

# Daniel Fast How To's

A **Daniel Fast** is a type of spiritual fasting that is based on the biblical accounts of Daniel's fasting experiences in the book of Daniel.

Here's a general outline on how to do a Daniel Fast from scripture, with a focus on fasting from 12am to 6pm:

## **Scriptural Basis:**

- Daniel 1:8-14 (Daniel's initial 10-day fast)
- Daniel 10:2-3 (Daniel's 21-day fast)

## **Fasting Period:**

- Fast from 12am to 6pm (18 hours)
- Break your fast with a meal at 6pm

## **What to Eat:**

- During the fasting period (12am-6pm), drink only water or other hydrating fluids.
- After breaking your fast at 6pm, eat a meal that consists of:
  - Fruits
  - Vegetables
  - Whole grains
  - Legumes
  - Nuts and seeds
  - Healthy oils

## **What to Avoid:**

- Meat and animal by-products
- Dairy products
- Refined sugars
- Processed foods
- Leavened bread

## **Additional Tips:**

- Before starting your fast, consult with a healthcare professional, especially if you have any health concerns.
- Stay hydrated during the fasting period by drinking plenty of water.
- Use the time you would normally spend eating to pray, read scripture, and reflect on your relationship with God.

**Remember, the primary focus** of a Daniel Fast is to seek spiritual renewal, guidance, and intimacy with God. As you fast, seek to deepen your relationship with Him and listen for His voice.

**If a snack is needed** during fasting hours, here's a basic list of snack foods that are suitable for a Daniel Fast:

**\*Fresh Fruits:\***

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Citrus fruits (oranges, grapefruits, lemons)
- Grapes
- Mangoes
- Melons (watermelon, cantaloupe, honeydew)

**\*Raw Vegetables:\***

- Carrots
- Celery
- Cucumbers
- Bell peppers
- Radishes
- Tomatoes

**\*Nuts and Seeds:\***

- Almonds
- Sunflower seeds
- Pumpkin seeds
- Cashews
- Pistachios

**\*Whole Grain Crackers and Breads:\***

- Brown rice crackers
- Whole wheat crackers
- Whole grain bread (without yeast or additives)

**\*Dried Fruits:\***

- Dates
- Apricots
- Prunes
- Raisins

**\*Other:\***

- Trail mix made with nuts, seeds, and dried fruits

- Energy balls made with oats, nuts, and dried fruits
- Smoothies made with frozen fruits and vegetables

Remember to always check the ingredient labels to ensure that the snack foods you choose are free from animal products, refined sugars, and processed ingredients.