

## Daniel Fast

**Who?** You, everyone

**Where?** *“And God said, Behold, I have given you every herb-bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”*

Genesis 1:29

*“Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.”*

Daniel 1:2

**When?** 10 days starting on January 6th - January 15th

**Why?** To cleanse our bodies and prepare our hearts for more of God.

**What?** Only fruits and vegetables, things coming from seeds.

### NO

Meat

Cheese

Soda

Coffee

Chocolate

Processed Foods

Sugar

Eggs

### YES

ALL Fruits and Vegetables

Beans/legumes

Juices

Honey

Real Butter

Whole Milk

Whole Wheat Bread/Pasta

Natural Jellies

Natural Salsa

Popcorn

Rice (not white)

Olive Oil

All Spices

Nuts

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