



Oakey Grove Baptist Church

911 N Belair Rd.

Evans, GA 30809

30-Day Daniel Fast

11 January 2024- 10 February 2024 (Sunset)

Grove family it is long past time that we learned the value of fasting for abundant living. We must turn off the noise in the background of our mind that convinces us that we can treat our temple any old kind of way and God will fix it. Our God is indeed a good God with wonder working power; however, we have a responsibility to intentionally take care of our body. We can see the valuable lesson of fasting (eating well) unfold in Daniel 1: 8-14. In these few verses, we find Daniel advocating for the chance to prove the health benefits of eating plant-based and abstaining from certain foods. This past year the body has experienced many losses and affliction, for this reason, we are asking that you make a commitment to fast and pray for healing and restoration over the next 30 Days. The focus of this fast is healing ourselves as well as our brothers and sisters in Christ; so that we might become a living witness holy and acceptable unto God.

Daniel Fast Food List

On the Daniel Fast, you eat plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

FOODS TO EAT

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and as a last result canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it).

FOODS TO AVOID

Animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy, (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice,

corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) isn't part of the Daniel Fast.

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel – the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening. Chocolate Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks

Resource links

<https://www.allrecipes.com/gallery/delicious-recipes-daniel-fast/>

<https://www.acouplecooks.com/daniel-fast/>

<https://ultimatedanielfast.com/recipes/>

<https://ultimatedanielfast.com/2024-daniel-fast/>

Scriptures on Prayer

Matthew 6:6-7
Mark 11: 24
Luke 18:1
I Corinthians 14:14-15
I Thessalonians 5:17

Scriptures on Fasting

Ezra 8: 21-23
Nehemiah 1: 4
Isaiah 58: 6-14
Matthew 4:1-11
Romans 8:11-12

- **Romans 12:1-2** 1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- **3 John 1:2** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
- **Ephesians 4:23** And be renewed in the spirit of your mind;
- **Daniel 10: 2-3 2** In those days I Daniel was mourning three full weeks 3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled
- **Philippians 3: 18-19** 18 For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: 19 Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.
- **Proverbs 3:5** Trust in the Lord with all thine heart; and lean not unto thine own understanding
- **1 Corinthians 6: 19-20:** 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Please make sure to consult your doctor if you have any health issue.