

# Daniel Fast Information:

This is a suggested plan of one of the ways to fast.

Our FWC corporate fast is to build unity and create spiritual energy for this new year.

You should fast as much or as little as you want according to the leading of the Holy Spirit.

## **Foods To Include During The Daniel Fast:**

All Fruits

All Vegetables

All Whole Grains

All Nuts & Seeds

All Legumes (dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans)

All Oils

Beverages...spring water, distilled water, or purified water.

Other: tofu, soy products, vinegar, herbs, salt, spices.

## **Foods To Avoid On The Daniel Fast:**

All Meat and Animal Products

All Dairy Products

All Sugars & Sweeteners

All Leavened Bread

All Refined & Processed Food

All Deep Fried Food

All Solid Fats (shortening, margarine, butter, lard)

Beverages (coffee, tea, herbal tea, carbonated beverages, alcohol)

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The Daniel Fast is a partial fast, meaning that some foods are eaten and others are restricted. It is based on the fasting experience of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians.

As you do this fast, read the book of Daniel. It will offer you a glimpse of this devoted servant of God. Be led by the Spirit!

Entering a consecrated period of extended prayer and fasting is a life-changing experience as you focus more of your time and thoughts on God and His ways, it will help you develop:

**A Closer Walk With God:** During your fast you will want to plan one or more times each day to meet with your Father for prayer and communion with Him.

**Focused Prayer:** This is at the heart of your fast.

**Improved Health:** The Daniel Fast is a very healthy way of eating.

You will probably notice a surge in energy and a sense of greater well-being.

**A New Start:** Opening your heart to God and seeking His wisdom and direction can result in massive changes in your life.

**Daniel 10: 2 & 3:**

**In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.**