**Daniel Fast For Bethany MBC 2022**

**Do you ever feel like you’re going through the motions in your spiritual life?** Is your Bible reading sporadic or even nonexistent? Does your prayer time seem lifeless and boring? Are you stuck in a fog and can’t see which way to go? In fact, you may not feel like going at all. If so, you need to join us in our **“Daniel Fast“ to be revived, reenergized and replenished. The fast will be begin January 18th 2022 and continue thru February 8th 2022 and** **our theme** this year is **“MORE GOD, LESS YOU IN 2022” (Proverbs 3:1-10, Matthew 6:33, Psalms 37:3-7a, Jeremiah 9:23-24)**

The Daniel Fast is a partial fast that is popular among Americans, in which meat, wine, and other rich foods are avoided in favor of vegetables and water for typically three weeks in order to draw closer to God. The fast is based on the lifelong kosher diet of Daniel in the biblical Book of Daniel the three-week fast in which Daniel abstained from all meat and wine. The Daniel Fast can be as short as 10 days. This passage in Chapter 1:11-16 refers to a 10-day test wherein Daniel and others with him were permitted to eat vegetables and water to avoid the Babylonian king's food and wine. After remaining healthy at the end of the 10-day period, they continued the vegetable diet for the three years of their education. The passage in Chapter 10:1-3 refers to Daniel in mourning and in a three-week fast of no meat, wine, or rich food consumption.

**The Daniel Fast is an opportunity for you to draw closer to God through fervent, focused prayer.**It involves a 21-day commitment to a **partial fast**, which means you **restrict commonly enjoyed foods as an act of worship and consecration** to the Lord.

**The Daniel Fast is not a diet,** although some people do lose weight as they make healthier food choices. **The Daniel Fast is a unique, life-changing experience.**Participating in the Daniel Fast can result in many wonderful spiritual and physical benefits.

You’ll find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted. **The intention of the modern-day Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it.** Daniel’s passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

Try not to get too hung up on food portion of the fast. **The guidelines are given to help you form boundaries, not to push you into legalism.** Your fast may look a little different than someone else’s, and that’s fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. **The** **most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer** **and grow closer to Him**.

A question I frequently receive from readers is, **“Will I experience side effects on the Daniel Fast?”**

Yes, you probably will. But that’s not necessarily a bad thing. Not all side effects are negative in nature. For example, during the January 2017 Online Daniel Fast, one woman (a diabetic), emailed to share how **the fast decreased her blood sugar levels.** On day 9 of her fast, her blood sugar was 114 (it’s normally 130-140). She was excited and encouraged by how **the Daniel Fast was impacting her health in a positive way.**

Many Daniel Fast participants have reported having **significantly lower cholesterol numbers after 21 days**. Other have testified to having **more energy** and **being able to sleep more soundly at night** while on the fast. Several men and women **have lost weight by making healthier food choices** and **following the**[**Daniel Fast Food List**](https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/)**.**

Sometimes, though, **people do experience unpleasant symptoms on the Daniel Fast,** such as **body aches, fatigue, nausea, headaches, and digestive distress.** Such side effects **usually occur within the first few days of the fast as the body adjusts to a different way of eating**. My advice to people who are struggling is, “Just hang on! You should feel better in a few days.” And, in most cases, they do.

One Daniel Fast participant found that easing her way into the fast has helped prevent negative physical side effects. She writes, “The first time I did the Daniel Fast, years ago, I had so much stomach distress that I was in great pain. The past three years I’ve adjusted the way I do the fast, and it has really helped. Week 1, I eat one meal a day Daniel Fast. Week 2, I have two meals per day Daniel Fast, and by Week 3, I’m doing a complete Daniel Fast. So if someone really wants to try the fast but finds it difficult, this modification might be an option they’ve not thought about doing.”

 Following are a few **steps you can take to avoid uncomfortable side effects** on the Daniel Fast:

* **Drink plenty of water** –The Daniel Fast includes many high-fiber foods, so it’s important to consume plenty of water to keep your body hydrated. Water is also necessary to flush out any harmful toxins that have built up in your system over time. Try to drink a minimum of 6-8 glasses of water each day (you may need more, depending on your weight and activity level). If you’re not used to drinking that much water, take it slowly. You may have to work up to that amount.
* **Exercise** – God created your body to be mobile, and it will work much more efficiently when you exercise on a regular basis. Plus, going on a walk, run, or bike ride will do wonders for you mentally.
* **Consider taking digestive enzymes** – A digestive enzyme enables your body to break down food into smaller particles, making the food easier to absorb and assimilate. For example, if beans tend to make you gassy, you can take a digestive enzyme before eating them to reduce and sometimes prevent digestive distress. Sometimes the best route is a broad-spectrum supplement, such as [Digest Gold by Enzymedica](https://www.amazon.com/gp/product/B00L2LOBGK/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00L2LOBGK&linkCode=as2&tag=ultimatedanie-20&linkId=7ad3efb952c072f85a26dc84e9b77f2c), that covers a wide variety of foods, such as fruit, vegetables, etc. Personally, I have found that Digest Gold helps me tremendously when I’m on the Daniel Fast.

But any physical challenges you may encounter on the Daniel Fast pale in comparison to the wonderful spiritual benefits you receive. You can expect to:

* **Hear God’s voice more clearly**– You’re probably not going to hear the Lord speak audibly to you on a fast, although that *would* definitely be an amazing side effect! God typically chooses to communicate with us in a variety of other ways – through the Bible, other believers, prayer, and our circumstances. As you spend focused time in prayer and in God’s Word on the Daniel Fast, you’ll have greater understanding of truth as you’re led by the Holy Spirit.
* **Become more spiritually sensitive –**Fasting changes your perspective and allows you to “see” things differently and more clearly. I believe it’s partly due to the fact that you’re hungry, which causes you to realize how dependent you are on the Lord for strength. When I’m on a fast, I’m usually more in tune with the struggles of people around me, which causes me to pray more fervently for them.
* **Participate in the suffering of Christ –**Jesus fasted from all food for 40 days and nights in the wilderness in preparation for his public ministry (Matt. 4:1-11). When you and I commit to a fast, even a partial fast, we’re choosing to undergo one of the spiritual disciplines Jesus practiced while on Earth. By following Christ’s example, we are becoming more like Him, which leads to great joy and blessing. “Instead, be very glad–for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world” (1 Peter 4:13 NLT).
* **Enjoy God’s favor** – Even though the Bible doesn’t contain a direct command to fast, God’s Word indicates that fasting should be a regular discipline in the believer’s life. The Lord is pleased when His children seek Him wholeheartedly, and He promises to reward our efforts when we do.
* **Know God in a deeper way**– The main goal of a three-week Daniel Fast is to grow closer to the Lord. As you devote yourself to studying the Bible and spending time in prayer, you’ll learn more about the Lord and His ways.

**The Daniel Fast is a unique, life-changing experience.** If you’ve never participated in the three-week journey, you can see why it’s such a powerful spiritual discipline. Because every time you crave coffee or chocolate or meat, you’ll remember why you’re doing this fast in the first place. Instead of giving in to temptation, you’ll experience victory by turning to God instead of food.

So focus on all the benefits of drawing closer to the Lord, and trust Him to help you with any unexpected trials along the way. **Yes, doing the Daniel Fast is a sacrifice, but it’s one that you’ll never regret.**

Daniel Fast Food List On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

 **FOODS TO EAT**

**Whole grains** Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

**Beans and legumes** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

 **Nuts and seeds** Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

**Vegetables** All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

 **Fruit**  All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

**Oils** Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

**Other** Unleavened bread (whole grain bread made without yeast, sugars, or preservatives.

 All herbs, spices, and seasonings are allowed, including salt and pepper.

**Beverage**s Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

**FOODS TO AVOID**

**Animal products Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.**

**Added sugar Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.**

**Yeast Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast. (For an explanation on why it's excluded, see #1 under "Food" on my FAQs page.)**

**Refined grains White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel ― the bran, germ, and endosperm.**

**Processed food Foods that contain artificial flavorings, chemicals, food additives, and preservatives.**

**Deep-fried food Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)**

 **Solid fats Butter, lard, margarine, and shortening.**

**Chocolate Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.**

**Caffeinated and alcoholic beverages Alcohol, coffee, caffeinated tea, and energy drinks.**

**Note: parts of the Daniel Fast came from: The Ultimate Guide to The Daniel Fast, Kristen Feola Published by Zondervan.**