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### **2016 Corporate 40 Day Fast**

**Duration: Begin 01/11/2016: Ending 02/20/2016**

#### **The Daniel Fast Notes... Example 3:**

. . . is a powerful spiritual experience to help followers of Jesus Christ develop a more intimate relationship with their Lord, seek answers to prayer, and grow in the love and knowledge of the Savior.

Fasting, when coupled with prayer, serves as a powerful vehicle to draw closer to God. This is a God-designed discipline to enable the Creator's people to enter into a focused time of seeking the Father and His wisdom, intervention and direction.

#### **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:

1. Only fruits and vegetables
2. 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:

3. No sweeteners and no breads

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

### **The Daniel Fast for the body, soul and spirit**

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.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

**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.

### **An important question to ask yourself . . .**

During your Daniel Fast you will have many times when you might want to "stretch the rules" a little bit. For example, even though the guidelines say we are to drink only water . . . you conclude that herbal teas are vegetables and water is water and therefore you will go ahead and drink herbal teas during the Daniel Fast.

But I encourage you to learn a powerful spiritual lesson by asking yourself (examining your heart) the question, "Why do you want the herbal teas?"

My guess is that the answer will be, "Well I just want them. I can't drink only water. I have to have something else."

The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our

flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food for a spiritual purpose*.

### **What if you have health issues?**

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke don't count as a special need! lol

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

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 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, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

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

Beverages: spring water, distilled water or other pure waters.

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

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

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.

**YOU MATTER. WE CARE. GOD PROVIDES.**