

Food List

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. Look for the list of ingredients on the label (not the nutritional value) to make sure all the ingredients comply with the Daniel Fast Guidelines.

Ending your Fast

The way you end your fast is extremely important to your physical and spiritual well-being. When the fast is over, gradually resume your previous diet. Your digestive track has slowed down tremendously and heavy, fatty, sugary foods will cause nausea, pain and overall discomfort.



Learn more about the Daniel Fast at <http://Daniel-Fast.com>.

Additional Daniel Fast References

- *The Ultimate Guide to the Daniel Fast*
- *5 Kitchen Gadgets to Make Your Daniel Fast Easier*

Be blessed on your fast.

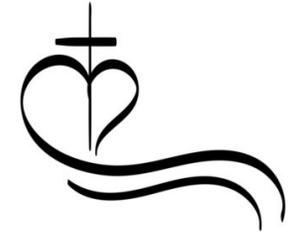
Daniel Fast Scriptures

Throughout scripture, fasting is often paired with prayer as a way to seek God's presence in times of need or repentance. Both in the Old and New Testaments, people fasted and prayed during moments of spiritual reflection or crisis. From seeking forgiveness to petitioning for God's protection, fasting amplifies the power of prayer, making it an important spiritual tool for growth and renewal.

- Day 1** – Pray for a pure heart to seek God. (Matthew 6:16-18)
Day 2 – Pray for chains to be broken. (Isaiah 58:6)
Day 3 – Pray for God's guidance in your life (Ezra 8:23)
Day 4 – Pray for repentance and people returning to God. (Joel 2:12)
Day 5 – Pray to receive direction from God. (Acts 13:2-3)
Day 6 – Pray for our Nation. (Nehemiah 1:4)
Day 7 – Pray for breakthroughs to be manifested. (Matthew 17:21)
Day 8 – Pray for peace in the midst of discomfort. (Psalm 69:10)
Day 9 – Pray for wisdom in decision making. (Esther 4:16)
Day 10 – Pray for an humble posture when seeking God. (Daniel 9:3)
Day 11 – Pray for God's deliverance from difficult circumstances. (2 Chronicles 20:3)
Day 12 – Pray for openness to God's Direction. (Psalm 35:13)
Day 13 – Pray for a consistent prayer life. (Acts 10:30)
Day 14 – Pray for a deeper understanding of God. (Isaiah 58:3-4)
Day 15 – Pray for patience in waiting on God. (1 Kings 19:8)
Day 16 – Pray for power to overcome spiritual opposition. (Luke 4:2)
Day 17 – Pray for unity in corporate prayer. (Jeremiah 6:9)
Day 18 – Pray for spiritual focus in the midst of distractions. (Acts 9:9)
Day 19 – Pray for revival in your heart. (Psalm 85:6)
Day 20 – Pray for strength in spiritual warfare, (Mark 1:13)
Day 21 – Pray for unity in the Church and the manifestation of God's glory. (John 17:20-23)



~ 2025 Theme ~
***“2025: A Year of Spiritual
Renewal and Revival”***
Ephesians 4:22-24



2025 Daniel Fast
***January 5, 2024 (6:00 a.m.) -
January 26, 2024 (6:00 a.m.)***

~ Scripture ~

“But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you.”
Matthew 6:33

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The Daniel Fast

The Daniel Fast is a method of fasting used by hundreds of thousands of Christians throughout the world. The fast is based on the fasting experiences of the prophet, Daniel.

It is a partial fast, meaning that some foods are eaten and others are restricted. It is typically followed for 21 consecutive days and is like a vegan eating plan with more restrictions and the only beverage allowed on the fast is water.

First and foremost, the fast is a spiritual discipline where followers of Jesus Christ can draw nearer to God and focus more on their attention on Him and His ways.

In today's busy and distracting culture, entering a fasting experience is like pushing the pause button on a hectic life and centering more on the rest that Jesus offers. This quieter and more focused time allow you to hear the still small voice of the Holy Spirit as He reveals God's truth and direction for your life.

Why Fast?

The purpose and goal of fasting is to strengthen you spiritually, mentally and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith. Fasting will help you increase your ability to deny the flesh. Our objective is to focus our attention on seeking God's direction for our lives.

Preparing to Fast

Isaiah 58:3-6 NIV, "Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' "Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in

quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Before you begin a fast, it is important that you prepare yourself. Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not attempt to fast without (specific) physical preparation. If you take prescription medication or have a chronic condition, please consult your physician first. Before the fast begins, prepare your body by eating smaller meals. Avoid high-fat and sugary foods. Eat raw fruits and vegetables two days prior to starting the fast. Depending upon the type of fast you choose, you may even need to gather a few recipes for meal preparation.

What is the purpose of your fast?

What are you expecting God to do during this fast? Is it for spiritual direction? Healing? Discipline? Ask the Holy Spirit to lead you as you determine your personal reason for fasting. We are all at different places in our walk with God, so start where you are! We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God. "Moreover, when we fast, be not, as the hypocrites, of a sad countenance: For they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward." (Matthew 6:16)

What to eat on the Daniel Fast?

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat. *Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.

Foods to Eat

All fruits.

All vegetables.

All whole grains.

All nuts and seeds

All legumes.

All quality oils including 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.

Note: Unsweetened plant-based milks and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

Foods to Avoid

All meat.

All dairy products including milk, cheese, cream, butter, and eggs.

All sweeteners including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All leavening agents including yeast, baking soda and baking powder.

All refined and processed foods products including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep-fried foods including potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.