

## Why No Herbal Tea or 100% Juice?

One of the most frequently asked questions I receive about the Daniel Fast concerns herbal tea. People have a hard time understanding why they can't have it on the fast, especially if it's caffeine-free and organic. The same question is asked about fruit and vegetable juice.

The answer is really quite simple and it's found in Daniel 1:12 where the prophet's words are recorded:

"Please test your servants for ten days, and let them give us vegetables to eat and water to drink."

This is the anchor text that says we drink only water on the Daniel Fast. Tea and juice aren't off the list because they are bad for you. They are off the list because there is no room for juice or tea in "drink only water."

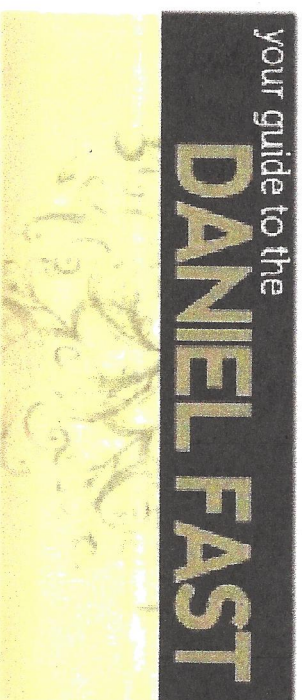
I hope this helps solve some of the confusion as to why no other beverages are allowed on the Daniel Fast. When you think "beverage" during the Daniel Fast, you think "water."

Now, let's move to a little bit of a complicated matter, and that has to do with "juiced fruit and vegetables" that are allowed on the Daniel Fast. The reason they are listed is because many people have meals of juiced produce. It's not a beverage . . . it's a meal when accompanied with spring, distilled, or filtered water. So if you are making meal replacements by juicing fruits and vegetables, then they would be acceptable. It's a fine line. Juice as a beverage is not allowed . . . liquid meals like smoothies and other plant-based protein drinks are okay.

Water has many benefits . . . including thwarting hunger, helping with detox, headaches and cleansing the body. The average adult should drink at least 1/2 gallon of filtered water every day. If this is a new practice for you, you will be very surprised by the benefits you experience.

# Open Arms Community Church Daniel Fast

January 10-31 2022  
(Corporate)



# 2022

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# The Daniel Fast - Common FAQ's

## Foods to include in your diet during the Daniel Fast...

### What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware of what is in there.

### What about pasta?

Makes sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

### I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

### How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

### What kind of peanut butter is allowed?

A natural peanut butter with no additives... watch for sugars including molasses.

Smucker's creamy natural peanut butter has nothing but peanuts in it.

### How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the Nutrition Facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

### What about salad dressing?

Olive oil with balsamic vinegar or lemon/lime is an option. Also "Newman's Own Oil and Vinegar Salad Dressing" is one of the few bottled dressings that includes only acceptable ingredients.

### Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

### How much can I eat?

As long as they are the appropriate foods, we are recommending eating until you're reasonably satisfied. *Remember this is a fast and you do not want to gorge.*

### All fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Kiwi
Apricots	Lemons
Avocados	Limes
Bananas	Mangoes
Berries	Melons
Blackberries	Mulberry
Blueberries	Nectarines
Boysenberries	Oats
Breadfruit	Olives
Cantaloupe	Oranges
Cherries	Papayas
Coconuts	Peaches
Cranberries	Pears
Dates	Pineapples
Figs	Plums
Grapefruit	Prunes
Grapes	Raspberries
Grenadine	Raisins
Guava	Tangelos
Honeydew melons	Watermelon

### Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes

## Vegetables continued

Collard greens	Sweet Potatoes
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	Watercress
Garlic	Yams
Ginger root	Zucchini
Kale	Mushrooms
Leeks	Mustard greens
Lettuce	Okra

## Legumes:

Dried beans	Green beans
Black beans	Green peas
Cannellini	Kidney beans
Pinto beans	Peanuts
Split peas	Beans
Lentils	Lentils
Blackeyed peas	Lupines
White Peas:	

Water (spring, distilled, filtered)

## Other:

- Tofu
- Soy products
- Herbs
- Small amounts of Honey
- Small amounts of Sea Salt
- Small amounts of Ezekiel Bread
- Small amounts of Olive Oil
- Spices (read the label to be sure there are no preservatives)

## How to Prepare for the Daniel Fast

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

## How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

**Relation to Prayer and Reading of the Word:** 1 Samuel 1:6-8, 17-18,

Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

**Corporate Fasting:** 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3,

Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God greatly bless you as you fast!

## WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

There are two anchoring scriptures for the Daniel Fast. In Daniel 1, the prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast: ●Only fruits and vegetables

### ●Only water for a beverage

Then in Daniel 10, we read that the prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this Scripture, we get a third guideline: ●No sweeteners and no breads

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

**THE BODY** - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

**THE SOUL** - Frequently referred to as “the flesh” in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the “soulish realm” where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

**THE SPIRIT** - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation.

## Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...

- White rice
- White bread
- All deep fried foods
- Caffeine
- Coffee (including decaf b/c contains small amount of caffeine)
- Carbonated beverages
- Energy drinks
- Foods containing preservatives, additives
- Refined foods
- Processed foods
- Food additives
- Refined sugar
- Sugar substitutes
- Raw sugar
- Syrups
- Molasses
- Can juice
- White flour
- Margarine
- Shortening
- High fat products
- Butter
- All leavened breads
- Baked goods
- All dairy
- Milk
- Cheese
- Yogurt
- Cream
- Eggs
- Alcohol
- Mayonnaise