

## DANIEL'S FAST

Daniel 1<sup>12</sup> “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. <sup>13</sup> 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.” <sup>14</sup> So he agreed to this and tested them for ten days. NIV

### I. DANIEL'S MOTIVE FOR FASTING

#### A. Daniel was committed to practicing holiness.

Dan. 1<sup>8</sup> 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.

1. The kings rations had been offered to idols/demons.
2. Daniel and his friends had taken an oath not to defile themselves.

#### B. Daniel's commitment would manifest inner desire by outer discipline.

1. Prayer commitment
2. Time commitment

If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.

3. Testimony commitment

Your fast is a statement of faith to God that you want Him to intervene in your life issue.

### II. DANIEL'S METHOD OF FASTING

v 12... Give us nothing but **vegetables** to eat and **water** to drink.

The Hebrew word for vegetables means “sown things” which may also include grains.

### GUIDELINES FOR DANIEL FAST

Foods we may eat:

**Whole Grains:** Brown Rice, Oats, Barley

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantelope, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangeloes, Tangerines, Watermelon

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**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

**Seeds, Nuts, Sprouts**

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (no sugar or artificial sweeteners)

Foods to avoid:

Meat, fried vegetables must be in olive oil, Carbonated Beverages  
Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, High Fat Products

### **III. THE MEASURING OF THE FAST**

<sup>13</sup> 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.

The results:

#### **1. Health**

<sup>15</sup> At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer.

#### **2. Increased intelligence**

<sup>17</sup> To these four young men God gave knowledge and understanding of all kinds of literature and learning.

<sup>20</sup> In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

#### **3. Increased spiritual giftedness**

And Daniel could understand visions and dreams of all kinds.

#### **4. Advancement on the job**

<sup>18</sup> At the end of the time set by the king to bring them in, the chief official presented them to Nebuchadnezzar. <sup>19</sup> The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service.

### **5. Extended job security**

<sup>21</sup> And Daniel remained there until the first year of King Cyrus.

Daniel's ministry in the royal court of Babylon continued until the overthrow of the Babylonian Empire by **Cyrus** in 539 BC.