



Daniel Fast Guidelines

“FASTING IS NOT FOR THE STRONG. IT IS NOT FOR THE SOLID. IT IS NOT FOR THE PERFECT. FASTING IS FOR THE COMMON, WEAK, FRAIL, ORDINARY INDIVIDUAL WHO REALIZES HIS OR HER LACK AND HAS A DESPERATE NEED FOR MORE OF GOD”.

- Dwayne Robberts -

The Purpose of Fasting

The purpose of Fasting is in the first place to grow closer to God. It is therefore important to spend more time with God in prayer and worship during your time of Fasting.

Bible Study

It is good to choose a part from Scripture to meditate on and to study during your time of Fasting and to keep a journal, writing everything down you hear from the Lord.

Accountability

It is good to be accountable to a Spiritual Leader or a group or friend when you are fasting, to help you stick to the discipline of fasting. It is also good to have someone pray with you while you are fasting.

Limit Entertainment

It is also good to limit other types of entertainment such as Television and movies while you are fasting and to rather spend that time Fellowshiping with Holy Spirit.

Food Guide

What you can eat:

All vegetables

All Fruit

All whole Grains

All Nuts

All types of beans

Oils: Olive, Avocado, Canola, Nut oils

Drinks: Water, pure fruit juice, Rooibos tea (No milk)

Other: tofu, soy, herbs and spices

If it is not on the above list, you cannot eat or drink it.