



Calvary Full Gospel Church

**676 Lincoln Highway
Fairless Hills, PA 19030**

Daniel Fast Guidebook
2019

The Daniel Fast 2019

For the past two years , we have challenged our church family to set aside time for fasting and prayer. As a church, we have used the scripture in Daniel as a model to fast:

Daniel 1:12-13,15

12 "Please test your servants for ten days, and let them give us vegetables to eat and water to drink. 13 Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants."

I know you have heard the story of Daniel and his friends refusing to partake of the food from the king's table. They desired to honor God by not defiling their bodies and to only partake of the foods that would bring strength.

15 And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies.

Without question, we have seen God work in the lives of people as they followed the pattern to fast and pray. As you step out in faith, believe God for direction, He will answer. You will be hearing testimonies as we once again begin the Daniel Fast for 2019. We challenge you to take time daily to see what God desires for your life. This will be accelerated as you commit to pray and sacrifice by fasting and refocusing on your walk with God. This is the time to set your priorities in order as we **SEEK FIRST THE KINGDOM OF GOD. MATTHEW 6:33.**

We will also be using the book by A.W. eTozer, "The Pursuit of God," as a daily guide. This 31 day devotional is written for a person who has a thirst for an intimate relationship with God. It is written to steer you away from a life conditioned by mediocrity and the acceptance of standards by the world views. You will be challenged and blessed by it's message.

The information in this booklet has been gathered with the express purpose of giving you help and encouragement during your fast. Special thanks to Michelle Sparling for preparing and editing this booklet. She has been at the front of the leadership line through the entire Daniel Fast process.

Whether you fast for ten days or more, (many did the fast for the month of January) it is our prayer that you gain insight and understanding. God has something to teach all of us in this process. I believe that God will show himself to you and great things will happen. We are believing for restoration, healing and breakthrough in areas where you have been waiting on God. We are agreeing with you for miracles!

We Love You,

Pastor David

The Daniel Fast

1. Introduction

What is the Daniel Fast?

The Daniel Fast is a partial fast. It is not a liquid fast. Foods are restricted during this fast, but you will have plenty of healthy foods to eat!

The Daniel Fast is based on the fasting experiences of Daniel, from the Old Testament. Daniel and his companions were captured in Israel by the Babylonians, under King Nebuchadnezzar's rule. These men were groomed to take on administrative responsibilities for the King, so they were treated better than typical prisoners. Daniel was a man of deep faith and was devoted to God. When offered food and wine, he requested a different meal,

“Prove they servants, I beseech thee, ten days: and let them give us pulse to eat, and water to drink.” Daniel 1:12 KJV (look up another version)

Daniel also shared after his imprisonment,

“I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:3 KJV

Why Should I Fast?

Extended prayer and fasting can be a life transforming experience as you focus more of your time on God. Fasting brings you closer to God, it allows for more focused prayer time, and it can improve your health.

When Should I Fast and for How Long?

There is no specific time period for fasting. It is a personal choice. Many people, however, choose to start the New Year off with a fast. A time for fresh beginnings and digging deeper into the Word.

The typical Daniel Fast is 21 days in duration. You may, however, choose to fast for less or more time. It is dependent on personal choice and what you feel God tells you to do.

Health Concerns

If you have a health concern in which changing your diet may impact your health in unsafe ways, consult your physician before beginning a fast. If you have a health condition and you are not able to follow the Daniel Fast exactly, consider altering the diet to meet your specific nutritional needs. Again, consult your physician first. **Do not stop taking any prescribed medications during your fast.**

Personal Purpose for Fasting

Many people choose to do the Daniel Fast in order to get closer to God, but also to seek God for answer to prayer. Take a moment to write down your personal purpose for fasting:

My Reason for Fasting Is:

Preparation- Spiritually, Physically....and Your Kitchen Cabinets

To have a successful fast, it is important to prepare your mind, your heart, and your spirit. Often, this means slowing down life, focusing on God, and focusing on His Word.

You must also prepare your body for a fast. Enjoying a five-course meal and then beginning a 21 day fast the next day is not the best decision to make! A good plan is to begin to wean your body of all artificial ingredients and packaged foods at least seven days before a fast. Then, gradually decrease your sugar intake for five days before a fast. You must also wean yourself from caffeine, too, so remember to begin a gradual wean down process until you reach the first day of your fast. Caffeine reduction is one of the most challenging parts of a fast for most people! You should also gradually decrease your meat and fish protein intake, but be sure to have a lean source of protein the day before you fast.

During the fast, you should increase your water intake. Water is necessary in the detoxification process, will ward off dehydration, improve your energy level and

more. Some say drinking eight ounces of water every hour is optimal. Do what you can.

It is not uncommon to have a headache, body aches or even chills as you begin your fast. This often begins at day two or three and will gradually decrease. It is a normal part of your body's detoxification process. Look at your pain as gain! You are ridding your body of unwanted toxins and building a healthier you! If physical symptoms worsen, you may have a cold or infection unrelated to the fast. Visit your doctor to be sure.

As you are gradually preparing your body for your fast, remember to prepare your kitchen and your pantry. Take all unopened foods that you will not be eating for 21 days and place them out of your kitchen completely, or put them on high shelves, out of site. Placing foods (dry goods), in airtight containers in another area of your house is advised. You will need room for more healthier foods in your pantry!

Move your coffee pot out of the way. You will not need it! Purge your refrigerator of foods that will spoil within 21 days and be careful about any purchases the week before a fast to be sure you are not wasting good food.

What Can I Eat?

Foods to Include in Your Diet During the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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 soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

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

Foods to Avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

Source: www.Daniel-Fast.com

Ways to Spice Things Up a Bit!

Drink hot water with lemon, hot water with mint leaves, use fresh herbs for added fresh flavor, and eat fresh sprouts and ginger root. Enjoy lemon, lime, olive oil and balsamic vinegars. Look online for homemade salad dressings with Daniel approved ingredients.

Ways to Get Protein

Enjoy almonds, lentils, brown rice, whole grains, tofu, sunflower seeds, quinoa, split peas, all natural peanut butters and nut butters (grinding them yourself is best).

Recipes

Simplicity on the Daniel Fast is key. Daniel surely didn't have food processors and blenders to make fancy fast-approved meals. He ate simply with a diet of fruits, vegetables, nuts, grains and water. You may choose to eat as simple as Daniel (and it is recommended to do so each day), however, God won't mind if you choose to try a few dishes that will increase nourishment and keep you warm inside. Here are but a few favorites to try.

Black Bean Soup

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black beans
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process remaining 2 cans of bean and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes. (www.allrecipes.com)

Zesty Quinoa with Broccoli and Cashews

½ cup sun dried tomatoes
1 ¾ cups vegetable broth
1 onion, finely chopped
3 cloves garlic, finely chopped
¼ cup lemon juice
1 cup quinoa, uncooked
2 cups small broccoli florets
½ cup roasted cashew pieces
2 green onions, thinly sliced

Soak sun dried tomatoes in hot water to cover for 15 minutes to soften them. Drain and chop. Bring ½ cup water to a simmer in a medium pot over medium-high heat. Add onion and garlic and cook for 5 minutes. Add chopped sun dried tomatoes, broth and lemon juice and bring to a boil. Stir in quinoa. Reduce heat and simmer, covered, for 20 minutes.

Arrange broccoli on top of quinoa, cover and simmer for an additional 10 minutes. Remove from heat and toss gently to combine. Serve garnished with cashews and green onions. (www.yummly.com)

Mexican Rice & Beans

1 tablespoon extra-virgin olive oil
1 cup diced red onions
2 cloves garlic, minced
2 1/2 cups water
1 1/2 cups brown rice, uncooked
1 (10-ounce) can diced tomatoes and green chilies (Ro-tel)
1 teaspoon cumin
1/4 teaspoon cayenne pepper
1 (15.5-ounce) can black beans, rinsed and drained
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Drain, and set aside. Heat olive oil in a large saucepan over medium heat. Add onions, and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn.

Pour in water, rice, tomatoes and chilies, cumin, and cayenne pepper. Heat to boiling. Reduce heat and cover. Simmer 45-55 minutes or until rice is tender and nearly all of the liquid is absorbed. Add beans, and stir well. Cook another 8-10 minutes. Add parsley, and serve. (www.ultimatedanielfast.com).

For a quicker meal, substitute brown instant rice and follow package directions.

Slow Cooker Apples

5 pounds apples, peeled, cored and thinly sliced
1/2 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1 1/2 teaspoons ground cinnamon

Layer apples into a slow cooker. Sprinkle cinnamon, cloves and nutmeg over apples. Cook on high until apples are soft (4-5 hours). Whisk apples vigorously for a chunkier-style applesauce. Puree with an immersion blender for a smoother applesauce. (www.allrecipes.com)

Mushroom Soup

1 tablespoon vegetable oil
1 onion
2 garlic cloves
2 1/2 cups sliced mushrooms
6.5 cups vegetable broth
Salt to taste
Ground pepper to taste
Fresh parsley

Add the oil to a large pot over medium heat. Add in onion and garlic, saute for a few minutes. Add sliced mushrooms and saute 10 minutes on low heat. Add salt and black pepper to taste. Add vegetable stock and a pinch of parsley. Simmer on low heat for 20 minutes. Remove a few ladles of the soup and add to a blender. Puree until smooth and add back to the pot. Mix well, simmer for 5 minutes.
(www.yummly.com)

Support

You don't have to fast alone unless you choose to do so. During corporate fast at Calvary the last two years, many people opened their homes for Daniel Dinners. Groups meet at varying times, often once per week during the fast. Consider joining a group for fellowship, prayer time, sharing in your fast experience, and partaking in potluck style Daniel-approved foods. As the fast time approaches, please visit the information desk for a listing of homes available for Daniel Dinners and Daniel Gatherings.

Additional Resources:

Jentezen Franlin's Fasting Book, Guide and Journal, Charisma House.

Bob Sorge, Reset: 20 Ways to a Consistent Prayer Life, Oasis House

www.PrayerReset.com

<https://www.jentezenfranklin.org/fastingmovement>

www.daniel-fast.com

Daily Journal

Each day of the Fast, spend time in the Word, alone time with God, in prayer. Use these pages to record your fasting journey.

Journal
Day 1

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 2

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 3

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 4

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 5

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 6

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 7

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 8

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 9

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 10

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 11

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 12

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 13

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 14

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 15

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 16

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 17

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 18

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 19

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 20

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Journal
Day 21

Date:

Bible Reading & Thoughts on Passages:

What is God Telling You Today?

How Do You Feel?

Answered Prayers, Surprising Outcomes, Revelations or New Ideas that Have Arisen

God is always present during a fast! You may think he is being silent, but listen closely. Sometimes he is silent because he is waiting for you to slow down. Once you do, you will hear from him, in his timing.

Take note to your surroundings and subtle changes. Notice the people around you. Remember, as well, that God has a sense of humor and will often reveal to you something unexpected. He may take you in a different direction or path than you thought you would be going on!

Prayers Answered

Unexpected Surprises

New Thinking, Points of View, Ideas, Opportunities

What Will You Do To Continue to Eat Clean and Take Care of Your Body Now That the Fast is Over?

Your spirit is filled, and you feel closer to God, and your body feels great, but don't go back to old habits and ways of eating! As your fast ends, remember to keep journaling and maintaining prayer time with God. Gradually introduce meat and other sources of protein. Be careful about flooding your body with added sugars and artificial ingredients. Your body will rebel. It is now reset from 21 days of clean eating. Do your best to maintain the temple God has given you!

Personal Action Steps for Continuing to Eat Healthy and Maintain My Prayer Time

Additional Notes: