



Calvary Full Gospel Church

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

Daniel Fast Guidebook

2020

The Daniel Fast 2020

For the past few months there has been a stirring in my spirit for more of the Presence of God. I can say this season has been one of many challenges but because of the desire to be in His Presence, the challenges have been met. My prayer is like what Moses prayed in **Exodus 33:15**:

“Lord, If your Presence does not go with us, do not send us up from here.”

One of the greatest tools give to us by God to seek His Presence is fasting and prayer. As a church family, our greatest desire is to know and experience His Presence. For the past few years, we have asked you the members of Calvary to join us in The Daniel Fast to begin the New Year. This fast has bought many to a closer and more intimate walk with God.

This guidebook is design to help you in your daily journey in fasting and prayer focus. You will find useful information as well as scriptural support to strengthen and encourage the process. You will also have an opportunity to journal your thoughts and prayer time so you may have a record for your future benefit to remind you of your experience. I personally have enjoyed the many testimonies and victories that have been shared by people who have committed to the Daniel Fast. Whenever believers commit to sacrifice with the desires for spiritual growth, God always response with His Presence. This is the time to set your priorities in order as we **SEEK FIRST THE KINGDOM OF GOD. MATTHEW 6:33.**

We look forward to hearing your testimony of what God has done in your life during this very special time of the New Year 2020. We are expecting great things!

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.

Chunky Potato Soup

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots
1 cup chopped celery
2 cloves garlic, minced
4 cups water or vegetable broth

3 large russet potatoes, peeled and cubed
1 bay leaf
1 teaspoon salt
½ teaspoon thyme
1/8 teaspoon pepper
½ cup unsweetened almond milk
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

Heat oil in a saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic and cook for 30 seconds, stirring constantly so garlic doesn't burn.

Add water or broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, 30 minutes or until potatoes are tender. Discard bay leaf. Add half of potato mixture to a food processor or blender and process until smooth (complete in two batches if necessary). Return to saucepan. Stir in almond milk and parsley. Cook until heated through, serve.

Black Bean Minestrone

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots
2 stalks celery, sliced
2 cloves garlic, minced
4 cups water or vegetable broth
1 15 oz. can black beans, rinsed and drained
1 cup fresh or frozen green beans, cut into 1-inch pieces
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped fresh spinach or ½ cup frozen spinach, thawed
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley
2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
½ teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic and cook for 30 seconds, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt, and pepper. Bring to a boil. Simmer uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley just before serving.

Taco Salad

1 14.5-ounce can corn, drained
1 15-ounce can pinto beans, undrained

¼ teaspoon garlic powder
¼ teaspoon salt
1 tablespoon extra-virgin olive oil
½ cup diced onion
1 15-ounce can black beans, rinsed and drained
½ tablespoon taco seasoning
2 cups chopped romaine lettuce or iceberg lettuce
Toppings: avocado slices, diced green onions, sliced black olives, diced tomatoes

Preheat oven to 425 degrees. Spread corn out in one layer on a lightly oiled 11 by 17-inch baking sheet. Bake for 20-25 minutes, or until browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil in a large skillet over medium heat and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat beans with olive oil and seasonings. Reduce heat to low and keep warm until pinto beans are done.

Slow Cooker Apples

5 pounds apples, peeled, cored and thinly sliced
½ teaspoon ground cloves
¼ teaspoon ground nutmeg
1 ½ 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)

Bit of Everything Soup

1 tablespoon vegetable oil
1 onion
2 garlic gloves
1 cup sliced mushrooms
6.5 cups vegetable broth
2 cups spinach or 1 cup frozen
1 cup cooked rice

1 peeled and chopped large sweet potato
1 14.5 ounce can black beans
1 14.5 ounce can kidney beans
1 cup frozen corn
1 cup mixed vegetables
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 in all vegetables and beans. Add vegetable stock. Simmer on low heat for 25 minutes. Add cooked rice, and salt and black pepper to taste.

Feel free to change up the ingredients with what you have on hand!

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: