



Corporate fast: (10 or 21 day period)

Daniel 1:1-21, Key Scriptures: 1: 17, 20

FASTING DEFINED is primarily an act of

willing **abstinence** or reduction from certain or

all **food, drink,** or both, for a period of time. An absolute fast is normally defined as abstinence from all food and liquid for a defined period, usually a single day (24 hours), or several days. Other fasts may be only partially restrictive, limiting particular foods or substances. The fast may also be **intermittent in nature.**

Fasting practices may preclude sexual intercourse and other activities as well as food.

17 God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams. **18** When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. **19** The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. **20** Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanters in his entire kingdom.

Why are we fasting? SAY THIS, FOR WISDOM, UNDERSTANDING AND FAVOR WITH MEN (MANKIND). We need the wisdom and understanding of God so that we may continue to be an effective church (called out ones). We, like Jesus need to grow in the favor with mankind, having all resources available to us because of His love that abides within all of us. God has so much for us. We believe as we commit ourselves to the obedience of GOD'S WORD, HE WILL RELEASE TO US THIS PETITION MADE BEFORE HIM.

Scriptures pertaining to Fasting:

- Ezra 8:23
- Joel 1:14
- Matthew 6:16-18
- Mark 2:17
- Luke 5:32

Praying is essential while fasting:

- Pray between these hours, 7am-5pm and 6pm-12mid-night

The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; 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.

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – beef, buffalo, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, eggs, and milk.
- **All sweeteners** – agave nectar, artificial sweeteners, 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.

Remember this is simply a guide and before starting a fast you should consult with a physician. Be prayerful when it comes to modifying what you eat as to not stray too far from the plan and what God wants to do in and through you.