



St. James UMC - 21 Day Daniel Fast 2021

RECONNECT Through Prayer & Fasting

Wednesday, January 6th through Tuesday, January 26th

What is a Daniel Fast?

The Daniel Fast is based upon the Prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- Daniel 1:12, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”
- Daniel 10:2-3, “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.”

THE DANIEL FAST

A SUGGESTED GUIDE

FOODS TO ENJOY

FRUITS

APPLES
APRICOTS
AVOCADOS
BANANAS
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
CHERRIES
COCONUTS
CRANBERRIES
DATES
FIGS
GRAPEFRUIT
GRAPES
GUAVA
HONEYDEW
KIWI

LEMONS
LIMES
MANGOS
MELONS
NECTARINES
ORANGES
PAPAYAS
PEACHES
PEARS
PINEAPPLES
PLUMS
PRUNES
RAISINS
RASPBERRIES
STRAWBERRIES
TANGERINES
WATERMELON

LEGUMES

BLACK BEANS
BLACK-EYED PEAS
KIDNEY BEANS
LENTILS
MUNG BEANS
PINTO BEANS
SPLIT PEAS

VEGETABLES

ARTICHOKES
ASPARAGUS
BEETS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARDS
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
KALE
LEEKS
LETTUCE

MUSHROOMS
OKRA
ONIONS
PARSLEY
PEPPERS
POTATOES
RADISHES
RUTABAGAS
SCALLIONS
SPINACH
SPROUTS
SQUASH
SWEET POTATOES
TOMATOES
TURNIPS
YAMS
ZUCCHINI

LIQUIDS

WATER
VEGETABLE JUICE
FRESH FRUIT JUICE
COCONUT MILK
ALMOND MILK

FOODS TO AVOID

MEAT
BREAD
PASTA
CRACKERS
COOKIES
CHIPS
CHEESE
CANDY
ENERGY DRINKS
MILK & CREAM
EGGS
SWEETENERS
ALCOHOL
SOFT DRINKS
HONEY
COFFEE

FOODS TO DECIDE ABOUT

TEA – GREEN/HERBAL/DECAF
OILS
NUTS
BROWN RICE
QUINOA
OATS
SEASONINGS
GUM & MINTS – SUGAR FREE

DON'T GET CAUGHT UP IN THE DETAILS

The importance of a Daniel Fast is in the heart of the sacrifice-disconnecting from regular luxuries for the sake of connecting more closely with God. Only you and God know what that looks like in your daily life.

IMPORTANT! If you are pregnant, have any known medical conditions, or suspect such conditions, consult your doctor. If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Also be aware that as we age, we react differently to dramatic dietary changes. Fasting should never bring harm to the body, so medications should be continued. It is important to recognize that if you have any condition which would prohibit you from taking part in the Daniel Fast, there are other options. Choose something from your daily routines (i.e., specific foods or beverages, television, other technology, etc.) and fast in that manner for the 21 days.



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Five Steps to Your Successful Fast

1. Pray – before you fast, seek the Lord through prayer and ask Him to show you the purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.
2. Plan – you will want to select your start date, establish the purpose for your fast and clear your calendar of as many obligations as possible.
3. Prepare – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast. Gather study materials, create a daily schedule, collect recipes and plan one week’s menus before you begin your fast.
4. Participate – this is where it all begins . . . you participate in the fast. Examine yourself as you fast and use this valuable experience as a time of learning and growth.
5. Praise and Process – You will gain valuable lessons on the fast that you will want to carry forward into your everyday life. Thank God for the good things you’ve received during your fast and evaluate your experience so you can grow from this amazing experience.

For more Daniel Fast information see <https://draxe.com/?s=Daniel+fast>

Scripture and Prayer focus for each day of the fast!

Mark 9:29, “So Jesus said to them, “This kind can come out by nothing but prayer and fasting.”

January 6 Wednesday <i>Start of Daniel Fast</i>	Daniel 1:8 Mark 11:24	LORD God help us purpose in our hearts that we will stand firm in our faith in you and honor you with every decision. May we always look to you when faced with worldly temptations. We ask you to give us favor, wisdom, and creative alternatives so we can remain obedient to the fast to which you call us. All to Your Glory, in Jesus’ Name, Amen.
January 7 Thursday	Mark 9:14-29	Lord Jesus some prayer needs require us to clean ourselves by fasting and praying as we come to you about certain issues that occur in our lives. Help us to believe that we can be adequately prepared to engage in spiritual battle. Through the Power of Jesus’ Name, Amen.
January 8 Friday	John 7:38	Father God we pray for this great nation that you have blessed us with. May our leaders rule this country with your wisdom. May they seek you and believe you with their whole Hearts, having respect for all of its citizens. When they speak may they speak forth rivers of Living Water thereby blessing rather than cursing. In Jesus’ Name we pray, Amen.
January 9 Saturday	Mark 11:24	Father God, through the power of prayer, we believe today that you can release the power of heaven into our national situation. We ask you to remove all hindrances and obstacles that stand in the way of our nation’s



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		peaceful progress. We give you thanks and praise . In Jesus' Name we pray. Amen.
January 10	Psalm 29	Baptism of the Lord Sunday – "Praise to God in His Holiness and Majesty"
January 11 Monday	Matt. 6:33	Heavenly Father, thank you for your Word that feeds our spiritual bodies. When we, as the Body of Christ, feed on your Word , and not man's, you will direct us, protect us, and love on us because of our obedience to you. In Jesus' Name we pray. Amen.
January 12 Tuesday	Malachi 3:10-12 Luke 6:38	Merciful Father, open new opportunities for us to furnish the resources all Your children need to live with dignity. Encourage those who have enough to share essential resources with those who lack the necessities of life, and to do so with humble, grateful, and loving hearts. May we live on your gracious economy . We ask this through Christ, Our Lord, Amen.
January 13 Wednesday	Psalm 147:3 John 14:16-18	Heavenly Father hear our prayer for those that mourn. We pray they will stand still and look up, seeing You are right there with them. Remind them there is a balm in Gilead to wipe away the tears, to heal their sorrow , hurt and pain. Give them that blessed assurance that this too will pass. In Jesus' name we pray. Amen. Amen. Amen!
January 14 Thursday	1 Timothy 2:2	Father God we pray for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness". We pray that our local, state, and national leaders will seek your wisdom and grace as they govern in their respective roles. In Jesus' Name. Amen
January 15 Friday	James 3:11-12	Lord Jesus forgive us of our sins of judging inappropriately, complaining about, and criticizing those you call to lead us. Help us Dear Lord to bring everything to you in prayer as you so lovingly show us, and our leaders , your gift of love and mercy which sustains us, and keeps us. In Jesus name we pray, Amen.
January 16 Saturday	Proverbs 3:16 Proverbs 4:7	Heavenly Father, we ask for your wisdom, understanding, and righteousness to be evident in our nation's policies and leaders . We pray that our leaders will commit their way to You Lord, and that You Lord will establish their next steps. In the Name of Jesus we pray, Amen.
January 17	Psalm 139	2nd Sunday After the Epiphany - Praise God for His Perfect Knowledge of Us All!
January 18 Monday	Isaiah 58:6-9 Daniel 1:8 Mark 11:24	LORD Jesus we come today asking you to help us as we fast , to express true sorrow for sin and to help us put aside the sins that so easily make us stumble. May we fast humbly, with right motives, repenting and doing good works. These prayers we ask in Your Name, Amen.
January 19 Tuesday	Romans 13:1 Ro.15:17-20 Matt. 6:9-13	Father God help us LORD as our nation transfers the power of the presidency. We pray as Paul prayed for the church leaders, and for those who would submit to their appointment by You O LORD. Allow the incoming President of the U.S.A. to be one of your ministers for good. Deliver us from all evil. In Jesus' Name we pray. Amen.
January 20 Wednesday	Exodus 15:26 Psalm 91	Father, our Lord, thank you for Your Word that is our protection. As we read your Word by faith and put on the whole 'Armor of God,' we believe in your



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		power that no disease is greater than you. No cancer, no coronavirus, high blood pressure, no diabetes, or anything else on this earth will not harm our bodies. We believe in the power of the Almighty God. In Jesus' Name we pray. Amen.
January 21 Thursday	Matt. 5:4 Psalm 30:5	Father, we trust and stand on Your word as we pray for those who are grieving the death of their beloved ones. Help them hear your promises: "Blessed are they that mourn for they shall be comforted." And "Weeping may endure for a night BUT joy will" surely come in the morning. In Jesus' Name we pray, Amen.
January 22 Friday	Leviticus 19:9-10 Isaiah 30:23	Jehovah Jireh help us to be good stewards of our resources and wise in knowing the difference between our wants and our true needs. Give us generous hearts, make us good workers for Your Kingdom, giving us a deep and abiding trust in You. In Jesus' Name we pray. Amen.
January 23 Saturday	Proverbs 11:14	Father God without guidance, people fall, but with many counselors there is deliverance. So, we ask that our national leaders will be humble. We pray that they will make wise decisions following the guidance and direction of the Holy Spirit. In Jesus' Name. Amen
January 24	Ps. 62:5-12	3rd Sunday After the Epiphany - A Calm Resolve to Wait for God's Salvation! Glory!
January 25 Monday	Daniel 1:8-10	Father God who art in Heaven, give us this day our daily bread. Help us to abstain from the luxuries that may be set before us in the days ahead. Through the spiritual power we may have gained in these weeks, may we keep our minds and bodies under control for your greater glory. In the glorious Name of Jesus, we pray. Amen.
January 26 Tuesday	Psalm 23:1 Timothy 2:1-5	Oh Lord our Shepherd, in this time of economic insecurity , help us to trust that all of our security is in you. We pray that You give our newly elected leaders the wisdom to guide our nation and the world out of the current economic crisis and grant us unity in Jesus Name. Amen.