



DANIEL FAST – FOOD LIST

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.

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).

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.

WHAT BIBLE SAYS ABOUT FASTING FOR MORE OF JESUS

Definition: Christian fasting is, “the voluntary abstinence from food for spiritual purposes.” When Christians fast, it’s not because we want less, we fast because we want more. Christian fasting is a gift from God that increases spiritual hunger for Jesus.

Christian Fasting is Not:

- A diet
- A means of working for God’s approval
- A way of making God do what you want

1.) Christian Fasting is a Gift that Glorifies

Matthew 6:16-18

¹⁶ “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.” ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

“Christian fasting is a spiritual discipline that expresses a deeply personal desire for inner transformation by Jesus”

2.) Christian Fasting is a Gift that Intensifies

Matthew 9:14-17

¹⁴ Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” ¹⁵ And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.” ¹⁶ No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made.” ¹⁷ Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.”

“Christian fasting is a spiritual discipline that expresses a deeply personal desire for the return of Jesus”

3.) Christian Fasting is a Gift that Satisfies

John 6:26-35

²⁶ Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves.” ²⁷ Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.” ²⁸ Then they said to him, “What must we do, to be doing the works of God?” ²⁹ Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” ³⁰ So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform?” ³¹ Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³² Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven.” ³³ For the bread of God is he who comes down from heaven and gives life to the world.” ³⁴ They said to him, “Sir, give us this bread always.” ³⁵ Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

“Christian fasting is a spiritual discipline that expresses a deeply personal desire to be satisfied by Jesus alone”