

21 Day Daniel Fast



Consult with your physician before making decisions concerning fasting

Daniel 1:12 LSB

“Please test your servants for ten days, and let us be given some vegetables (pulse) to eat and water to drink.”

Pulse- Vegetables sown. Plants that grow from what is sown.

Suggestions:

3 meals and 3 snacks per day. Water is the only drink allowed.

A true biblical Daniel fast is a very plain and non-indulgent fast.

All food should be as plain as possible. A modest amount of salt and pepper. No other seasoning is allowed.

This is not a diet. This is a restrictive fast/fasting from certain foods. The objective is to learn long term self-denial. The desired outcome is the ability to fast for long periods of time without food. The level of discipline needed to regularly engage in 40 day juice, water, or dry fasting is not something gained overnight. By strategic fasting and lifestyle changes, we are able to practice consistent discipline. This level of discipline prepares our mind and body to withstand long periods of self-denial.

Fasting Facts:

The longest fast from food on record is 382 days long. The person drank tea, coffee, water, and consumed supplements (non spiritual and medically supervised).

A normal and healthy individual can survive for 1-3 months without food, drinking water only.

With these facts in mind:

For healthy Christians who struggle with fasting, it is not a matter of impossibility, it is a matter of discipline. Discipline is gained through taking strategic and consistent steps towards the desired outcome. Discipline is not a matter of motivation, fun, or comfort. Discipline is a matter of gaining control over the will and doing what needs to be done to progress and grow in the desired area(s). This fast is a practice of discipline for those who lack it. This fast is a lesson in self denial for extended periods of time. This fast teaches the brain and body a new dynamic in which the spirit controls the actions, and not the flesh. Engaging in such fasting practices weakens the flesh's control over the will, which enables the individual to become more spiritual and fast for longer periods of time. Eventually, acquiring the discipline necessary to endure self-denial and physical discomfort.



Below are a list of suggested foods during a Daniel Fast:

Whole grains:

Oats
Brown rice
Quinoa
Barley
Amaranth
Millet
Corn
Wheat
And other Whole Grains

Oils:

Olive or neutral oil

Vegetables:

All vegetables, legumes, and mushrooms

Nuts and Seeds

Savory Fruits:

Avocados
Tomatoes
Coconut
Cucumbers
Olives
Eggplant
Zucchini
Summer Squash
Bell Peppers
Jalapeños
Chili Peppers
Pumpkin
Winter Squash



Daniel 10:2-3 LSB

In those days, I, Daniel, had been mourning for three entire weeks. **I did not eat any tasty food, nor did meat or wine enter my mouth**, nor did I use any ointment at all until the entire three weeks were fulfilled.

Below are a list of foods that should be forbidden during the Daniel Fast:

Forbidden:

Sweet fruits

Added sugar, anything sweet, or any sweeteners (zero calorie sweeteners included)

Processed or unnatural food (tofu, protein powders, etc)

Animal products

Desert

Soda

Juice

Smoothies

Milk- dairy and plant based

Dressings

Sauces

Condiments

Dips

Honey

Jam

Jelly

Yogurt

Syrup of any kind

Granola

Sea vegetables (nori, sea moss, kelp, etc.)

Seasoning/spice mixes, broths

All seasonings besides salt and pepper

Butter

Cream

All types of pasta (couscous, lasagna, etc.)

Cakes

Muffins

Pastries

Croissant

Biscuits

And anything else not explicitly mentioned on Page 2.



Daniel Fast meal ideas:

Breakfast:

Plain oatmeal made with water, and plain unsweetened nut butter.

Snack:

Carrot sticks and raw bell pepper

Lunch:

Homemade lentil soup with toasted wheat bread

Snack:

Peanut butter and celery

Dinner:

Sautéed mushrooms and kale with brown rice

Snack:

Nut mix

Keep your motives and heart pure. Make up your mind that you will give God your very best.

I, Yahweh, search the heart; I test the inmost being, Even to give to each man according to his ways, According to the fruit of his deeds. -Jeremiah 17:10 LSB



Encouragement:

I am certain you are fasting because of a personal need. Please clarify your needs and reasons for fasting before you begin. This will keep you focused on the “why”. It will cause you to be more sensitive to the voice of the Lord and any messages He is giving to you about your personal needs and situations. It is tempting to focus on what you are sacrificing, what you’d prefer to be eating, or the length of time until you can eat what you want. Remember the role prayer plays in keeping you mentally and spiritually focused. Since this is a fast, expect warfare and opposition. You are making commendable steps towards spiritual growth and you must be willing to endure through temptation, discomforts, and discouragement.

I pray you do well and see it to the end. God is with you. Meet the grace Jesus will give you to fast with your discipline.

For more encouragement listen to the podcast:

The Secret Place| Spiritual Warfare Pt. 13- Fasting: How To Grow In Fasting? Pt. 3