

# The Daniel Fast

The Daniel Fast is a form of partial fasting. It originated with the prophet Daniel. The reason he fasted was because of his devotion to God. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

The first fast was recorded in Daniel 1:12. Daniel requested that he eat only vegetables and drink only water. The word that is translated *vegetables* comes from the Hebrew word *zērōa*, which means “*something sown.*” Many agree that it could include vegetables, fruits, whole grains, etc.

In Daniel 9 is another account of Daniel fasting and praying.

In Daniel 10:3, Daniel said “I ate no pleasant food, no meat or wine came into my mouth.”

When you read through those chapters of Daniel, you’ll see that in all three instances, Daniel fasted for spiritual reasons. Once to stay pure before the Lord and two times to seek the Lord’s wisdom, direction and answers to prayer.

In the purest sense, The Daniel Fast is always a spiritual fast. But some people use the dietary restrictions laid out in the Daniel Fast for health reasons. I guess in that sense it could be called the Daniel Diet rather than the Daniel Fast. They use the food lists from the Daniel Fast but don’t partake of the spiritual benefits of this specific fast.

## Prepare For Your Daniel Fast

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the Bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what Miracle of Faith will be doing during the fast.

This fast will require preparation as most meals will be made from scratch. See the attached food list to plan your menus and grocery shopping list in advance. Some recipes are also attached. You could find more recipes and a wealth of other Daniel Fast information at: <http://danielfast.wordpress.com/category/daniel-fast-recipes/>

Keep in mind that the following are not allowed in the Daniel Fast: sugar, sweeteners (of any kind), caffeine, chemicals, artificial or processed foods. Sugar in its natural state is ok.

### Note:

Your body may do some kicking and screaming during the first few days of the fast! Some of the symptoms experienced are: light headaches, hunger pangs, slight weakness, fatigue, leg cramps and other typical symptoms.

Many people experience a physical detox during the first few days of the fast, but you can reduce these effects by weaning yourself from the “*foods to avoid*” before the fast begins and also by drinking at least 8 cups of water each day before, during, and after the fasting period.

***\*\*If you have medical/health concerns please be sure to contact your health professional before starting the fast.***

Remember, unless you already eat a healthy diet with little or no caffeine or other addicting substances, your body will experience a certain level of withdrawal and detoxification. Those symptoms should pass in a few days. Even your level of hunger will subside after your body becomes more accustomed to fewer calories and less food consumption.

You may need to restrict some of your physical activity, especially rigorous exercise during a fast.

When coming out of a fast, it is important to ease your body back into the process of digesting regular foods. Introducing regular foods slowly and strategically will help you break a fast safely, without disrupting your digestive system. On a “no food” fast, you would break it by drinking liquids and eating fruits before moving on to your regular foods.