

# Fairview Baptist Church



2023 Daniel Fast  
January 2-11, 2025



Fasting is a natural discipline that can bring supernatural results. Fasting has work when nothing else will. Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul, even *Jesus* ... fasted!

What is a fast? Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein.

The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink."
- Daniel 10: 2-3, which says, "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."

We realize this is new, and many have dietary needs, so here at Fairview, we're going to fast for 10 days and to this, we're adding other things you can fast from that hinders your spiritual growth and connection with God. During these 10 days of fasting, prayer and bible study is a must, so you'll find the schedule on the back.

## Foods to Eat

- Vegetables
- Fruit
- Beans and Lentils
- Whole Grains
- Unleavened Bread (no yeast)
- Oils and Fats (vegetable oil, olive, avocado, peanut, etc.)
- Nuts (unsalted)
- Water
- 100% Fruit Juice (small amount)
- Vitamins & Supplements
- (All Medications)

## Foods to Avoid

- Meat, Poultry. Fish. And Eggs
- Dairy Products
- Added Sugar & Artificial Sweeteners
- Yeast
- Refined Grains
- Processed Foods (chips, candy, chocolate, takeout, etc.)
- Solid Fats (butter, lard, etc.)
- Beverages (alcohol, coffee, tea, soda, etc.)

## Other Fasting Items

- Social Media (FB, Instagram, Tik Toc, Snapchat, Twitter, etc.)
- Television (at least 2 hours per day)
- Non-Christian Music
- Non-Christian Reading Materiel

Any other items you can think of that are considered a hinderance in your Spiritual Growth and Connection to God!



## *Prayer & Bible Study Schedule*



### Daily Devotional Prayers for Fasting

**DAY 1** - Pray for Pastor to be Above Reproach (Job 27:6)

**DAY 2** - Pray for Pastor to be Temperate and Self-Controlled  
(Titus 2:11-13)

**DAY 3** - Pray for Pastor to not be Quarrelsome (James 4:1-2)

**DAY 4** - Pray for Pastor to rightly divide the word and stand boldly when  
he preaches or teaches (2 Timothy 2:15, Ephesians 6:19-20)

**DAY 5** - Pray for the Unity of the Church (Romans 12:18, Ephesians 4:3)

**DAY 6** - Pray for Church Leaders & Workers to have Willing Minds to  
Work (Nehemiah 4:6)

**DAY 7** - Pray for the Church to be United in Prayer (Acts 12:5)

**DAY 8** - Pray for Continued Generosity and Resources for Ministry  
(2 Cor. 9:9-10)

**DAY 9** - Pray for Members Struggling with Mental Health (Isaiah 41:10,  
Matt. 11:28-30)

**DAY 10** - Pray for Faithfulness to the Great Commission (Matt. 28:18-20,  
Mark 15:15-16, Acts 1:8)

