

Gideon Baptist Church  
**NEW BEGINNING**

**Though your beginning was small, Your latter days will be very great. Job 8:7 (ESV)**

The FAST will begin on Monday January 4th and will end immediately following service on Sunday January 24<sup>th</sup>.

**What is the Daniel Fast?**

The Daniel Fast is a method of fasting. It's a *partial fast*, meaning that some foods are eaten and others are restricted.

The Daniel Fast is based on the fasting experiences of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians under the rule of King Nebuchadnezzar. These young and very intelligent men were to be groomed to take some of the administrative positions of the growing Babylonian empire. So while they were captives, they were still treated very well.

Daniel was a man of deep faith and devoted to the God of Abraham, Isaac and Jacob. When served the food and wine of the king, Daniel didn't want to defile his body and so requested a different meal:

*"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."* Daniel 1:12 KJV

Pulse is food grown from seed, so the Daniel Fast is a plant-based way of eating and consists of fruits, vegetables, whole grains, legumes, nuts, seeds, healthy oils, herbs and spices. You will also see from the verse that the only beverage on the Daniel Fast is water.

Many years later, Daniel was mourning over Israel and its long captivity. From this experience we gain another set of guidelines for the Daniel Fast:

*"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

From this passage, and using various translations, the standards of sweeteners (including artificial varieties), leavening agents, deep fried foods, solid fats and sweet desserts are not allowed on the Daniel Fast.

**A Life-changing Experience:** 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. Think of the Daniel Fast as a journey. If you were embarking on a long back-packing hike, you would be sure to prepare for your experience. And the more you engage in all the hike has to offer, the more you will gain from the event. The same is true for your fast, which is a spiritual journey. The more you prepare and engage in the experience, the more you will gain by this powerful discipline.

**Closer Walk with God:** During your fast you will want to focus more of your attention on God and your life with Him. The greatest blessing people share with me is their improved relationship with the Lord. You will want to plan one or more times each day to meet with your Father for prayer and communion with Him.

**Focused Prayer:** During your fast, you will have a more focused time of prayer. This is at the heart of your fast where you will concentrate on one or two specific areas for prayer, study and contemplation.

**Improved Health:** The Daniel Fast is a very healthy way of eating. You may experience some uncomfortable feelings on the first few days of your fast as your body goes through a detox. This can be avoided by proper preparation undertaken prior to your fasting start date. Many people experience significant improvements to their health including lower cholesterol, reduction in pain, balanced blood sugar levels, weight loss and much more. You will also notice a surge in energy and a sense of greater well-being.

**A New Start:** God's mercy is everlasting and opening your heart to Him and seeking His wisdom and direction can result in massive changes in your life. Many people use the Daniel Fast at the New Year as they purpose to draw closer to God and experience growth and change.

## **FAST Instructions...**

### **Five Steps to Your Successful Fast**

- 1. **Pray** – before you fast, seek the Lord through prayer and ask Him to show you your purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.

➤ Prayer

- Prayer will be offered Every Wednesday at 6:00 and every Sunday morning at 8:45

- 2. **Plan** –establish the purpose for your fast and clear your calendar of

as many obligations as possible.

- **3. Prepare** – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast. Gather study materials, create a daily schedule, collect recipes and plan one week's menus before you begin your fast.
- **4. Participate** – this is where it all begins . . . you participate in the fast. Examine yourself as you fast and use this valuable experience as a time of learning and growth.
- **5. Praise and Process** – You will gain valuable lessons on the fast that you will want to carry forward into your everyday life. Thank God for the good things you've received during your fast and evaluate your experience so you can grow from this amazing experience.

### **The Daniel Fast Food List**

Remember, the Daniel Fast is a method of spiritual fasting. While we change the way we eat, having food at the center of the fast is missing the point. This is a fast. We want to be wise, prudent and simple in our eating habits. And while doing, we stick to the guidelines developed from the Scriptures.

### **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. (Natural juice allowed)

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

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be **free of all sweeteners and free of all man-made chemicals**. Keep this in mind as you review this list of acceptable foods listed in the contents.

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to fruit, vegetables and water.

This label is for *Newman's Own Oil and Vinegar Salad Dressing*.



It's one of the few bottled dressings that includes only acceptable ingredients. You want to study the list of ingredients to make sure they all comply with the allowable foods for the Daniel Fast.

Many foods will list "sugar" in the Nutritional Facts, however practically all foods include sugar and this is naturally derived from the ingredients.

### **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 I allow juice NO ADDED SWEETNERS...**