

## **Daniel Fast Guidelines**

### **January 3 – January 23**

#### **Foods to avoid:**

- All meat / animal products
- All dairy products
- All sweeteners
- All leavened bread
- All refined / processed food products
- All deep fried foods
- All solid fats
- Caffeinated, carbonated or alcoholic beverages

#### **Foods to include:**

All fruits  
All vegetables  
All whole grains  
All nuts and seeds  
All legumes  
All quality oils  
Spring, distilled or other pure waters

When you shop for food remember to read the labels to make sure the only ingredients in packaged foods are suitable for the Daniel Fast. You will want to be especially aware of chemicals, dairy products and sweeteners - all of which are not allowed on the Daniel Fast.

Individuals with special diets and medical concerns are advised to use wisdom and modify your fast to maintain optimum health.

#### Other fasting Options

1. One (1) meal per day
2. Intermittent fasting
3. Fasting from;
  - a. Social Media
  - b. Time on the Telephone
  - c. Surfing the Internet
  - d. Excessive Texting
  - e. Negative Behaviors / Attitudes

As we fast, we will engage in church-wide prayer. Prayer petitions will be shared in the near future.

This is a church-wide fast, so everyone is asked to participate ON SOME LEVEL!