

# Phx Underground

## The Daniel Fast – General Guide



### The Daniel Fast Guidelines

The Daniel Fast is inspired by and patterned after the fasts that Daniel did at critical junctures in his life. It differs from an absolute fast because the diet generally consists of fruits, whole grains, legumes, vegetables, and water. It is typically done with a specific goal in mind. It was a ten-day fast that kick-started Daniel's swift climb to political power. He was on a twenty-one-day fast that ended with a tremendous breakthrough and angelic encounter.

Many disciple-makers have noted that when you combine fasting with prayer, it's almost like a moving sidewalk that gets you to the desired destination in far less time. Fasting has a way of fast-tracking our prayers and hastening breakthroughs.

***In those days, I, Daniel, was mourning for 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***

### How To Prepare for the Fast:

Fasting is difficult as you are doing battle physically and spiritually. However, there are some steps that you can take to strengthen yourself for the fight.

Most people will experience a physical detox the first few days of the fast, including headaches, fatigue, leg cramps, and other symptoms. You can reduce these effects by weaning yourself from these restricted foods before the fast begins (especially sugar and caffeine) and drinking at least 1/2 gallon of water each day before, during, and after the fasting period.

Anytime you have concerns about symptoms you may experience, be sure to contact your health professional. Fasting should never be harmful to anyone.

## **Spiritual Preparation:**

### **1. Pray**

Begin praying for your Daniel Fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When God reveals it to you, confess and repent. Take time to get your heart ready for what God wants to do in and through you on the fast.

**2. Take time to study passages in the Bible that have to do with fasting.** It will help you gain insight into people who fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, II Chronicles 20:1-4, Ezra 8:21-23, Nehemiah 1:1-4, and Matthew 4:1-11.

### **3. Buy a journal or use a notebook**

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through His word and what He may speak to you (logos and rhema words).

### **4. Write down prayer requests**

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal. Keep the list visible, and pray over those needs throughout the fast. Make sure to include requests for others, for your local region, and for a movement of God. (Please see the list: Prayer Points for Movements)

### **5. Find a prayer partner**

It's important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you. The key is to have someone who will lift you up and hold you accountable.

## **General Preparation:**

1. Ideally, it is good to ease into the fast.  
Start to cut back on restricted foods the week before the fast if possible. Reduce sugar, caffeine, and processed foods.
2. Plan your meals for the week
3. Make a grocery list
4. Prepare food ahead of time so that you may be efficient and ready
5. Cook and freeze 1/2 of the recipe so that when you are in a hurry, you have something to get quickly

## **Eat:**

- All fruit – fresh, frozen, dried, juiced, or canned. Just be sure that all fruits do not have added sugars.
- All vegetables – fresh, frozen, dried, juiced, or canned.
- All whole grains – amaranth, barley, brown rice, buckwheat, oats, quinoa, millet, rye whole grain pasta, whole wheat, and wild rice.
- All nuts & seeds – almonds, cashews, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pumpkin seeds, sesame seeds, soy nuts, sunflower seeds; walnuts and unsweetened almond milk. Nut butters are also included.
- All legumes – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils – avocado, coconut, grape seed, olive, peanut, sesame, and walnut.
- Beverages– distilled water, filtered water, and spring water.
- Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.

## **Avoid:**

- All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

- All dairy products – butter, cheese, cream, milk, and yogurt.
- All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods – corn chips, French fries, and potato chips.
- All solid fats – lard, margarine, and shortening.
- Beverages – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

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