

THE
PRAYERS OF MANY
COURSE

**A GUIDE TO
THE DANIEL FAST**

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GUIDE THE DANIEL FAST

! This guide contains general information about fasting. The information is not advice and should not be treated as such. If you have any medical concerns before starting any fast, you should speak to your doctor.

REMEMBER

- ▶ A purpose of a Daniel fast is to add 'spiritual firepower' to our prayers and prayer meetings, increasing their impact and power.
- ▶ **Fasting does not gain us any merit with God**, but is a weapon that gains ground for His kingdom.
- ▶ "Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting." (Daniel 9:3a)

WHAT IS THE DANIEL FAST?

It based on two accounts from the book of Daniel: chapter 1, where Daniel refrained from eating the king's food and wine in favour of water and vegetables; and chapter 9-10, where he fasts whilst seeking God in prayer.

It involves eating only simple foods such as fruits, vegetables and pulses, and avoiding sweets and meats.

WHY THE DANIEL FAST?

Daniel's fight against spiritual forces was aided by his prayer with fasting (Daniel 10:2-3, 10-13), and through it he had a powerful encounter with God and thrived in a time of adversity.

This gives us three reasons to take part:

- It can help us to pray beyond our prayer meetings
- It can brings us into encounters with God
- It can help us thrive in a time of adversity

HOW LONG IS THE DANIEL FAST?

Daniel fasted in this way for 10 days (Daniel 1:12) and 21 days (Daniel 10:3), but we suggest a shorter fast of 2, 5 or 10 days so that anyone can meaningfully participate, and learn and grow in this helpful discipline together.

GROWING TOGETHER

Fasting alongside others in your church (e.g. your small group) means that you can encourage each other and pray together through the time of fasting.

If you or members of your group are new to fasting, start small so that all can fully take part. Ask the Holy Spirit to guide you, and rely on God's strength and His Word.

PREPARE AHEAD

To make the most of your fast:

- ▶ Plan times and ways to pray and draw near to God.
- ▶ Keep meal preparation simple and use the extra time to pray.
- ▶ Consider praying around the meal table while you eat.

OTHER OPTIONS

As an alternative you could fast from something else that would be a sacrifice for you and point you to God, such as: sweets/ desserts, social media, caffeinated drinks, etc.

The following serves as a general guide - but it's good to read food labels and do research ahead of time to know whether something can be included or not. You can find a cookbook of useful recipes at prayersofmany.org/danielfast

FOODS TO INCLUDE

All fruits. These can be fresh, frozen, dried, juiced or tinned/canned.

All vegetables. These can be fresh, frozen, dried, juiced or tinned/canned. (Veggie burgers are an option, if you are not allergic to soy).

All whole grains including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds including, but not limited to, sunflower seeds, cashews, peanuts and sesame seeds, plus nut butters such as peanut butter.

All legumes. These can be tinned/canned or dried, and include dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans and white beans.

All quality oils including, but not limited to, olive, canola, grape seed, peanut, and sesame.

Water beverages such as spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID

All meat and animal products including, but not limited to, beef, lamb, pork, poultry, seafood and fish.

All dairy products including, but not limited to, milk, cheese, cream, butter, and eggs.

All sweeteners including, but not limited to, sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia and cane juice.

All leavened bread, including Ezekiel Bread (it contains yeast and honey), and baked goods.


All refined and processed food products including, but not limited to, artificial flavourings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

All deep fried foods including, but not limited to, potato chips/crisps, French fries/chips, corn chips/crisps.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including, but not limited to, coffee, tea, herbal teas, carbonated beverages, energy drinks and alcohol.

Remember: always read the labels!

 **Top tip: To avoid negative side effects due to caffeine withdrawal, we recommend slowly reducing your intake in the time leading up to your fast.**

The background is a dark blue gradient. Scattered throughout are several teal-colored geometric shapes, primarily chevrons and rectangles of various sizes and orientations. Some shapes are layered, creating a sense of depth. The text 'prayersofmany' is centered in the middle of the page.

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