



Roderick L. Hennings, Senior Pastor

## *The Daniel Fast*

Start

March 27, 2017 ☞ 12:00 a.m.

End

April 16, 2017 ☞ 12:00 a.m.

The concept of a Daniel Fast comes from Daniel 1:8-14, *Dan 1:8-16* “*But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. . . . Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.*” (NIV)

The core of the Daniel Fast is abstaining from meat products and eating only fruits and vegetables for a certain period of time.

### **STEP ONE- DANIEL WAS SPECIFIC**

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

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

### **STEP TWO – DANIEL’S FAST WAS A SPIRITUAL COMMITMENT**

The Daniel Fast involves a spiritual commitment to God. “*Daniel proposed in his heart that he would not defile himself....*”

### **STEP THREE – YOU MUST REFLECT INNER DESIRE BY OUTER DISCIPLINE**

You may have an inner desire for better health, but you haven’t discipline yourself to avoid junk food, and other foods that are 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, we have determined to fast 21 days, don’t stop on Day 20.

### **PURPOSE OF THE DANIEL FAST**

The congregation of Zion Dominion Global Ministries will enter into this corporate fast to receive clarity in God’s direction for the church; healing of marriages; concern for the next generation; AIDS in Africa; the people of Jerusalem and the economy. In addition, we will seek the Lord in order to draw closer to Him and move into new habits of devotion and prayer.

### **BIBLICAL PURPOSE OF FASTING**

- |                                    |   |
|------------------------------------|---|
| ✓ Loose the bonds of wickedness    | ✓ Spirit of liberality will come forth    |
| ✓ Undo heavy burdens               | ✓ Your light will break forth clearly     |
| ✓ Oppressed to go free             | ✓ Spirit of sharing will come forth       |
| ✓ Every yoke broken                | ✓ Your healing will spring forth speedily |
| ✓ Righteousness will go before you | ✓ God’s glory will be behind you          |
| ✓ Your prayers will be answered    |   |

### **EXPECT**

- |                            |                                |                                 |
|----------------------------|--------------------------------|---------------------------------|
| ✓ Habits broken            | ✓ Control of your emotions     | ✓ Deliverance over <i>stuff</i> |
| ✓ Authority over things    | ✓ Increased sensitivity to God | ✓ Become more spiritual         |
| ✓ Clarity of God’s purpose | ✓ Your light will break forth  | ✓ Awareness of God’s power      |
| ✓ Sickness healed          | ✓ Unfathomed blessings         |                                 |

## **FASTING PERIOD**

- ✓ Be sober, no foolishness
- ✓ Read only uplifting materials
- ✓ Spend time in the word (reading & studying)
- ✓ Seed into someone else's life (not money)
- ✓ NO Television
- ✓ Spend time in prayer
- ✓ Look sharp ( Matthew 6:6, 16-18)

## **FOODS TO INCLUDE IN YOUR DIET DURING THE 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, watermelon, etc.

**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, 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 (plain)

**All Nuts and Seeds**, including but not limited to sunflower seeds, cashews, peanuts, 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, 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.

## **FOODS TO AVOID ON THE DANIEL FAST**

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

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 foods 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, 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, Vitamin Water, Life Water and alcohol.