Introduction to the Daniel Fast

During the 21 Day Daniel fast (described in Daniel 1 + 10) we should focus on obtaining maximum effectiveness in our prayer lives. A good prayer life must progress to become a great prayer life. A shotgun prayer life (hit and miss) must become a laser-focussed prayer life. A self-focussed prayer life must become a supportive and outward focussed prayer life, focussing on the needs of others. This will ensure that we become more and more effective and powerful with the help of the Holy Spirit.

There are various reasons for fasting, and the power of fasting must NEVER be underestimated. We fast to show God our humility and desire to do His will, and this is what David said about fasting in **Psalm 35:15**, "I humble myself with fasting". We also fast to crucify our flesh, and to obtain victory over sin and our fleshly nature. When we fast, we suppress the most primitive desire of our flesh namely satisfying a hunger or craving, and by doing that we gain control over the voice and carnal desires of our flesh. I have seen on many occasions in my life, that by crucifying my fleshly desires, through fasting, I gain more control over my life and I have had some great personal victories over sin. We also read in scripture (**Mathew 17:18-21**), how Jesus told His disciples that **"this kind does not come out except by prayer and fasting"**. Jesus was talking about casting out a certain demon, and how they couldn't do it because of a lack of faith. When we fast we hear the voice of the Lord so much clearer, and the Lord reveals things to us, which strengthens our faith and relationship with the Lord. We also see in the scripture (**Daniel 1:11-17**), how Daniel and his friends looked better in appearance, and how they increased in both knowledge and wisdom, and the gifts of the Holy Spirit. Through humbling yourself by fasting, you will grow in the power of the Lord, and experience a much deeper relationship with our Lord.

When you fast, pray often and read your Bible often. Fast for the right reasons, and the way the Lord guides you.

What is The Daniel Fast ?

Daniel 1:11-20 Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. 12 "Please test us for ten days on a diet of vegetables and water," Daniel said. 13 "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see." 14 The attendant agreed to Daniel's suggestion and tested them for ten days. 15 At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. 16 So after that, the attendant fed them only vegetables instead of the food and wine provided for the others. 17 God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams.18 When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. 19 The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. 20 Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanters in his entire kingdom. Daniel 10:2-3 When this vision came to me, I, Daniel, had been in mourning for three whole weeks. 3 All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.

- Everybody desires to hear from God, pray effectively, build a loving relationship with the Lord and obtain answers especially in times of trouble and need. James 4:2-3 highlights a specific aspect of prayer: [AMP] You do not have, because you do not ask. [1 John 3:15] 3 [Or] you do ask [God for them] and yet fail to receive, because you ask with the wrong purpose and evil, selfish motives. Your intention is [when you get what you desire] to spend it on sensual pleasures.
- It is very important for us to always pray with love for others and under the gracious guidance of the Holy Spirit [Gal 5:6]. God is love [1 John 4:8+16] and if you pray with love towards Him and towards others, He will help you.
- Praying with other believers during prayer meetings is also enormously helpful to grow, sharpen and mature your own prayer life.
- Let us begin by taking a close look at approaching God the right way: Hebrews 4:14-5:1 [AMP] Inasmuch then as we have a great High Priest Who has [already] ascended and passed through the heavens, Jesus the Son of God, let us hold fast our confession [of faith in Him]. 15 For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning. 16 Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favour to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].
- Psalm 91 is a mighty Psalm and places a great desire and aspiration in the heart of a believer. It invites one into 'The secret place of the Most High' [AMP] HE WHO dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand]. 2 I will say of the Lord, He is my Refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust! 3 For [then] He will deliver you from the snare of the fowler and from the deadly pestilence. 4 [Then] He will cover you with His pinions, and under His wings shall you trust and find refuge; His truth and His faithfulness are a shield and a buckler. 5 You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day, 6 Nor of the pestilence that stalks in darkness, nor of the destruction and sudden death that surprise and lay waste at noonday. 7 A thousand may fall at your side, and ten thousand at your right hand, but it shall not come near you. 8 Only a spectator shall you be [yourself inaccessible in the secret place of the Most High] as you witness the reward of the wicked. 9 Because you have made the Lord your refuge, and the Most High your dwelling place, [Ps 91:1,14.] 10 There shall no evil befall you, nor any plague or calamity come near your tent. 11 For He will give His angels [especial] charge over you to accompany and defend and preserve you in all your ways [of obedience and service]. 12 They shall bear you up on their hands, lest you dash your foot against a stone. [Luke 4:10,11; Heb 1:14.] 13 You shall tread upon the lion and adder; the young lion and the serpent shall you trample underfoot. [Luke 10:19.] 14 Because he has set his love upon Me, therefore will I deliver him; I will set him on high, because he knows and understands My name [has a personal knowledge of My mercy, love, and kindness — trusts and relies on Me, knowing I will never forsake him, no, never]. 15 He shall call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. 16 With long life will I satisfy him and show him My salvation.
- Getting to God, begins with my personal effort. My desire for Him will involve true sacrifice and will carry me into the 'Secret Place'. Only a living sacrifice can get results [Romans 12:1].

- I come to the crossroads of a critical choice in my own life. I make a genuine choice and I decide to press into the presence of God by the power of the blood of Christ. People who do not have any knowledge of God do not seek Him. Knowledge of God causes one to seek God. If we read and obey the Bible, we will be transformed and our prayers will be just as powerful as those prayer warriors described in the Bible. Many people through the ages have done it the Bible way and obtained glorious results. Proverbs 9:10 [NKJV] "The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding. Read these Psalms of encouragement and study Isaiah 58 for the next 21 days of the Daniel fast: Psalm 63:1-8 [NLT] O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.2 I have seen you in your sanctuary and gazed upon your power and glory.3 Your unfailing love is better than life itself; how I praise you!4 I will praise you as long as I live, lifting up my hands to you in prayer.5 You satisfy me more than the richest feast. I will praise you with songs of joy. 6 I lie awake thinking of you, meditating on you through the night.7 Because you are my helper, I sing for joy in the shadow of your wings.8 I cling to you; your strong right hand holds me securely. Psalm 73:25-28 [NLT] Whom have I in heaven but you? I desire you more than anything on earth. 26 My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever. 27 Those who desert him will perish, for you destroy those who abandon you. 28 But as for me, how good it is to be near God! I have made the Sovereign Lord my shelter, and I will tell everyone about the wonderful things you do.

What to eat during the Daniel fast

Daniel 1:16-17 So the steward took away their [rich] dainties and the wine they were to drink and gave them vegetables. 17 As for these four youths, God gave them knowledge and skill in all learning and wisdom, and Daniel had understanding in all [kinds of] visions and dreams. AMP 2 Corinthians 7:1 THEREFORE, SINCE these [great] promises are ours, beloved, let us cleanse ourselves from everything that contaminates and defiles body and spirit, and bring [our] consecration to completeness in the [reverential] fear of God. AMP

WHAT NOT TO EAT

- No meat, fish, chicken
- No dairy products and eggs
- No soups that contain meat

WHAT CAN BE EATEN

- All vegetables and fruit
- Nuts, different beans and soya for protein
- VEGETABLE SOUPS (vegetable stock to taste)
- Potato and leek soup
- Vegetable soup
- Butternut soup
- Onion soup, etc.

VEGETABLE PLATTER FOR MAIN COURSE

Potatoes in jackets, avocados, sweet potatoes, corn cobs, aubergines, carrots, peppers, cabbage, cauliflower, broccoli, (of this can be fried up in olive or sunflower seed oil and served as a Mediterranean vegetable dish).

FRUIT AND VEGETABLE JUICES

- Avoid pure over the counter fruit juices especially in the morning as the sugar content is too high and if you do take it, take a portion of protein (nuts or protein powder) with it.
- Home made fruit and vegetable juices will require a juice extractor and liquidizer if possible. Or else just have the fruit and vegetables in their natural form.
- Vegetables like carrots, spinach, celery, cabbage, beetroot (all raw) need to be juice extracted.
- Fruit like apples can be liquidized or juice extracted.
- Fruit like paw-paws, bananas, pears, berries, can all be liquidized.
- Add a good portion of ice to the mixture and it thins the concentration and increases the volume. Once again protein powder can be added. (Combine vegetables and fruit juices eg. Juice extract beetroot, cabbage, celery and then place in liquidizer with a paw-paw and ice cubes. A few almond nuts can be added. This is a wonderful detoxifier for the body's system)

DRINK LOTS OF WATER, BUT VERY LITTLE FRUIT JUICE. JUICE IS TOO CONCENTRATED AND ONE GLASS OF APPLE JUICE IS LITERALLY 4-7 APPLES.

HERE IS AN ADDITIONAL LIST THAT WILL ALSO BE HELPFUL

Foods You May Eat

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soya.
- Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

- Others: Seeds, Nuts, Sprouts

Foods to Avoid

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products containing
- Margarine, Shortening, High Fat Products