

# DANIEL FAST

*"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."* Daniel 10:2, 3

**Theme (purpose) of the fast—fasting and prayer:** Your goal in fasting is to become closer to God by voluntarily denying the demands of your flesh. Increase your prayer life during this time. Study the Scriptures with a new intensity. When the fast is over, you should have a new spiritual strength from overcoming the cravings that usually control your life and from dedicating yourself to God.

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**Question: "What is a Daniel fast?"**

**Answer:** 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 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 and abstaining from meat products.

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One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

**Special Note:** If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

## **Foods to include in your diet during the Daniel Fast**

- All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

- All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
- All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
- Beverages: spring water, distilled water or other pure waters.
- Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

### **Foods to avoid on the Daniel Fast**

- All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.
  - All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
  - All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
  - All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
  - All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
  - All deep fried foods including but not limited to potato chips, French fries, corn chips.
  - All solid fats including shortening, margarine, lard and foods high in fat.
  - Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.
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**Following your own conscience:** The precise details of your fast are between you and God. In Romans 14, the apostle Paul describes how we should relate in love to one another in the matter of what we eat or choose not to eat. He says, "Each person is free to follow the convictions of his own conscience" (Romans 14, *The Message*). If you fast often, you may need to turn up your fasting another level during this time. If this is your first fast, you may not be able to endure as many restrictions as someone else who fasts frequently. In the future, live a "fasted lifestyle," increasingly accommodating God and not the flesh.

**Accountability and support groups.** You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. You may want to form a group of from five to seven people who meet occasionally or talk by phone. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy.

**Restricting television and entertainment.** It will be difficult for you to consecrate yourself if you feed yourself on television and movies during this time.

**Overview of the fast:** The Daniel fast drastically restricts normal food intake by cutting away many of the foods you commonly eat to satisfy your appetite. During the Daniel fast, there will be a sense of hunger much of the time and a sense of sacrifice even when we eat. We recommend that you restrict yourself to only one meal a day, leaving a small hunger.

**When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.**