

21 DAY PRAYER & DANIEL FAST JAN 3rd-24th.

Fasting is not a diet but a sacrificial discipline. This fast is based out of the book of Daniel. This is not a legalistic fast, it is very much about the posture of your heart. You determine what you will eat, when to start, how long you will fast and how intense it will be. Fasting involves sacrifice and discipline for a purpose. Obviously, do not put your health at risk. You could also consider giving or limiting other things in your life (cell phone, social media, tv etc). The important ingredient in this, is the discipline of prayer and sacrifice. There is tremendous power, clarity and intimacy with God, when you take time for prayer and fasting in your life. Believe God for greater things in 2022! Let's do this together as we seek the Lord.

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, cannelloni beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – canola, coconut, grape seed, olive, peanut, and sesame.
- **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 Amino's, 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** –
- **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 and energy drinks,*

Remember, READ THE LABELS! The Daniel fast is similar to a vegan diet.

RESOURCES

DANIEL-FAST.COM, ULTIMATEDANIELFAST.COM, DANIELPLAN.COM.
YOUR CHURCH FAMILY, SHARE SOME IDEAS & DEVO INSIGHTS ON FACEBOOK.