



Fasting Guidelines

(a fast is an optional addition to this time of prayer)

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we fast together in order to deepen our relationship with God as well as get in step with His plan and purpose for us.

You can do a Daniel Fast or maybe take a day here and there to do a full fast. You may do 1-3 days, 10 days or the entire 21. You may start earlier or later to accommodate your schedule, but prayerfully consider adding some type of fast to this time of prayer over these 21 days. Choosing to substitute regular food intake with those disciplines that help us better connect with God—reading the Bible, praying, and journaling allows us to experience a genuine hunger for spending time with God.

Remember, the idea is to be realistic, not legalistic. Focus more on the details of connecting with God than the details of the menu, and you will discover the blessings of fasting.

Fasting Framework:

Sunday, January 10 • Begin the “Daniel Fast”
Introduce meals with pure foods of fruits and vegetables. This plan will continue for the next 21 days.

Sunday, January 31 • Break the Fast
Celebrate with your family by breaking the fast with the meal of your choice.

Option: • Try a 24-hour Liquid Fast
Drink water, natural fruit juice and herbal tea.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

Daniel Fast Guidelines

(a fast is a optional addition to this time of prayer)

The Daniel Fast is a partial fast (see Daniel 1, 10:2-3), which means eliminating some common things from our daily diet, but with generous options still available. It is a focus on eating fruits and vegetables that are pure and simple. (A list of foods to eat and foods to avoid is below.)

If you have any condition which would prohibit you from participating in a fast from food, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, the details are not as important as the spirit in which you participate.

During this time you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. We hope you will share this as a family.

**If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.*

Foods 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, 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, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

All Seeds, Nuts, Sprouts

Liquids • Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural Fruit Juice (no added sugar)

Foods to Avoid:

Meat*, Poultry*, Fish*, White Rice, Fried Foods, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar or Sugar Substitutes, White Flour, Margarine, Shortening, High Fat Products, All Breads, Dairy (milk, butter, cheese, yogurt, etc.)

** If you have young children or students, consider adding turkey, chicken, and fish to the approved list of foods.*