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What is a Daniel Fast?

The concept of a Daniel fast comes from Daniel 1:8-14, “But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days.”

The background of the “Daniel fast” is that Daniel and his three friends had been “deported” to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant “training program.” Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).

So, a Daniel fast is eating only fruits and vegetables for a certain amount of time, abstaining from meat products. Some people use a Daniel fast as a dieting method. Some people use a Daniel fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.

Scriptures on Fasting...

1Kings 21:9
Nehemiah 9:1
Esther 4:3
Esther 9:3
Psalms 35:13
Psalms 109:24
Isaiah 58:3
Matthew 6:16
Isaiah 58:6
Jeremiah 36:6
Jeremiah 36:9
Daniel 9:
Joel 2:12
Matthew 4:2
Matthew 6:16
Isaiah 58:6
Jeremiah 36:6
Jeremiah 36:9
Daniel 9:
Joel 2:12
Matthew 4:2
Matthew 6:1
Matthew 6:1
Mark 2:18
Mark 9:29
Luke 2:37
Acts 13:2
Acts 14:23
21 Days: The Daniel Fast

7 STEPS FOR OBSERVING A DANIEL FAST

1. Be specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately. Daniel 1:8
   1. The king’s food was against Jewish dietary laws.
   2. Daniel and his friends had vowed against wine.

The king’s food could have been offered up to idols/demons.

2. Fast as a spiritual commitment

The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself.” Daniel 1:8

3. Reflect inner desire by external discipline

Many people have an inner desire for better health, but they can’t discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:
   1. Your food choices.
   2. The level of your spiritual commitment, as reflected in constant prayer during the fast.
   3. Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast ten days, don’t stop on day nine.

Your testimony commitment. Your fast is a statement of faith in God. You want God to heal your body. Faith is foundational to the Daniel Fast.

4. Pray to see sin’s role in your health or sickness

Read James 5:13-20 KJV:

Observations:

Actions and attitude are important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.” James 5:13

The sick person must call for the elders. James 5:14

Sin is something related to the cause of sickness. James 5:15

Lack of health or healing may be the result of spiritual rebellion. James 5:15

Lack of health or healing may be due to sin of wrong consumption, i.e. poor diet, drugs, pornography. James 5:15

Repentance is linked to health. James 5:16

Prayer alone may not gain healing, faith in God is the major factor. James 5:15, 17-20
"...This kind can come out only by prayer and fasting."—Mark 9:29 (NIV)

5. Fast as a statement of faith to others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

6. Learn the effects of the food you eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

7. Yield all results to God

Daniel said, “as you see fit, deal with your servants.” Daniel 1:13

Remember...

The Daniel Fast will lead to spiritual insight. “to those four young men God gave knowledge”.

The Daniel Fast is longer than one day. These young men fasted for ten days.

The Daniel Fast is a partial fast. They ate, but only vegetables and water.

The Daniel Fast requires abstinence from party or junk foods.

There is no indication that they ever began to eat the king's food.

PLEASE FILL OUT “What I'm Expecting...” form on Page 15

What to 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, Mangos, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
Seeds: Nuts, Sprouts
Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

What to avoid...

Meat, because Daniel wouldn't want to take the chance of eating non-kosher meat or meat that was offered to idols.
White Rice
Fried Foods
Caffeine
Carbonated Beverages
Foods Containing Preservatives or Additives
Refined Sugar
Sugar Substitutes
White Flour and All Products Using It
Margarine, Shortening, High Fat Products

Day 17—January 22
Theme: I believe God is breaking all generational curses in my family.
Scripture: Romans 12:1-2

Day 18—January 23
Theme: I am special and beloved in God's eyes.
Scripture: Zechariah 2:8

PLEASE FILL OUT “What I’m Expecting…” form on Page 15
"...This kind can come out only by prayer and fasting." - Mark 9:29 (NIV)

Day 15– January 20
Theme: I will voice God’s planted desires in my heart unto Him.
Scripture: Psalm 37:4

Day 16– January 21
Theme: I will make knowing God the highest priority in my life.
Scripture: Matthew 7:21

Day 1– January 6
Theme: The Power of God is working in my life.
Scripture: 2 Peter 1:3

Day 2– January 7
Theme: I will believe God for increase.
Scripture: Psalm 115:14-16
"...This kind can come out only by prayer and fasting." - Mark 9:29 (NIV)

Day 3—January 8
Theme: I believe God for greater strength.
Scripture: Nehemiah 8:10

Day 4—January 9
Theme: God is meeting all of my needs.
Scripture: Psalm 34:10

Day 13—January 18
Theme: God will not hold any good thing from my life.
Scripture: Psalm 84:11

Day 14—January 19
Theme: I will speak words of peace in every problem in my life.
Scripture: Isaiah 26:3
"...This kind can come out only by prayer and fasting." - Mark 9:29 (NIV)

21 Days: The Daniel Fast

Day 11—January 16
Theme: I will seek to live by God's principles for divine health.
Scripture: Jeremiah 17:14

Day 5—January 10
Theme: I will walk in the love of God and express God's love to others.
Scripture: 1 John 2:15

Day 12—January 17
Theme: I will not worry— I will trust that God is in control.
Scripture: 1 Peter 5:7

Day 6—January 11
Theme: I will persevere until I see total victory.
Scripture: Isaiah 54:17
"...This kind can come out only by prayer and fasting." Mark 9:29 (NIV)

**21 Days: The Daniel Fast**

**Day 7—January 12**
**Theme:** I will trust God’s Word to give me direction and guidance.
**Scripture:** Proverbs 6:22

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**Day 8—January 13**
**Theme:** I am believing God for good things to happen in my family.
**Scripture:** Psalm 112:1-3

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**Day 9—January 14**
**Theme:** I will walk in God’s Promises.
**Scripture:** 2 Peter 1:4

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**Day 10—January 15**
**Theme:** I will seek God’s will until I know it and then declare it daily.
**Scripture:** Romans 8:27

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