

## The Daniel Fast

**Step 1: Be Specific** Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

**Step 2: Fast as a Spiritual Commitment** The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" ([Daniel 1:8](#)).

**Step 3: Reflect Inner Desire by Outer Discipline** Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
4. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

**Step 4: Pray to Perceive Sin's Role in Poor Health** Notice [James 5:13-16](#):

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
  1. Medicine for healing,
  2. Symbolic of the Holy Spirit, or
  3. It could be baptism
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

**Step 5: Fast as a Statement of Faith to Others** Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

**Step 6: Learn the Effects of the Food You Eat** Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would

likely be some things we would never eat again.

**Step 7: Yield All Results to God** Daniel said, "as you see fit, deal with your servants" ([Dan. 1:13](#)).

### **FOOD GUIDELINES FOR A DANIEL FAST**

#### **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 not allergic to soy.
- **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 Using It
- Margarine, Shortening, High Fat Products

#### **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. These young men fasted for ten 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.
- There is no indication that they ever began to eat the king's food.