

"WHAT IS A DANIEL FAST?"

The concept of a Daniel fast comes from Daniel 1:8-14, "But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days."

The background of the "Daniel fast" is that Daniel and his three friends had been "deported" to Babylon when Nebuchadnezzar and the Babylonians had conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant "training program." Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).

So, a Daniel fast is eating only fruits and vegetables for a certain amount of time, ***abstaining from meat products***. Some people use a Daniel fast as a dieting method. Some people use a Daniel fast instead of fasting from food entirely. The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast.

The following is a list of food guidelines:

Whole Grains: Barley, brown rice, oats (avoid added sugar), buckwheat

Beans/Legumes: Black beans, black-eyed peas, dried beans, french beans, lentils, long beans, pinto beans, red beans, split peas

Vegetables (fresh or frozen; not canned) : Asparagus, artichokes, brinjals, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, collard greens, eggplant, green beans, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, peppers, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini

Fruits : apricots, apples, avocados, bananas, black berries, blue berries, boysenberries, cherries, coconuts, cranberries, cantaloupe, dates, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangoes, melons, nectarines, oranges, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangelos, watermelon.

Nuts and Seeds (Raw, sprouted or dry roasted with no salt added): Almonds, cashews, flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

Beverages: Distilled water, spring water, 100% natural fruit or vegetable juice, almond or soy milk, coconut water, herbal tea

Food to Avoid in Daniel Fast recipes:

(Again, do not treat them as laws, if you have taken by accident, do not feel condemned, or you will not benefit from this fast)

Breads, pasta, flour, crackers (unless made from sprouted ancient grains); butter, margarine and high fat products (you may use olive oil); candy (all sweets), carbonated soft drinks, cheese, coffee, dairy products, energy drinks, fried food, food containing preservatives or additives, gum, iodized salt, junk food, meat, refined sugar, shell fish, sugar substitutes, white flour and food made by it; white rice,