

Daniel Fast

DANIEL 10:2-3

Guidelines for a Daniel Fast

Foods we 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, brussel 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

Seeds, Nuts, Sprouts

Liquids: Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetables Juices

Foods to Avoid on The Daniel Fast:

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour & All Products Using It

Margarine, Shortening, High Fat Products

OUR
GOD
IS AN
AWESOME
GOD

Scriptures to Meditate On During Fast:

Week 1: Consecration of the Body

1 Corinthians 3:16-17

1 Corinthians 6:12-15

1 Corinthians 6:19-20

2 Corinthians 6:14-7:1

Romans 12:1

Romans 6:12-14

1 Peter 2:5

Week 2: Changing of the Mind

Romans 12:2

Isaiah 26:3-4

Philippians 2:5

Philippians 4:6-9

Matthew 22:37

Romans 8:5-8

Colossians 3:2-4

Week 3: Circumcision of the Heart

Deuteronomy 30:6

Deuteronomy 10:16

Jeremiah 4:3-5

Jeremiah 32:39

Ezekiel 11:19-21

Ezekiel 36:26-30

Matthew 22:37