

## THE DANIEL FAST

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The Daniel Fast is a Biblical spiritual fast for a period of time, restricting certain foods and focusing more on seeking God in the Word and prayer. The Daniel fast can bring amazing breakthrough and healing, benefiting all of life - body, soul and spirit.

This partial fast is based on the experiences of the prophet Daniel, and has become one of the most popular forms of fasting, because it can be sustained for many consecutive days while continuing with daily living.

The food plan of the Daniel fast is similar to a healthy plant based diet. *(Refer to suggested websites and books for further details on the Daniel Fast and meal plans.)*

### Preparing for The Daniel Fast

**The Daniel Fast** restricts certain foods along with a focusing on spiritual and life goals.

#### 1. Start with a clear goal

Begin and end with a purpose. Ask the Holy Spirit to reveal your heart desires and longings.

*Why am I fasting?*

*What am I seeking God for?*

*(healing, restoration, breakthrough, guidance, clarity, direction, career, finances, opportunity, assignment, provision, relationship,*

*What am I longing for God to reveal to me, to do for me?*

## 2. Prepare spiritually

The Daniel Fast begins with an inner resolve to physically restrict certain foods and a spiritual resolve to seek God for Spiritual breakthrough. Ask the Holy Spirit to reveal to you areas of weakness, longing, healing, and where you need to confess your sins to God for 'cleansing'.

Surrender your life and the fasting journey fully to God.  
Ask the Holy Spirit for continued revelation and guidance.

*I make a commitment to the Daniel Fast  
(sign)*

*Lord I bring to you these areas of my life for 'cleansing' ...*

## 3. Develop a plan

Decide how you will spend the time. Include times of reading your Bible and praying every day. Listen to and sing along with praise and worship music. Relax and rest. Eliminate normal distractions so you can focus your heart and mind more on seeking God and listening to Him. Make time for extended periods of silence, reflections, mini retreats, journaling and extra Spiritual readings.

*These are the resources I will use during the fast*

*Prayer partners and companions during the fast include -*

#### **4. Decide what foods to fast**

Depending on your particular health needs, this fast can go from a plant based vegetarian diet to a vegan diet with even more restrictions. What matters most is that this fast is a 'cleansing' of the heart, soul and body, so eat as 'clean' as possible. If necessary, modified the fast according to your particular health needs.

Usually diet restrictions include:

No Meat

Only fruits and vegetables

Only water for a beverage

No sweeteners and no breads, no yeast, baking powder or similar products.

No processed or artificial foods and no chemicals.

*I am be able to choose these food restrictions during the fast*

#### **5. Decide when you will begin and end**

A Daniel fast can range from 3 days, 7 days, 21 days - and for those more experienced and physically able - up to 40 days. Pray for wisdom and guidance as to what is possible for you at this time.

*Date I will begin fast*

*Date I will end fast*

#### **6. Prepare for what to expect**

Fasting has proven to bring tremendous benefits to the body, soul and spirit. Fasting will detoxify your body, especially if you experience withdrawals from caffeine and sugar, which may cause mild discomforts such as headaches. So take time to rest physically, limiting extra activities and strenuous exercise.

As you end the fast, begin integrating other foods slowly, eating small portions and snacks.

#### **7. Journal what you experience during and after the Daniel Fast**

**Refer to these Resources for more details**

*The Daniel Fast.* Susan Gregory  
<http://daniel-fast.com/>

Jentezen Franklin. Fast 2012. Reclaim your edge.  
<http://www.jentezenfranklin.org/fasting/danielfast.php>

*The Daniel Fast For Spiritual Breakthrough.* Elmer Towns

*The Ultimate Guide to The Daniel Fast.* Kristen Feola