; I will pour My Spirit on your descendants, And My blessing on your offspring.

Isa. 59:21 “And this is my covenant with them,” says the Lord. “My Spirit will not leave them, and neither will these words I have given you. They will be on your lips and on the lips of your children and your children’s children forever. I, the Lord, have spoken!

Acts 16:31 “Believe on the Lord Jesus Christ, and you will be saved, you and your household.”

Church Families and Community- Eph 1:16 “I pray for you constantly,¹⁷ asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. ¹⁸I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. ¹⁹I also pray that you will understand the incredible greatness of God’s power for us who believe him. ²⁰that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms. ²¹Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come. ²²God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. ²³And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

Government Leaders – 1Tim 2:1 “I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf and give thanks for them.² Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. ³This is good and pleases God our Savior, ⁴who wants everyone to be saved and to understand the truth. ⁵For, there is one God and one Mediator who can reconcile God and humanity—the man Christ Jesus. ⁶He gave his life to purchase freedom for everyone.

Matt. 18:¹⁸ “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. ¹⁹“Again, I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. ²⁰For where two or three are gathered together in My name, I am there in the midst of them.”

2 Chron 7:¹⁴ “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”