

Daniel Fast Guidelines

Foods we may eat:

Whole Grains: brown rice, oats, barley

Legumes: dried beans, pinto beans, split peas,
lentils, black eyed peas.

Fruits: apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, oats, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon



Vegetables: artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots,

cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini

Seeds, Nuts, Sprouts

Liquids: Water, Fresh Squeezed Juices

Foods to Avoid on The Daniel Fast:

Meat
White Rice
Fried Foods
Caffeine
Carbonated Beverages
Foods Containing Preservatives or Additives
Refined Sugar
Sugar Substitutes
White Flour & All Products Using It
Margarine, ~~Shortening~~, High Fat Products

What if I have health issues?

Anytime you make a significant change in your diet or exercise, consult your health professional. Also, if you have special health needs consider adjusting the eating plan to meet those requirements while maintaining the other restrictions for the fast.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast,

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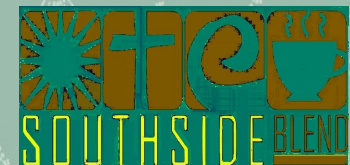
www.southsidebaptist.church

The Daniel Fast

Jan 11-31, 2020



*Daniel Fast Guideline
Southside Baptist
Church Jan 11–31*



**Southside Baptist Church
Wilmington, NC**

Let us be led by God's Spirit — Not by the flesh

Beginning January 11-31, Southside is going to experience a wonderful time of praying and fasting. The purpose is not to help us lose weight from all the holiday feasting. If that happens, that is a great secondary benefit to your physical health. Fasting is the most powerful spiritual discipline of all Christian disciplines. Through fasting and prayer the Holy Spirit can change your life. When prayer and fasting are done for the right reason -- that we seek God's face with a repentant, broken and contrite spirit -- God hears from heaven and heals our lives, our churches, our communities, our nation and even our world. Fasting and prayer can bring about revival.

Dr. Bill Bright, who was the founder of Campus Crusade for Christ has put together a lot of material on this and below are some of his great suggestions:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.

- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14:

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

For additional information you can go to the following web link:

<http://www.cru.org/training-and-growth/devotional-life/7-steps-to-fasting/01-personal-guide.htm>

iFocus challenge The Fast

- **Worship**
"You must love the LORD your God with all your heart, all your soul, all your mind, and all your strength." (Mk. 12:30, NLT)
- **Fellowship**
"Love others as well as you love yourself." (Matt. 22:39, MES)
- **Discipleship**
"Jesus grew in wisdom and in stature and in favor with God and all the people." (Lk. 2:52, NLT)
- **Serving**
"God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings." (1 Pet. 4:10, TLB)
- **Evangelism & Missions**
"If anybody asks why you believe as you do, be ready to tell him, and do it in a gentle and respectful way." (1 Pet. 3:15 TLB)

The Daniel Fast — Jan 11-31

Additional Scriptures to Meditate On During Fast:

11-Jan	Daniel 1:8, 10:3
12-Jan	1 Corinthians 6:19-20
13-Jan	Luke 9:23
14-Jan	John 15:5
15-Jan	John 8:31-32
16-Jan	John 15:10
17-Jan	John 15:7
18-Jan	Matthew 6:16-18
19-Jan	John 13:34-35
20-Jan	John 15:8
21-Jan	Matthew 4:19
22-Jan	Galatians 5:22-23
23-Jan	Matthew 22:37-40
24-Jan	2 Timothy 2:20-21
25-Jan	1 Corinthians 6:19-20
26-Jan	Galatians 2:20
27-Jan	2 Chronicles 7:14
28-Jan	Colossians 3:2-4
29-Jan	Ezekiel 36:26-30
30-Jan	Psalms 51
31-Jan	Psalms 42:1-2