



The

Daniel Fast

21 Days of Prayer & Fasting Begin
January 4th 2022

THE DANIEL'S FAST

THE PARTIAL (DANIEL) FAST

Scripture: Daniel 1:1-21, 10:1-21, Ephesians 5:29 (we must overcome the flesh)
Daniel 1:8, 12, 15 and 10:2-3;

Types of Fasts: **Absolute** - no food, no water
Normal - no food, but water
Partial - diet is restricted

Daniel 1:15; 10:3

- The Emphasis here is placed upon restriction of diet rather than complete abstinence.
- The idea ... These men resolved **NOT TO DEFILE THEMSELVES** with the king's rich food or wine (Daniel 1:8).
- The value of the partial fast is not confined by any means to just the **Physical**, but the **Spiritual** as well (verse 20).
- The fast (diet) was to include - "**Pulse**" (vegetables) and **water** (verse 12).

EAT These Foods During The Fast:

VEGETABLES:

| | | | | |
|------------------|--------------|---------------|-----------|----------------|
| Artichokes | Chard | Kale | Peas | Squash |
| Asparagus | Celery | Kohlrabi | Peppers | Sour Kraut |
| Beets | Corn | Leeks | Pumpkin | Squash |
| Broccoli | Cucumbers | Lettuce (All) | Radishes | Sweet Potatoes |
| Brussels Sprouts | Eggplant | Mushrooms | Scallions | Turnips |
| Cabbage | Endive | Okra | Spinach | Yams |
| Carrots | Green Beans | Onions | Sprouts | Zucchini |
| Cauliflower | Greens (All) | Parsley | | |

These are the Non-Starchy, Alkali-Forming Vegetables. Because of their high water content You May Eat All You Want.

FRUITS:

| | | | | |
|--------------|--------------|---------------|--------------|--------------|
| Apples | Coconuts | Grapes | Mangoes | Pineapples |
| Apricots | Cranberries | Guava | Melons (All) | Plums |
| Avocados | Currants | Honey | Nectarines | Raspberries |
| Bananas | Dates | Huckleberries | Oranges | Raisins |
| Blackberries | Figs | Kiwi | Papayas | Strawberries |
| Blueberries | Fruit Juices | Lemons | Peaches | Tangerines |
| Cherries | Grapefruit | Limes | Pears | Tomatoes |

The Garden of Eden was not only a Garden of Herbs (green leafy vegetables), but contained a fruit orchard also. This is the Diet of Paradise.

DO NOT EAT the following foods during the Fast (diet), because these are foods that are...

Building Foods:

| | | | |
|---------------|------------|------------|------------|
| Oysters | Fish | Fowl | Eggs |
| Lean Meats | All Meats | Cheeses | Whole Milk |
| Kidney Beans | Navy Beans | Lima Beans | Soy Beans |
| Peanut Butter | All Nuts | Lentils | Dried Peas |

Starchy Foods:

| | | | |
|----------------|-----------|-------------|-------------|
| Grain Products | Pastries | Cereals | Peanuts |
| All Breads | Crackers | Oatmeal | Parsnips |
| Pancakes | Cookies | Corn Meal | Potatoes |
| Waffles | Noodles | Hominy | Dried Beans |
| Pies and Cakes | Macaroni | Corn Starch | Dried Peas |
| Doughnuts | Spaghetti | Tapioca | White Rice |

Sweet Foods:

| | | | |
|-------------|-------------|--------------|-------|
| Beet Sugar | Molasses | Sweet Bread | Cakes |
| Cane Sugar | Maple Syrup | Sweet Drinks | Jelly |
| Maple Sugar | Corn Syrup | Frostings | Jam |
| Corn Sugar | Preserves | Pastries | Candy |

Fatty Foods:

| | | | |
|----------|-----------|----------------|---------------|
| All Pork | All Nuts | Corn Oil | Vegetable Oil |
| Lard | Margarine | Cottonseed Oil | Meat Fats |
| Cream | Chocolate | Olive Oil | Doughnuts |
| Butter | Cocoa | (Minimal Use) | Potato Chips |

DO NOT EAT or **DRINK** ... anything that has been sweetened with sugar, syrup or molasses. You CAN, however USE **HONEY TO SWEETEN food** during the Fast.

DO NOT DRINK ... any coffee, tea, or sodas.

DO NOT USE ... rich salad dressings with your salads.

The main purpose of this fast (diet), is to **Tear Down, Burn Up, and Carry Away Bacteria and waste matter from every part of your body.**

PRAYER AND FASTING

In addition to a constant diet of God's word, Jesus advises that **Faith needs prayer** for its full development and growth, and **prayer needs fasting** for its full development. Fasting is a biblical doctrine and has done wonders when used in combination with prayer and faith. (Matt.17:19-21; Isaiah 58)

Happy Fasting!