

# Seven tips for observing the Daniel Fast:

## 1. Be specific

Daniel was not vague in his objection to the **Babylonian diet**. He defined the problem immediately. Daniel 1:8

1. The king's food was **against Jewish dietary laws**.
2. Daniel and his friends had vowed against **wine**.
3. The king's food could have been offered up to **idols/demons**.

## 2. Fast as a spiritual commitment

The **Daniel Fast** involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself." Daniel 1:8

## 3. Reflect inner desire by external discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

1. Your **food** choices.
2. The level of your **spiritual commitment**, as reflected in constant prayer during the fast.
3. Your **time commitment**. If you determine to fast for a certain time, keep it. For example, if you determine to fast ten days, don't stop on day nine.
4. Your **testimony commitment**. Your fast is a statement of faith in God. You want God to heal your body. **Faith is foundational to the Daniel Fast**.

## 4. Pray to see sin's role in your health or sickness

### Read James 5:13-20 KJV:

James 5:13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. 14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

### Observations:

- Actions and attitude are important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms." James 5:13
- The sick person must call for the elders. James 5:14
- Sin is something related to the cause of sickness. James 5:15
- Lack of health or healing may be the result of spiritual rebellion. James 5:15
- Lack of health or healing may be due to sin of wrong consumption, i.e. poor diet, drugs, pornography. James 5:15
- Repentance is linked to health. James 5:16
- Prayer alone may not gain healing, faith in God is the major factor. James 5:15, 17-20

## 5. Fast as a statement of faith to others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

## 6. Learn the effects of the food you eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

## 7. Yield all results to God

Daniel said, "as you see fit, deal with your servants." Daniel 1:13

### Remember

- The **Daniel Fast** will lead to spiritual insight. "to those four young men God gave knowledge".
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is a partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the king's food.

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### Food guidelines for observing the Daniel fast or diet:

You have freedom in the Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you wish before the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great.

The main thing is to **decide ahead of time how you are going to apply the Daniel Fast**. Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel asked for permission to avoid the king's delicacies over a ten day period. Then, if he was still healthy looking, he could continue his "diet."

### Daniel's reason for his "diet" are given in Daniel 1:8:

"But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet." (The Message Bible)

Therefore, you might decide that it is OK to eat meat. Or you may decide to avoid meats that are forbidden to the Jews, i.e. pork, etc.

### Foods to eat

- **Whole Grains:** Brown Rice, Oats, Barley
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini
- **Seeds:** Nuts, Sprouts
- **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

### Foods to Avoid

- Meat, because Daniel wouldn't want to take the chance of eating non-kosher meat or meat that was offered to idols.
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products