



DANIEL FAST

January 22-31, 2025

Daily at 6 AM

Daniel 1:12 (NKJV) “Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

Welcome

Focus

Fasting is a spiritual discipline designed to connect us more deeply with God. Fasting involves giving up something PHYSICAL (ie: comfort food) for the sake of something SPIRITUAL (ie: a fresh filling of God's Spirit). Over the next 10 days, we will sacrifice some of our regular food intake and replace it with Bible reading, prayer, and journaling. The overall goal is to work up a greater appetite for God Himself! Remember: The focus of this fast is spiritual (a greater sense of dependency on God). This isn't about weight loss or legalistic rules, so don't fixate on the menu... fixate on the heart behind it! Above all, God's most interested in your heart & hunger for Him!



Food Guide

INCLUDE-foods to eat

All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (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, sesame. Also nut butters including peanut butter.

Beverages: spring water, distilled water or other pure waters. 100% Fruit Juices, 100% Vegetable Juices, naturally decaffeinated teas (Peppermint tea, Chamomile, etc.)



Food Guide

AVOID-foods to eat

All meat and animal products including but not limited to beef, lamb, pork, poultry, 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, 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 flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

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

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.



DEVOTIONALS

Day One: Wednesday, January 22, 2025

Scripture Reading:

Matthew 6:5-8

6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

7 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

Day Two: Thursday, January 23, 2025

Scripture Reading:

Psalms 62:5-8

5 For God alone, O my soul, wait in silence, for my hope is from him.

6 He only is my rock and my salvation, my fortress; I shall not be shaken. 7 On God rests my salvation and my glory; my mighty rock, my refuge is God.

8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.
Selah



DEVOTIONALS

Day Three: Friday, January 24, 2025

Scripture Reading:

Psalms 27:1-4

1 The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

2 When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.

3 Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

Day Four: Saturday, January 25, 2025

Scripture Reading:

Acts 1:4-5

4 And while staying with them he ordered them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, “you heard from me;

5 for John baptized with water, but you will be baptized with the Holy Spirit not many days from now



DEVOTIONALS

Day Five: Sunday, January 26, 2025

Scripture Reading:

1 Samuel 3:10

10 The LORD came and stood there, calling as at the other times, 'Samuel! Samuel!' Then Samuel said, 'Speak, for your servant is listening.'

Day Six: Monday, January 27, 2025

Scripture Reading:

Matthew 6:12-14

12 And forgive us our debts, As we forgive our debtors.

13 And do not lead us into temptation, But deliver us from the evil one.
For Yours is the kingdom and the power and the glory forever. Amen.

14 For if you forgive men their trespasses, your heavenly Father will also forgive you.



DEVOTIONALS

Day Seven: Tuesday, January 28, 2025

Scripture Reading:

Psalms 103:1-5

1 Bless the Lord, O my soul, and all that is within me, bless his holy name!

2 Bless the Lord, O my soul, and forget not all his benefits,

3 who forgives all your iniquity, who heals all your diseases,

4 who redeems your life from the pit, who crowns you with steadfast love and mercy,

5 who satisfies you with good so that your youth is renewed like the eagles.

Day Eight: Wednesday, January 29, 2025

Scripture Reading:

1 Kings 18:41-45

41 Then Elijah said to Ahab, "Go up, eat and drink; for there is the sound of abundance of rain."

42 So Ahab went up to eat and drink. And Elijah went up to the top of Carmel; then he bowed down on the ground, and put his face between his knees,

43 and said to his servant, "Go up now, look toward the sea." So he went up and looked, and said, "There is nothing." And seven times he said, "Go again."

44 Then it came to pass the seventh time, that he said, "There is a cloud, as small as a man's hand, rising out of the sea!" So he said, "Go up, say to Ahab, 'Prepare your chariot, and go down before the rain stops you.'"

45 Now it happened in the meantime that the sky became black with clouds and wind, and there was a heavy rain. So Ahab rode away and went to Jezreel.



DEVOTIONALS

Day Nine: Thursday, January 30, 2025

Scripture Reading:

Malachi 3:10-11

10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

11 And I will rebuke the devourer for your sakes, So that he will not destroy the fruit of your ground, Nor shall the vine fail to bear fruit for you in the field,” Says the Lord of hosts;

Day Ten: Friday, January 31, 2025

Scripture Reading:

1 Samuel 10:8-10

8 A third time the Lord called, “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.” Then Eli realized that the Lord was calling the boy.

9 So Eli told Samuel, “Go and lie down, and if he calls you, say, ‘Speak, Lord, for your servant is listening. So Samuel went and lay down in his place.

10 The Lord came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.”



The background is a high-quality photograph of a meal, heavily tinted with a dark green color. The meal includes a corn on the cob with charred kernels, several pieces of rustic bread, two small white bowls containing dipping sauces (one appears to be a dark, chunky sauce, the other a lighter, smoother one), and two large pieces of grilled fish with visible grill marks. There are also some fresh herbs and lemon slices scattered around the food. The text "THANK YOU" is centered over this image in a large, white, bold, sans-serif font.

THANK YOU