

Oasis Church

Presents

THE

daniel

fast

feed your soul, strengthen your spirit,
and renew your body

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www.Daniel-Fast.com

As we at Oasis Church begin the Daniel Fast we have purposed to ask, seek and knock on the doors of heaven. The Daniel Fast includes a very healthy eating plan. However, please allow the Great Physician to work hand in hand with your earthly physician. Any time you enter into a significant change to your diet and exercise routines, it's a good idea to check with your health professional for his or her input.

Fasting should never harm the body. If you have special dietary needs—if you are pregnant or nursing, if you have a chronic illness such as cancer or diabetes, if you are a young person who is still growing or an athlete who expends more than typical amounts of energy on a regular basis—contact your health professional and modify the Daniel Fast eating plan in a way that is appropriate to meet your health needs.

As you determine the purpose for your fast, I suggest you follow these steps:

1. Ask the Holy Spirit to show you your purpose. He is faithful when we ask for His help. I have often found that He fulfills my requests within one or two days.
2. Identify the top three or four issues in your life that cause you stress or concern. Ask yourself, *If I could change three things about my life, what would they be?*
3. Then present these needs to God for His intervention and direction during your fast.

WHAT IS THE DANIEL FAST?

The Daniel Fast is a partial fast in which some foods are restricted.

It's a biblically based fast fashioned on the experiences of the prophet Daniel. Remarkably, the Daniel Fast has become one of the most popular forms of fasting, perhaps because it is not as demanding or daunting as eating nothing for many consecutive days. Instead, the eating plan for the Daniel Fast is similar to a vegan diet (completely plant-based with no animal products), though somewhat more restrictive.

The Daniel Fast is based on Jewish fasting principles and the experiences of the prophet in Daniel 1 and Daniel 10. In Daniel 1:12 we read Daniel's request to the steward, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink" (KJV). Pulse was food that originated from seed, including legumes and fruit. Daniel also requested that they drink only water. This reference is what anchors the Daniel Fast as a plant-based eating plan with the only beverage being water. Since the diet is totally plant based, no animal products are consumed including fish, shellfish, dairy products, or eggs.

In Daniel 10:3 we learn that during a time of great mourning, Daniel also abstained from meat, "pleasant" food, and wine. It's on the basis of this account that we eliminate sweeteners, candy, and desserts from the Daniel Fast, along with alcohol—even in recipes. Sweeteners excluded during the Daniel Fast include sugar, honey, agave nectar, Stevia, cane juice, and syrups. Because Daniel was a man of God, we can assume that he also followed Jewish fasting principles. In preparation for Passover, Jewish people removed all leavening products from their homes and did not include them in recipes. So during the Daniel Fast, all leavening products are eliminated, including yeast, baking powder, and baking soda. Lastly, all the food on the Daniel Fast is natural, which eliminates man-made chemicals, artificial flavorings and colorings, food additives and preservatives, and highly processed foods. We also use no stimulants, including caffeine.

Detailed lists of foods to include and to avoid on the Daniel Fast can be found in the pages to follow.

LENGTH OF THE DANIEL FAST

Oasis Church will be on a 21 day fast, starting September 12 thru October 5. We will not be fasting on Sundays. However there is not a definite period of time when you should engage in the Daniel Fast, nor is there a predefined number of days. Many people use this method of partial fasting for as few as seven days; however, to gain the health benefits of the fast, I've found that a longer period is better. It seems that most people use the Daniel Fast for a twenty-one-day period, partly because that's what the prophet did in Daniel 10:2 and also because many corporate fasts are called for a twenty-one-day period. Many have used the Daniel Fast for as few as ten days and for as many as fifty. The length of your fast can be determined by the leaders of a corporate fast or by promptings from the Holy Spirit.

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Five Steps for a Successful Daniel Fast

1. Pray. From the very beginning, include God in your fast. Open yourself up to Him and talk to Him about your intentions. Submit the fast and yourself to Him. If you are not accustomed to this type of interaction and intimacy with the Lord, that's okay. He understands. But keep moving forward, even though you might feel awkward. Remember, He knows what you need before you tell Him. The psalmist writes, "*O LORD, You have searched me and known me. You know my sitting down and my rising up;*

You understand my thought afar off . You comprehend my path and my lying down, and are acquainted with all my ways. For there is not a word on my tongue, but behold, O LORD, You know it altogether. You have edged me behind and before, and laid Your hand upon me. Such knowledge is too wonderful for me; it is high, I cannot attain it" (Psalm 139:1-6).

Our Father loves you and wants you to be comfortable in His presence. Sometimes we need to learn how to hear His voice and feel His presence, and this is a perfect time to start learning and moving into this special place with your Father.

2. Plan. Take some quality time to plan your fast. What is your purpose for the fast? When will it begin for you? When will you complete it, and is there something you will do to acknowledge the finishing point? Review your calendar and consider the appointments and activities that are planned.

Do you need to change any of them? Do you need to make special arrangements due to the fast? What study and devotional materials will you need? Do you need to purchase them or order them online? Consider what your day will be like when you are fasting. Will you get up early to spend time in prayer, study, and meditation? This is also the time to consider meal preparation during the Daniel Fast. Will you pack lunches for work or school? Can you dedicate several cooking days during the fasting period to save on meal prep time? Try to imagine your days and plan for them with the fast in mind.

3. Prepare. Now that you know the time period of your fast, your purpose, the study materials you want, and ideas about meal planning, this is the step where you actually get busy and get everything ready. I hope you will take the time to read through all the sections in this book so you will be well informed about prayer and fasting before you begin. You will also want to prepare your physical body for the fast. Ten days before the fast, start drinking at least one half gallon of pure water each day. Taper off caffeine consumption and cut down on sugar and foods that include chemicals.

Taking these important steps will help you avoid some of the discomfort that will take place during the first week of your fast. This is the time to invest yourself in good and thorough preparation.

4. Participate. This is it! You are participating in the fast. You might experience several battles during your fast. Your flesh might rebel because you're not giving in to cravings and hunger pangs. Your body might ache with symptoms of withdrawal from sugar and caffeine. You might feel some fatigue in the first week, but more than likely, you will soon feel better than you have in a long while, with increased energy, clearer thinking, and an overall feeling of health and well-being. Be sure to drink plenty of water—at least a half gallon each day. When the flesh rebels, put your spirit in control and stand your ground. Most important, put your amazing and loving Father in first place on your schedule! If you are not used to spending time with God, ask the Holy Spirit to guide you and teach you. Allow your Father's love to enter your heart. Become familiar with Him. Learn how to live a Spirit-led life and allow Him to work in your life. He is so eager to demonstrate His love for you . . . and He is eager for you to put your hand in His as a child does with a trustworthy and caring Father.

5. Praise and process. Thank God for this experience and all the blessings and lessons He's given you during this period. Spend some time looking back on your experience to process what you learned and think about any permanent changes you may want to make. Very likely, you will have developed some positive and healthy habits that you want to carry forward even though the fast is complete. If you "messed up," consider what you will do next time to reach victory. Review your fast and make notes of those elements that worked well for you and what you will want to change the next time. Let's look at a few of these steps in greater detail.

As you PRAY

You are entering this experience to draw closer to the Lord and to hear His direction for your life or the lives of others. Even now, begin praying to your Father and ask Him to bless you. Open your heart to Him so that He will show you truths that He wants you to know. Dedicate yourself and the fast to Him. And listen for His words as you purpose to position yourself humbly before your Lord. This is the most important step as you prepare for your fast. Last years, I preached a series of messages on making a quality decision to study God's Word every day. The term *quality decision* captured my attention. *Just what is a quality decision?* I wondered. What I have learned since then has helped me immeasurably, and I believe these lessons can make a big difference for you as you approach your Daniel Fast. A quality decision is one that is firm, deliberate, and entered into with consideration and forethought. When you make a quality decision, you plan to employ the full strength of your will to follow through. A quality decision is when you say, "With God as my guide, Jesus as my strength, and the Holy Spirit as my helper, I am going to do this! I've considered the task. I've measured the effect. And I make the quality decision to complete this commitment." A quality decision is one in which you fully intend to do your part to fulfill the obligation. For me, a quality decision is a promise to myself and to God that I will do my very best. I won't "wimp out" or step back when the going gets rough. As the Word says, *"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand"* (Ephesians 6:13, NIV).

A quality decision means I am fully committed to stand my ground. Why is this so important? Because it's likely that there will be times when you want to quit or give in a little. You may come home tired and frazzled after a hard day at the office and the last thing you want to eat is another bowl of bean soup or another bite of tofu. Or you'll be home alone, just you and your cravings. Who's going to know if you have one little slice of bread or one little bite of chocolate? Or you get a call from a friend who invites you to lunch at your favorite rib restaurant or steak house. "Just one little lunch," you reason. "I'll just have the petite-cut T-bone, and then I'll get right back on the fast for dinner." Oh, and then there will be times when the alarm clock buzzes before dawn and you just want to stay nestled under your cozy comforter rather than getting up to study God's Word. Or when your favorite show comes on television and you have to make a choice between watching it or memorizing that verse the Holy Spirit told you to get rooted in your heart. These struggles are an integral part of fasting, but if you've made a quality decision, you can fight through the struggles and you can win. In these times of temptation and weakness, a quality decision will help you to stir up your resolve, seek the Holy Spirit for help, and develop self-control and patience. These are all lessons and exercises that build us up, strengthen us, and provide experiences from which we can draw later in life when the stakes are much higher than a meal or memorizing a Bible verse. So by making a quality decision, you have made a firm commitment to yourself. To break the firm commitment will require at least the same forethought and consideration. When you are more conscious of your actions, you can actually "watch yourself" as you relinquish power to your flesh. For example, as part of the Daniel Fast, you make a quality decision to not eat bread. But one day you find yourself out shopping, and the local drive-through seems to be calling your name! Your spirit is willing, but your flesh is weak . . . so you turn into the drive-through lane. You know what you are doing, and this gives an opportunity to pause and reconsider your actions. Who is going to win this battle? The spirit or the flesh?

Oasis Church has several purposes for this Daniel Fast here is a list of several we are asking prayer for.

1. **Salvation of the lost** – we are asking the Lord for massive evangelism to break out in our families, Oasis church and in our communities. This is one of the most important reasons for this Daniel Fast. Oasis Church is determined to follow the commission with power, authority and his anointing.
2. **Intimacy with the Father** – we are not just seeking his hand, but his face. The purpose is to hear his voice clearer, obey his word deeper and live in the fullness he has promised in his word.
3. **Signs, miracles and wonders**- Jesus said that we would do greater works because he went to the Father. We are asking to be connected to the absolute raw Power of Heaven. And to be liberated from religion and man's methods of God's power (a form of godliness).
4. **Healings** – In three areas, 1. **In relationships**- Malachi chapter 3 says that the hearts of the children will return to the fathers and the fathers to the children. Strong Marriages, powerful families and eternal connections of his power. 2. **In fellowships** – May the body of Christ unites in an agreement of what Christ has called us to do. "Love one another, as I have loved you". Then are we truly disciples. 3. **In our Physical bodies** – May the powers of sickness and disease be broken off the body of Christ. Isaiah 53 says by his stripes we are healed. We are praying for wholeness in to our bodies. We declare and claim total healing in Jesus name!

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5. **Transformation** – may we be transformed by the renewing of our minds to know the will of the Father and bring his Kingdom to the earth. May we be obedient stewards over what he has called us to do in the earth. May this fast break the power of sin and the appetites of the flesh that destroy and separate us from His glory and power.

You may also have a several personal purposes to the Daniel Fast.
I have listed several below to help get you started.

What five things would you like to accomplish over the next twelve months?

Your answer might include goals like family dinners at least five days each week, learning a new hobby, memorizing one Bible verse each week, traveling to a place where you've longed to go, attending a Christian conference, or working toward a promotion at work. Let the goals come from within you. If you are like most people, there are many unrealized dreams and desires in your heart.

What are three new habits you want to form?

Do you want to establish a morning routine that enables you to meet with your Father each day for at least one hour? Do you want to lose that extra weight once and for all? Do you want to watch television less and read more? Do you want to make a habit of complimenting your spouse and children three times each day? Again, tap into those unrealized hopes in your heart.

What fears do you have that you want God to help you conquer?

Do you have the fear of not having enough money when you reach retirement? Are you afraid of people and their opinions of you? Are you afraid the economy will get so bad that you will not have enough to care for your needs?

Is there unforgiveness in your heart?

If you answered no to that question, then bless you! I can say that because so many of us have unresolved hurts and unforgiven wrongs that still weigh on us. Perhaps even while you read these words, some thoughts or memories are bubbling to the surface.

Are there areas that are “out of order” in your life?

Are there projects that are looming over your head or personal challenges that you need to tackle? Is there a relationship that needs your attention or an item on your “I really need to get that done” list that continues to nag at you? List a few items that are out of order so you can address them.
Consider your list and select one or two goals as your focus for prayer, study, and action during your Daniel Fast. This will be your purpose for your fast.

Daniel Fast Food List

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:2, 3

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water. **Special Note:** if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**.

Foods to include in your diet during the Daniel Fast

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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.

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

Remember, READ THE LABELS! A full list of menu items will be available upon request.

Blessings and Love

Pastor Danny & Cheryl Williams

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