

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.

<u>NO</u>	<u>YES</u>
Meat	ALL Fruits and Vegetables
Cheese	Beans/legumes
Soda	Juices
Coffee	Honey
Chocolate	Real Butter
Processed Foods	Whole Milk
Sugar	Whole Wheat Bread/Pasta
Eggs	Natural Jellies
	Natural Salsa

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