

# Family Outreach Center

## Daniel Fast 2023

### January 8th-28th, 2023

***Daniel 10:3 – I ate no pleasant bread, neither came flesh nor wine into my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.***

**Fasting** – There are various types mention in the bible. *Biblical fasting is abstaining from food for a spiritual reason or purpose.* Fasting is not intended for dietary reason, however fasting can have a positive impact on your physical health and wellbeing.

At Family Outreach Center to start the new year out in the right direction, we have chosen to do the Daniel Fast. Fasting helps us to refocus our mind and spirit on Him, by denying our bodies of what it craves and putting our spiritual needs first.

We will use the Bible App – You Version “Fast like Daniel – 21 Day Devotional that will change your life” by Scott Williams. If you choose to use this tool the link is <https://www.bible.com/en/reading-plans/10826> for your convenience. We will also send it in remind and you can simply click the link and join from there. You don’t have to use the app to participate, it is just a tool that we feel will help to guide us along this journey.

The App shows that we will start on the 8<sup>th</sup> and finish on the 28<sup>th</sup> as outlined above, to clarify we will start at sundown (6:00 PM) on the 8<sup>th</sup> and end the fast at midnight on the 28<sup>th</sup>.

Parents, we want to encourage you to include your children in this fast as well. Maybe not entirety but in some part. You decide to what degree you want them to participate. We do not recommend having your children abstain from nutrition needed for their growing bodies. If you choose for them to participate, you could have them to drink only water or do without sugar during the fast. This is just a thought and example. YOU decide what is best and works for you and your family! As your pastors, our children will be participating. We feel that it is a great opportunity to teach our children the importance of fasting and prayer and the impact that it can have on their lives and relationship with the Lord.

If you have health conditions or concerns that require you to have certain foods for medication purposes, please consult your doctor before starting this fast.

These are guidelines for the Fast. You can follow it to the letter or in part. We will leave the details of your personal fast between you and the Lord.

## The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included (check the labels).
- **All legumes** – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- **Beverages**– distilled water, filtered water, and spring water.
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

## **Foods to Avoid on the Daniel Fast**

- **All meat & animal products** – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, milk, and yogurt.
- **All sweeteners** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

If you do any research, you will find that there are many different variations of the Daniel Fast, don’t get bogged down in all the details, find what will work for you and follow through.

Here is a link to a great resource by Dr. Axe that you can further your knowledge if you would like.

<https://draxe.com/nutrition/daniel-fast/>

if you need help and encouragement along the way, please reach out. We are in this together and we know that God is going to do great things in our personal lives, church family, and community through this time of fasting and prayer.

Blessings to all,

Pastors Austin and Becky Glass