



New Walk Church Daniel Fast Guide

A seven day journey with God.

Introduction

We're starting a 7 day Daniel Fast together as a church. This is a time to slow down, remove distractions, and seek God more intentionally. We're following the example of Daniel in Daniel 1:8–16 and Daniel 10:2–3, where he chose faithfulness and dependence on God over comfort.

By setting aside certain foods, we're making room for prayer, Scripture, and listening to the Lord. My prayer is that this week helps us grow spiritually and draws us closer to God's presence.

Purpose of the Fast

Our Daniel Fast serves several spiritual purposes:

- **Spiritual Focus:** To intentionally set aside distractions and focus on God.
- **Prayer:** To dedicate ourselves to fervent and persistent prayer.
- **Humility:** To humble ourselves before God, seeking His guidance.
- **Dependence on God:** To rely on God for strength and sustenance in every area of our lives.

What Is Allowed

During the Daniel Fast, we partake in foods that nourish our bodies while allowing us to focus on spiritual nourishment:

- Fruits
- Vegetables
- Whole Grains (brown rice, quinoa, oats)
- Legumes (beans, lentils)
- Nuts and Seeds
- Water
- Herbal Tea (unsweetened)
- Olive Oil
- Black Coffee
- Herbs and Spices (in moderation)

What Is Not Allowed

To maintain the integrity of the Daniel Fast, we abstain from:

- Meat (all types)
- Dairy (milk, cheese, yogurt)
- Bread (leavened bread)
- Sugar and Sweets (honey, syrup, chocolate)
- Fried Foods
- Processed Foods
- Coffee with Sweeteners
- Soda
- Juice
- Alcohol
- Energy Drinks

Grace and Health Considerations

If you have any medical conditions or concerns, please consult with your doctor before starting the Daniel Fast. It is okay to modify the fast to meet your individual needs. God honors wisdom and obedience. We encourage everyone to listen to their body and seek guidance as needed.

Daniel Fast Questions and Answers

Here are some common questions about the Daniel Fast:

- **Can I still participate if I can't do it perfectly?** Absolutely! God looks at the heart. Do what you can and trust His grace.
- **What if I accidentally eat something I shouldn't?** Don't be discouraged. Simply acknowledge it, recommit to the fast, and move forward.
- **Is coffee allowed?** No, coffee is not allowed on the Daniel Fast.
- **Can children participate?** The Daniel Fast can be adapted for children with appropriate guidance and consideration for their nutritional needs.
- **I'm feeling really hungry. What can I do?** Drink plenty of water, eat small, frequent meals of allowed foods, and remember the spiritual purpose of the fast.

Scripture Reading Plan

Enhance your fast with these suggested scripture readings:

- Daniel 1–6

- Acts 1–4
- Exodus 33–34
- Psalm 63

Closing Encouragement

As we embark on this Daniel Fast together, let us be united in purpose and prayer. May this time be marked by grace, humility, and a deeper seeking of God's presence. Let us encourage one another and remember that God is faithful to reward those who diligently seek Him. May this fast be a transformative experience for each of us, drawing us closer to God and strengthening our faith.