

21-DAY DANIEL FAST GUIDELINES

September 10-12, 2018 – Liquids Only

September 13-30, 2018 - Daniel Fast



Scripture References for Fasting: [Matthew 6:16-18](#), [Matthew 9:14-15](#), [Luke 18:9-14](#)

Relation to Prayer and Reading of the Word: [1 Samuel 1:6-8, 17-18](#), [Nehemiah 1:4](#), [Daniel 9:3, 20](#), [Joel 2:12](#), [Luke 2:37](#), [Acts 10:30](#), [Acts 13:2](#)

Corporate Fasting: [1 Samuel 7:5-6](#), [Ezra 8:21-23](#), [Nehemiah 9:1-3](#), [Joel 2:15-16](#), [Jonah 3:5-10](#), [Acts 27:33-37](#)

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing ([Isaiah 58](#), [Jeremiah 14:12](#), [1 Corinthians 8:8](#)). May God greatly bless you as you fast!

Foods You May Eat*

- **Whole Grains:** Brown Rice, Oats, Barley; Whole Grain Breads; Grits
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soy beans
- **ALL Fruits:** i.e. 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
- **ALL Vegetables:** i.e. 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, Herbs, Spices, Olives (Olive Oil), veggie burgers are an option if you not allergic to soy.
- **Nuts & Seeds**
- **Liquids:** Spring Water, Distilled Water, 100% Natural Fruit Juices, 100% Natural Vegetable Juices, Protein Drinks; Decaffeinated Beverages in moderation
- **Sweeteners:** Honey, Brown Sugar, Stevia & other Natural Sweeteners

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 Using It, Margarine, Butter, Shortening, High Fat Products; Desserts, Candy, etc.

Remember

- The Daniel Fast will lead to spiritual insight. "to those four young men God gave knowledge".
- The Daniel Fast is longer than one day. We will fast for 21 days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.

**This list is intended to be a guideline and is not all-inclusive.*