



Daniel Fast Overview

The Daniel Fast is a spiritual discipline designed to better connect us with God. As leaders of Lifepoint Church, we'll take 21 days to deepen our relationship with God and center ourselves around what God is going to do in our church and in our lives. We are praying that people will come to faith in Christ during this time and the weeks and months to follow.

Pastor Rick will be preaching and teaching about being "WEIRD" during the month of January. The concept behind this series is simple: **IF YOU WANT WHAT NORMAL PEOPLE HAVE, DO WHAT NORMAL PEOPLE DO. IF YOU WANT WHAT FEW PEOPLE HAVE, DO WHAT FEW PEOPLE DO (get weird)**. In conjunction with the fast we'll be reading one chapter in the book of John per day for the duration of the fast. This will be a challenging process, but we look forward to seeing what God does in each of our personal lives and in the church while experiencing Him with intensity during the 21 days of the fast.

Who: The entire Lifepoint Church staff will be participating in the fast and we are asking our volunteers and small groups to join us as we seek God during this exciting season.

When: Monday January 9th, 6 am: Begin the "Daniel Fast".
Monday January 30th, 6 am: Break the Fast!

What: The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

How: There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

Resources (Recipe Resources Listed On Last Page Of Document**):**

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

www.hacres.com/recipes/recipes.asp

*****Levels of Participation*****

Twice in the book of Daniel a fast is mentioned. Once is for 21 days and the second for 10 days. We are asking our leaders to join the staff in the 21 day fast but if circumstance won't allow the full fast, we ask that you would set aside 10 days during the fast to join us in prayer and fasting.



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

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

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

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

Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

Legumes:

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupines
Pinto beans	Kidney beans	White
Split peas	Peanuts (includes natural peanut butter)	Peas
Lentils		

Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Natural Almond Butter

Whole Grains:

Whole wheat	Rollled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Millet	Barley	Popcorn (see recipe in FAQ's)
Quinoa	Grits (no butter)	
Oats	Whole wheat pasta	



Foods to include in your diet during the Daniel Fast... (continued)

Liquids:

Water (spring, distilled, filtered)
Unsweetened Soy Milk

Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)

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)



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
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise



Common FAQ's

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 about just what is in there.

What about pasta? Make 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.

What about popcorn? You can use a pot on the stove...here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

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 nutritional 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 and lemon or lime are an option.

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.

What about bread? We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat? As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.



Devotional Schedule: Gospel of John (January 9th-30th)

Please use these devotional thoughts to encourage and challenge you as we are seeking God together for great things over the 21 days of our fast.

January 9th

John 1

God is not only the great God who created the universe and rules over all things seen and unseen, but He has also come near to us through Jesus. In verse 12 we read that God has invited us through Christ to be placed so close to His heart that we are called His children. Take a minute as we begin the next 21 days of seeking God together to thank Him for how great He is; so great that we can call Him Father...

January 10th

John 2

Jesus went to Jerusalem to prepare for the upcoming Passover feast. He found the people distracted by material goods and wealth instead of preparing for the spiritual awakening that was to occur during Passover. We are taking the time to spiritually prepare before the spiritual awakening that is to come. Do not be distracted by your personal surroundings or agendas.

January 11th

John 3

John the Baptist said, "He must become greater and I must become less." (verse 30) So get to it!

January 12th

John 4

Knowing our past completely, Christ is still pursuing us and calling us to righteousness. The decision to obey Christ is not always an easy one so we must confront uncomfortable situations with confidence. When we embrace truth and overcome the things that hold us down, then through our obedience, others will see and follow Christ as well (verse 39).

January 13th

John 5

It's a new day! Jesus says that through our belief we can cross over from death to life. If you look around, you will probably see many people who need new life; who need hope! Pray that God will use you and your life to help someone else make today a new day!

January 14th

John 6

Jesus used the little that was given and did a miraculous thing. Through this story we learn that we must bring the little that we have so that God can miraculously multiply it to affect thousands. It is not a coincidence that the person whose obedience fed thousands was a little boy. Often it's the least likely person that God uses to do the most profound things.



January 15th

John 7

Jesus compares our spiritual life to the never-ending physical desire that we experience when we are thirsty. Are you thirsty?

January 16th

John 8

Jesus says, "If the son has set you free, you will be free indeed." There is no sin that has not been conquered by Christ. There is no bondage that He cannot break you out of. If we unite our life with Christ who is the true, there is nothing that can keep us enslaved.

January 17th

John 9

The great irony of this chapter is that a social outcast, a man who had no platform, and who had been overlooked his whole life was used by God to humble the Pharisees, who doubted Christ. In other words, the Pharisees who were not physically blind were actually the ones who were blind to the truth that Christ was pointing at. Check your sight! Are there traditions, rules and regulations in your life that are keeping you from seeing what Christ is highlighting?

January 18th

John 10

Jesus says listen to my voice – 4 times. God calls us to listen for His voice so that we may follow Him. It also says that those who don't know His voice will turn away. It is sad to think that we could be missing out on something great because we are not in a position to hear God's voice.

January 19th

John 11

Jesus raised Lazarus from the dead but before he did that he felt the sorrow of the loss (verse 35). Jesus has the power even to bring someone back to life, but just because we lean on Him doesn't mean we will never experience the pain and sorrow of loss. If you are struggling through a situation in your life and it seems like God is reserving His power for other people, take courage because Jesus mourned with Lazarus' sisters before He raised Lazarus from the dead.

January 20th

John 12

Mary poured out expensive perfume on Jesus and wiped His feet with her hair. It was such an act of extravagant love toward Christ that those standing there misunderstood her intentions. Even when your intentions are misunderstood if your motives are right in demonstrating your love for Christ, don't worry about what others say. When the time is right Jesus will come to your defense!



January 21st

John 13

Jesus washes the feet of the disciples as an act of great submission and humility. He then turns to the disciples and tells them that they should do the same for each other. As you are going about your day today, commit to serve those around you. Refill someone's drink, let that guy pull out in front of you in traffic, get someone's mail for them, pay for someone's lunch, or mow your neighbor's lawn. You may not be noticed, in fact, you may be betrayed like Jesus was, but getting Christ is better than getting credit...

January 22nd

John 14

Jesus says, "I am the way..." When we are lost and confused about the direction we are supposed to take, Jesus is the way. In the midst of confusing times and tough decisions we are tempted to run to every other means of finding direction. We look to popular people to tell us how we should act and we look to powerful people to show us what to work towards. But Jesus says that He is the way. If we seek Jesus first all the other stuff will be made clear as well (Matthew 6:33).

January 23rd

John 15

What does it mean to remain in Christ? In verse 10 Jesus says that if we obey His commands we will remain and His command is detailed out in verse 12, "Love each other!" When we love each other, we love Christ. When we are generous toward each other, we are generous toward Christ. When we meet each other's needs, we meet the needs of Christ. To the measure that we invest our lives in the lives of those around us, we remain in Christ... So, remain in Christ and do something for someone else!

January 24th

John 16

Jesus says, "In this world you will have trouble. But take heart! I have overcome the world..." (verse 33). All that we struggle with, from the pain of losing someone we love, to the loneliness we feel when our family rejects our faith. When we feel the biting sting of guilt for sins we commit and the crushing weight of anger from injustice we see. All of these things are "of the world". But we serve a God who has "overcome the world" and in Him we have hope.

January 25th

John 17

In verse 22 Jesus prays that all believers would be unified. When Jesus prays something, it happens. God doesn't wait around to decide if He is going to grant Jesus' requests. In other words, if Jesus prayed that we would be unified, we are! So let's protect the unity that Jesus has given us as believers and submit to one another out of reverence for Christ (Ephesians 5:21).



January 26th

John 18

Peter denies Jesus three times in this chapter. Like Peter, some of you may have denied Jesus too. When this happens, be encouraged. Just like Jesus had a plan for Peter's restoration, God already has a plan for yours. Turn back to Christ so He can bring you into His full plan and you can begin to live out the great calling He has for you today.

January 27th

John 19

The story of God's relationship to us culminates in the life, death and resurrection of Jesus. We have already read that Jesus came near to us, that He is the way and that through Him we can become children of God. But for that to happen, Jesus had to endure suffering and conquer death in our place. In Chapter 19 we are not only reading about the details Jesus' suffering, we are reading about the culmination of God's plan for our salvation. Take a minute to thank God for His triumph over suffering and death on our behalf.

January 28th

John 20

Of all the things that Jesus could have said when he entered the room with the disciples after He rose from the dead He chose to say, "as the Father sent me, I am sending you" (verse 21). Jesus' ultimate goal in coming to us is that we would go to others. Who are you going to? When will you make the ask?

January 29th

John 21

Just like Peter who went back to fishing we are often tempted to go back to something familiar when we perceive that a great season has come to a close. Jesus had already told Peter that he was the rock upon which He would build the Church. But at the end of this book Peter is still fishing. At the end of the Gospel series we have seen God do great things as hundreds of people have come to faith in Christ. Let's not fall back into the familiar and the comfortable just because we perceive this great season has come to a close. This season will be the foundation of the next. Keep pushing! God's greatest miracle is coming.



Recipe Resources

<http://daniel-fast.com/recipes.html>

<http://daniel-fast.com/recipes.html>

<http://www.caringcarrot.com/>

<http://chrisgoins.blogspot.com/2009/01/daniel-fast-friendly-recipes.html>

<http://www.allnationschurch.org/recipes.pdf>