

Please make sure to **READ LABELS** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

FOODS to INCLUDE on Daniel Fast

All fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines and watermelon.

All vegetables: These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams and zucchini.
Veggie burgers are an option if you are not allergic to soy.

All whole grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts and sesame. Also, nut butters including peanut butter.

All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans and white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Notes: _____

FOODS to AVOID on Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry and fish.

All dairy products including but not limited to milk, cheese, cream, butter and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

All deep-fried foods including but not limited to potato chips, French fries and corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks and alcohol.

Remember, READ THE LABELS!

What is the Daniel Fast?

The Daniel Fast is biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1, the Prophet ate only vegetables (fruits included) and drank only water. So, from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for beverage

In Daniel 10, we read that the Prophet ate no meat, breads or foods and drank no wine for 21 days. From this scripture, we get a third guideline.

3. No sweeteners and no breads

How to Prepare for the Daniel Fast?

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord to study His Word and His ways.

How to Begin Spiritually?

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25, Like 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Scripture Reference for Fasting:

Matthew 6: 16-18; Matthew 9:14-15; Luke 18:19-14

Relation to Prayer and Reading of the Word

1 Samuel 1:6-8, 17-18; Nehemiah 1:4; Daniel 9:3, 20; Joel 2:12; Luke 2:37, Acts 10:30

Corporate Fasting

1 Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10, Acts 27:33-37

What to Expect during the Fast:

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from normal distractions as much as possible and keep your heart and mind set on seeking God's face.

When you Fast:

- Expect to get to know God better
 - Fasting is waiting (Lamentations 3:25-27)
 - Fasting is drawing near (Jeremiah 29:11-13)
- As you demonstrate sincerity to God, expect:
 - Expect strength in your inner character.
 - Find power to leave sinful habits (2 Corinthians 7:1)
 - Find power to stay focused.
 - Find yourself desiring God's presence
 - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil
- Expect your prayers to go to a higher level

How to Succeed in Fasting:

- Fast with friends Matthew 18:19
- Fast with purpose (not casual)
 - Set a start and end date
 - Determine you will follow through
- Fast unselfishly Isaiah 58: 1-11
- Spend time with God
 - Fasting doesn't work if you don't pray.

Types of Fasts:

- Full Fast (Drink only liquids)
- 3-day Fast (Full, Daniel or give up one item)
- The Daniel Fast (Fruits, Veggies and water only)
- Partial Fast (sunrise to sunset)

You can select from the three types of fasting or give up at least one item of food.

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Elder Chester F. Brown, III
Pastor/Lead Servant



21 Day Daniel Fast

January 7th 11:59pm - January 28th 11:59pm

*Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing.
May God greatly bless you as you fast!*