

DANIEL FAST

The **Daniel Fast** is for those who want to honor God by fasting from certain foods for a designated length of time. There are also big health benefits for those who choose to do the **Daniel Fast**. However, this fast is primarily a spiritual experience.

The reason Daniel's diet is called a fast is because Daniel gave up certain foods to honor God. He was fasting from "Royal Food" that would defile his own body, and also defile God. In doing this Daniel honored God with his body, mind, and soul.

When Adam and Eve lived in the Garden of Eden they were given a wide variety of delicious food to eat. The Garden had every sort of fruit and vegetable we could imagine; All of it fresh and healthy to provide fuel for God's new creation, Man and Woman. The food was not processed, there were no preservatives, or chemical sprays on that food. However, in the 21st century food is not so natural and organic. The Daniel Fast takes a commitment to not only eliminate certain foods, but to be sure that the foods that are eaten are natural and organic.

The average person in America has excess toxins in their body. These toxins cause many known and unknown health related issues. When those toxins are removed, health is often restored. God can offer restoration to those who eat as healthy as Adam and Eve once did.

Daniel 1:11-16 - ***“Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 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." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.”*** NIV

Daniel asked only for vegetables and water because he did not want to eat any "Royal Food". Doing this did not only restore Daniel, Hananiah, Mishael and Azaria to better health, but they physically appeared healthier and better nourished. Within just 10 days, they looked better than the guards that watched them!

Daniel 1:8 – ***“But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet.”*** NIV

Daniel was determined, as mentioned in the Bible. It was this determination that helped Daniel to accomplish this mission. Without that determination, Daniel may have given up before experiencing the results. ***How often do we give up before getting to the results?***

Through his choice of food, Daniel sacrificed temporary satisfaction for long term benefits.

Daniel 10:2-3 – ***“At that time I, Daniel, mourned for three weeks. 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”***

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 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. You may drink protein drinks if they do not include any sugar or dairy products.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

Basically, you want to avoid the King's food. By application, that means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods. Please avoid the following items:

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.

Remember, when at the grocery store **READ THE LABELS!** 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.

A sample day could consist of: a fresh fruit smoothie or oatmeal for breakfast – a large salad / brown rice with steamed vegetables for lunch – vegetable soup / baked potato topped with fresh salsa or “allowed salad dressing” or sweet potato for dinner. **An online Cookbook for these recipes can be purchased at <http://danielfast.wordpress.com/daniel-fast> /**

Websites

Danielfast.net

Health.iVillage.com

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