

# FASTNG 2018

## Fasting Options

**Option 1:** Eat only vegetables and fruits—**The Daniel Fast**. **Do not eat after 8:00 PM.** No Sweets or sugar. Do not eat substances containing white flour. You may eat 3 meals per day, but please do not over eat.

**Option 2:** Miss two meals a day. Eat only one meal per day. No sweets or sugar. No meal after 8:00 PM. No snacks except clear broth or fruit juice. No caffeinated drinks.

## **Modified Daniel Fast Guidelines**

This information was primarily taken from the book, “Fasting for Spiritual Breakthrough: A Guide to Nine Biblical Fasts” by Elmer L. Towns, published in 1996 by Regal Books, Ventura, California. Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside, our bodies begin to fight it. Doctors, surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

### **STEP ONE: BE SPECIFIC**

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately. (1) The king’s food was against dietary laws; (2) Daniel and his friends had vowed against wine; and (3) The king’s food had been offered up to idols/demons.

### **STEP TWO: 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” (Dan 1:8).

### **STEP THREE: REFLECT INNER DESIRE BY OUTER 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:

- A. Your food choices.
- B. The level of your spiritual commitment as reflected in constant prayer during the fast.
- C. Your time commitment. If you decide to fast for a certain time, keep it. For example, if you decide to fast 10 days, don’t stop on day 9.
- D. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body. Faith is foundational to the Daniel Fast.

#### **STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH**

Notice James 5:13-16: \*Sin is something related to the cause of sickness. \*Lack of health/healing may be the result of spiritual rebellion. \*Lack of health/healing may be due to sin of wrong intake (i.e. drugs, pornography). \*Repentance is linked to health according to James. \*Elders have a role in healing both spiritual and physical health. \*Sick people must desire to be well. \*The anointing oil could mean (1) medicine for healing; (2) symbolic of the Holy Spirit; (3) it could be baptism. \*Prayer alone may not gain healing, faith is the major factor. \*In Greek, there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary. \*Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

#### **STEP FIVE: 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.

#### **STEP SIX: 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.

#### **STEP SEVEN: YIELD ALL RESULTS TO GOD**

Daniel said, "*Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.*" (Dan 1:13).

**REMEMBER:** The Daniel Fast will lead to spiritual insight. \*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.

#### **GUIDELINES FOR DANIEL FAST (FOODS WE MAY 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:** Broth, Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (**NOTE:** Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The best juices are made from fresh watermelon, lemons, grapes, apples, cabbages, beets, carrots, celery or leafy green vegetables. Place these items in your blender or juicer and make your own juice.)

**Foods to Avoid:** Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and ALL Products using it, Margarine, Butter, Shortening, High Fat Products