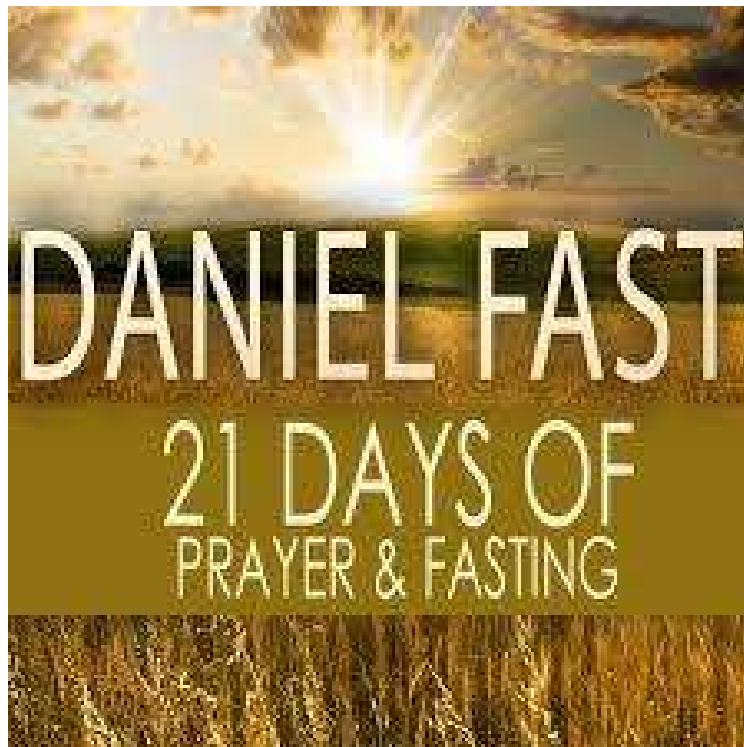


Daniel Fast

Siloam Church International



January 3-23rd, 2022

***Join Pastor during our 21 Days for Daily Prayer and
Morning Manna-festation at 9:00 AM***

via Facebook Live at Jonathon Carter Ministries

Committing to a Fast

Week 1: Rebuild: Hebrews 11:1, Mark 11:22, Romans 5:1, Matthew 17:20

Week 2: Recommit: Joshua 24:15, Psalms 112:3, Proverbs 15:6, Ephesians 1:3

Week 3: Reclaim: Luke 6:38, Deuteronomy 26:10, Isaiah 55:11, Philippians 4:19

Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned. I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will follow the guidelines for the Daniel Fast for the period of 21 days.

I obey the words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting. Father, You know every secret, and I look to You for my reward. I am assured that You hear me when I pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will. I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke.

I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank You for cleansing me — spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed. I thank You that it is You Who give the wise answer of the tongue.

Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans.

In Jesus' name, amen.

“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. If

you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

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 including bread.

All refined and processed foods 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.

Remember, **READ THE LABELS!**