



Daniel Fast 2023

Sun, January 8th – Sun January 29th

Haskell Heights First Baptist Church

1231 Blue Ridge Terrace
Columbia, SC 29203

Glenn D. Wigfall, Pastor

Daniel Fast Frequently Asked Questions

^{2,3} [What Is the Daniel Fast? Foods, Benefits, Recipes - Dr. Axe \(draxe.com\)](https://www.draxe.com/what-is-the-daniel-fast/)

What is the purpose of fasting?

What is a fast? Biblical fasting is abstaining from food and/or drink for a specified period of time as an act of devotion and humility toward God. It is a sacrificial act of consciously, deliberately denying self and concentrating on the things of God. Fasting and prayer go hand in hand, as you seek Him for wisdom, guidance, direction or understanding for your life. Fasting directs our focus away from our desires and directs your spirit, heart and mind on God and not your own eating and drinking desires.

Are there different types of fasts?

There are many types of fasts, including: **a standard fast** (water only); **an absolute fast** (no water or food); **a partial fast** (restricting certain food or drink categories); or an **intermittent fast** (only eating during a specific timeframe, for example: 1 p.m.–6 p.m.).²

What distinguishes the Daniel fast from other fasts?

The Daniel Fast is based upon the prophet Daniel's dietary and spiritual experiences as recorded in chapters 1 and 10 in the Book of Daniel. It's a type of partial fast that focuses very heavily on vegetables and other healthy whole grain foods but leaves out any animal sources of protein.³

Why is the Daniel Fast such a 'public' event? Isn't fasting supposed to be a private matter?

Yes, fasting is private. Even though it is often done in a "corporate" environment (public), it is still between you and God. We have to do our due diligence not to advertise the fact that we are fasting where appropriate. The spirit with which you do that makes it a private matter.

Is the Daniel fast considered a vegan diet?

While the Daniel fast and a vegan diet are both primarily plant-based, the Daniel fast also **prohibits** sweets, sugar/sweeteners, fried foods as well as additives and preservatives.

Why are tea and coffee prohibited? Aren't they plants?

Tea and coffee are still considered processed foods. They have natural ingredients but the process they undergo to introduces items which are prohibited. Water is the acceptable fasting beverage.

Is the Daniel fast only for the beginning of the year?

No. It is appropriate for any time. It is however, a great way to position yourself at the beginning of a new year to hear from God – get directions.

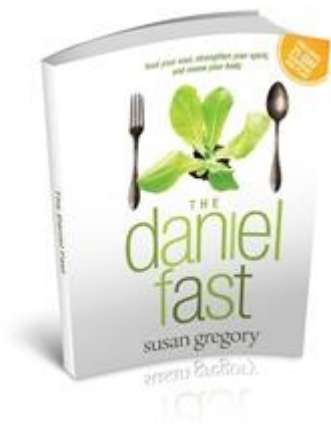
Two chapters in the book of Daniel inspire and form the basis of the Daniel Fast:

Chapter 1 – rather than conform to the culture of the Chaldeans and be defiled by the King's delicacies and wine, Daniel (and his 3 companions) chose to honor God by eating only vegetables and water during their period of training. As a result, “*God gave them knowledge and skill in all learning and wisdom*” (Daniel 1:17a). Three years later, at the conclusion of their ‘training’, the King found the four young men to be “*10 times better than all*” the magicians and astrologers in his kingdom.

Chapter 10 – Daniel abstained from ‘*rich foods, ate no meat or wine, nor anointed (groomed) himself*’ for three weeks (Daniel 10: 3) as he prayed for understanding from God concerning a vision he received. This chapter describes the spiritual warfare, and angelic opposition at work in Daniel's (and our) situations. This chapter provides spiritual insight into delays in answered prayers as well as the conflict between nations. In chapter 10 we meet the spirit prince of Persia and Michael – one of the archangels.

The angel Michael came to Daniel's assistance during a time of spiritual warfare. Fasting is not just about disciplining the body – it is about engaging in the spiritual conflict.

We will be following the guidelines from the book:



The Daniel Fast
by Susan Gregory

Special Note: if you have health issues, be sure to contact your healthcare professional for advice before committing to any fast, including the Daniel Fast.

Fasting Principles:

- I. **Start with Prayer** – use your power of confession – read God's Word for today and perhaps record one way you developed your “spiritual-you” today. What Scripture can you find to connect fasting with prayer?

- II. **"Fasting Results in Reward:"** Expect something from God during this fast. Our fasting is an intentional way to focus on God for a particular "revelation." Where in Daniel 10 did Daniel receive a revelation from God? _____ Ask yourself this question: "What am I expecting from God during this fast?"

- III. **"Fasting Develops Spiritual Power:"** Remember that your fast is a spiritual weapon and that we are in the midst of a spiritual battle. Expect challenges; remember that we have overcome by the Blood of the Lamb (Rev 12:11) and that we are more than a conqueror (Rom 8:37) through Jesus Christ.
- IV. **"Fasting Summons Heaven's Help:"** We are not alone in this struggle. When you feel like you are getting weak, allow God to strengthen you in His Word. Our brothers and sisters are likewise facing the same struggles, but for great purpose. Allow God to introduce Heaven's power into your earthly challenge. Where in Daniel 10 did Daniel's fasting make connection with heaven? _____

Meal Planning Tips

1. The objective in the Daniel Fast is to duplicate the Daniel diet described in Dan 1:12. Pulse is food which is grown from seeds, consistent with God's original provision in Genesis 1:29-30 and Genesis 2:9. Many of our health challenges stem from food outside of this “order.” They are “permissible, but not expedient!” (1 Cor 6:12 and 10:23). **Be sure to check with your physician to see if you have any restrictions to fasting.**
2. The only permissible beverage on the fast is water. 100% fruit/veggie juices or smoothies are an option because they are considered a “liquid meal.” You may consider putting some fruit in your water (e.g. apples, strawberries or other berries, lemon, lime, orange) and refrigerating it for flavored water – but no sugar or sugar substitutes. Water refrigerated in celery has been found to have health benefits.
3. Olive oil is your friend! It can be used for preparation of vegetables and in place of butter in many things. There are many plant-based butters Earth Balance Buttery Spread is Daniel Friendly.
4. This is a good opportunity for trying out new herbs and seasonings, vegetables, fruits, nuts, etc.
5. Plant-based milks (soy, coconut, other nuts, etc.) without any sugar or additives are acceptable for 100% grain cereals, smoothies or in preparation of foods.

6. You can make your own salad dressing with olive oil, vinegar, and herbs (e.g. Italian seasoning, garlic, parsley, Italian seasoning grated onions, lemon juice or berry juice or pureed fruit (strawberries, raspberries) – salad for lunch w/ fruit and nuts/grains.
7. You can make your own salsa or tomato sauce (fresh tomatoes or fresh market packaged w/o additives, garlic, onions, oregano, parsley, basil, salt, pepper, olive oil etc.) and put over whole wheat pasta of your choice. Try fresh chopped tomatoes with herbs and seasoning of your choice.
8. SNACK: Nuts and grains, only approved pickles (read the labels to verify no additives)
9. DINNER: Baked potato, Brown Rice, Whole Wheat Pasta (non-egg based), and fresh or frozen vegetables.
10. Health food, Whole Food, Fresh Market stores may help in finding products that are free of artificial flavorings and man-made chemicals.
11. Protein shakes are permissible if there are no additives, non-dairy, and require only water or 100% fresh-squeezed fruit juice for mixture.

Below is a list of YES (permissible) foods and NO foods (prohibited). While this is not an exhaustive list, it should provide a basic outline for your fast. You may see minor variations in different books or websites, but these are the basic guidelines.

YES FOODS

- **Fruits & Vegetables:** fresh, frozen, dried, canned
- **Whole Grains:** barley, brown rice, bulgur wheat, millet, popcorn, oats, whole wheat flour
- **Pseudograins** (seeds that are used the same way as grains): amaranth, buckwheat, quinoa, wild rice
- **Legumes:** beans, lentils, peas, peanuts
- **Nuts & Seeds:** raw, sprouted, dry-roasted
- **Unrefined Oils:** avocado, coconut, flax seed, olive, red palm, sesame seed, walnut

- **Beverages:** water, fresh-pressed juice, nut milk
- **Seasonings:** herbs, spices, soy sauce, tamari, liquid aminos, vinegar
- **Other:** nutritional yeast

NO FOODS

- **All Animal Products:** dairy, eggs, fish, meat, poultry
- **Sweeteners:** natural and artificial
- **Leavened Breads:** anything with baking powder, baking soda or yeast
- **Refined Grains:** white flour, white rice

- **Processed Foods:** those containing artificial flavors, chemical additives or preservatives
- **Refined Oils:** canola, corn, soybean, vegetable
- **Beverages:** alcohol, coffee, tea
- **Other:** deep-fried foods, gum, mints

Be sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. Daniel friendly food items are: **sugar-free, additive** and **chemical-free**. If there's an ingredient you don't recognize, it's probably not a permissible food and should be avoided. The longer the ingredient list, the more likely it contains additives.

NOTES:

BEST PRACTICES

Choose fresh produce whenever possible; frozen is the next best option. Canned foods typically have high levels of sodium. To reduce these risks, choose foods packed in BPA-free cans or glass jars. Look for items labeled “reduced sodium” and always read the list of ingredients to be sure there are no chemical additives. Take care to differentiate whether Ascorbic acid (Vitamin C) and citric acid are naturally derived preservatives (commonly used in canned foods), or added for preservation. It is often very hard to distinguish and should be eliminated during the fast.

Drink lots of water! Water should be the primary beverage during the Fast. While fresh-pressed juices have some amazing health benefits, they should be viewed as meal supplements or meal replacements.

Daniel demonstrated that the act of fasting was not only a powerful spiritual discipline, but also a viable diet for optimum health. We may want to consider some of the things we learn from the Daniel fast as a permanent lifestyle change to help us to care for the ‘temple’ God entrusted to us (1 Cor 6:19 and 2 Cor 6:16).

Here is a sample 12-day dinner chart that could get us ½ way through the fast before repeating:

Vegetable Soup	Beans & Brown Rice w/ diced tomatoes	Sweet Potatoes & Vegetables
Cabbage & Brown Rice	Vegetable Lo Mein	Whole Wheat Pasta & Tomato Sauce
Broccoli & Pasta or Broccoli & Rice/chestnuts and Soy	Fried Rice	Pasta Salad
Baked /Mashed Potatoes & Vegetables	Bean or Lentil Soup (with some whole wheat pasta)	Baked Home Fries & Vegetables

Snacks: Baked Tostitos w/ approved or homemade salsa, Smoothie, Fruit, Boiled Peanuts, Approved Wheat Germ, Cereal, Homemade Popcorn,

Breakfast: Oatmeal & Fruit, Yellow Grits, Home Fries, Smoothies, Fresh Fruit Cup Medley

Additional recipes can be found at: www.ultimatedanielfast.com/recipes



Daniel 1 (NLT) Meet Daniel!

Daniel 1 (NLT) - Daniel in Nebuchadnezzar's Court

^{1:1} During the third year of King Jehoiakim's reign in Judah, King Nebuchadnezzar of Babylon came to Jerusalem and besieged it. ² The Lord gave him victory over King Jehoiakim of Judah and permitted him to take some of the sacred objects from the Temple of God. So Nebuchadnezzar took them back to the land of Babylonia and placed them in the treasure-house of his god.

...but God finds Himself in strange places!

³ Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who had been brought to Babylon as captives. ⁴ "Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon." ⁵ The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

⁶ Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah. ⁷ The chief of staff renamed them with these Babylonian names:

Daniel was called **Beltshazzar**.
Hananiah was called **Shadrach**.
Mishael was called **Meshach**.
Azariah was called **Abednego**.

⁸ But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods. ⁹ Now God had given the chief of staff both respect and affection for Daniel. ¹⁰ But he responded, "I am afraid of my lord the king, who has ordered that you eat this food

and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

¹¹ Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. ¹² "Please test us for ten days on a diet of vegetables and water," Daniel said. ¹³ "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see." ¹⁴ The attendant agreed to Daniel's suggestion and tested them for ten days.

¹⁵ At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. ¹⁶ So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

¹⁷ God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams.

¹⁸ When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. ¹⁹ The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. ²⁰ Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanters in his entire kingdom.

²¹ Daniel remained in the royal service until the first year of the reign of King Cyrus.

Please answer the following study questions after a careful examination the text of Daniel 1:

1. Notice that this passage opens up with Jerusalem being “besieged.” That means they were **surrounded by armed forces aiming to capture it or force surrender**. This tells us something very important:
 - i. They were engaged in a type of natural _____. It was a result of spiritual warfare. The book of Daniel is about living in the context of spiritual warfare.
2. Notice in verse 2 that the LORD gave the Babylonian king (Nebuchadnezzar) victory over the Judean king (Jehoiakim). God didn’t do this for the sake of a good story in Scripture. He did that because the Israelites were thoroughly engaged in the sin of _____.
3. If the Babylonian king wanted God’s servants to be “**suited to serve in the royal palace**,” he was going to prepare them to properly represent the Babylonian kingdom. Name one way our culture is trying to “train” us today to be a representative of our modern Babylonian system.

4. What is a possible significance of the three-year training period in verse 5? (HINT: Where else do we see a 3-year period in Scripture)?

5. **THOUGHT QUESTION** (No right or wrong answer). Why do you think Nebuchadnezzar’s chief of staff (Ashpenaz) renamed Daniel and his friends?

6. Mark 7:18-20 says that whatever enters a man from the outside cannot defile a man. Why do you think that Daniel would have considered the king’s food to be a “source of defilement?”

7. The ten days in verses 12-13 was a time of _____.
8. If you read the King James Version of verse 16, it states that “and gave them pulse.” What does pulse refer to? Why would KJV use a word like “pulse?”

9. **THOUGH QUESTION:** Why do you think God gave Daniel and his friends unusual aptitude, wisdom and the gift of interpretation (Daniel – verse 17)?

10. Likewise, why do you think God has given you gifts? _____

11. Notice that the gifts of God’s servants were ten times better than the Babylonian magicians and enchanters. What does this say about God’s Kingdom versus the Babylonian kingdom?

12. Do you believe that this is still true today? _____.

13. Daniel remained in service while a corrupt king was in place. What does this tell us about Babylonian systems of today?_____

NOTES:



Isaiah 58 (ESV) True and False Fasting

¹ “Cry aloud; do not hold back;
lift up your voice like a trumpet;
**declare to my people their transgression,
to the house of Jacob their sins.**

² Yet they seek me daily
and delight to know my ways,
as if they were a nation that did righteousness
and did not forsake the judgment of their God;
they ask of me righteous judgments;
they delight to draw near to God.

³ “Why have we **fasted**, and you see it not?
Why have we **humbled ourselves**, and you take
no knowledge of it?”
Behold, in the day of your fast you **seek your own
pleasure,**
and **oppress all your workers.**

⁴ Behold, you fast only to **quarrel and to fight**
and to **hit with a wicked fist.**

Fasting like yours this day
will not make your voice to be heard on high.

⁵ Is such the fast that I choose,
a day for a person to humble himself?
Is it to bow down his head like a reed,
and to spread sackcloth and ashes under him?
Will you call this a fast,
and a day **acceptable to the LORD?**

*Notice, a fast must
be acceptable to
the LORD.*

⁶ **“Is not this the fast that I choose:**
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?
⁷ Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?

⁸ **Then** shall your **light** break forth like the dawn,
and your **healing** shall spring up speedily;

your **righteousness** shall go before you;
the **glory** of the LORD shall be your rear guard.

⁹ **Then you shall call, and the LORD will answer;
you shall cry, and he will say, ‘Here I am.’**

If you take away the yoke from your midst,
the pointing of the finger, and speaking
wickedness,

¹⁰ if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your **gloom** be as the noonday.

¹¹ And the LORD will guide you continually
and satisfy your desire in scorched places
and make your bones strong;

and you shall be like a watered garden,
like a spring of water,
whose waters do not fail.

¹² **And your ancient ruins shall be rebuilt;**
you shall raise up the foundations of many
generations;

you shall be called the repairer of the breach,
the restorer of streets to dwell in.

¹³ “If you turn back your foot from the Sabbath,
from doing your pleasure on my holy day,
and call the Sabbath a delight

and the holy day of the LORD honorable;
if you honor it, not going your own ways,
or seeking your own pleasure, or talking idly,

¹⁴ then you shall take delight in the LORD,
and I will make you ride on the heights of the
earth.

I will feed you with the heritage of Jacob your
father,
for the mouth of the LORD has spoken.”

*This whole part of the passage
seems to be referring to how you
treat others.*

After carefully examining the text of Isaiah 58, please answer the following study questions:

1. The prophet was told to declare to God's people their _____.
2. Imagine how God's people sought the LORD daily for several things:
 - a. To know His ways (direction for their lives)
 - b. To experience righteous judgements (justice and fairness in society)
 - c. To draw near to Him (be in God's constant presence – His power/protection).They asked for these things as if they were a nation that did _____.
3. Look at some detail concerning fasting in the passage. Isaiah asks in verse 3, "why have we fasted and don't see that our unrighteousness keeps us from the things we need from / desire from God? There is a parallel statement in verse 3 (remember: Hebrew poetry). Parallelism says the same thing 2 different ways.

Why have we fasted, and you see it not?

Why have we humbled ourselves, and you take no knowledge of it?

When you compare the statements above, we see that another way of describing "fasting" is to _____.

4. List the 4 things that God's people were doing while they were fasting in verse
 - i. _____
 - ii. _____
 - iii. _____
 - iv. _____

5. According to the second part of verse 4, we can see a principal purpose of fasting is to: _____.

6. God asks a question in verse 5: "Is such the fast that I choose?"
 - a. A day for a person to humble himself
 - b. A day for a person to bow down his head like a reed
 - c. A day to _____.

7. What do you think it means to "humble himself" in verse 5?

8. Notice in verse 6 God says (rhetorically): “**Is not this the fast that I choose**” (I/O/W: Isn’t this the kind of fast that I choose?):

- a. To _____ the bonds of wickedness;
- b. To _____ the straps of the yoke;
- c. To let the _____ go free;
- d. To break every _____?
- e. To share your bread with the _____;
- f. To bring the _____ poor into your house;
- g. To _____ the naked (paraphrase);
- h. Not to hide yourself from your own _____?

9. Two questions:

- i. What are straps of a yoke?

_____.

- ii. What is “own flesh” referring to in verse 7(b)?

_____.

10. Verses 8-12 imply that the help God’s people expected from the LORD may have been hindered in some way because of their _____.

11. Examine verse 11. Does it seem that God is in any way saying to the Israelites that they will never have adversity and challenges if they do what He requires of them? What in verse 11 helps you answer this question:

_____.

12. **Thought Question:** We may ask, “what does this passage have to do with fasting?” Look at verse 6 again. Fasting is much more than giving up foods and favored things for a period of time. Fasting involves...

_____.

