

Compassion Christian Center



7 Day Journal and Prayer Guide

What is the Daniel Fast?

Compassion you may wonder what exactly is the Daniel Fast and why are we doing it? 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 is a partial fast that concentrates very heavily on vegetables and other healthy whole foods however, it leaves out any animal sources of protein. Many users of this biblically based fasting method follow it for 21 consecutive days. However, Compassion, we will follow the Daniel Fast for one week beginning Sunday, January 24th at midnight through Sunday, January 31st at midnight.

The Daniel Fast: Its Purpose

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world. Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.

During the Daniel Fast you will want to incorporate The Vision Playbook Personal Journal during your prayer time, Bible study, quiet time, and reflection. The Daniel Fast is a great way to enter preparation for growing in the Lord.

1 Corinthians 7:5 Amplified Bible (AMP)

5 Do not deprive each other [of marital rights], except perhaps by mutual consent for a time, so that you may devote yourselves [unhindered] to prayer but come together again so that Satan will not tempt you [to sin] because of your lack of self-control.

P. S. Married Couples should agree to suspend sexual relations during fasting.

If you have a medical condition or are undergoing any medical treatments it is advisable to first consult your physician.

Remember, while on the Daniel Fast you will not be consuming any protein from animal sources at all.

The Daniel Fast is like a vegan eating plan with more restrictions. Only plant-based foods are allowed on the fast, as well as water and all-natural blended fruit and vegetable juices. Restrictions include no sweeteners, chemicals, leavening agents, or solid fats.

The Daniel Fast is a great way to enter preparation for growing in the Lord.



FOODS TO AVOID WHILE ON THE DANIEL FAST

- **All meat & animal products** - bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.
- **All dairy products** - butter, cheese, cream, milk, and yogurt.
- **All sweeteners** - agave nectar, artificial sweeteners, brown rice syrup, cane juice, molasses, raw sugar, syrups, and sugar.
- **All leavened bread & yeast** - baked goods and Ezekiel bread (if it contains yeast).
- **All refined & processed food products** - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** - corn chips, French fries, and potato chips.
- **All solid fats** - lard, margarine, and shortening.
- **Beverages** - alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

List of Food you can Consume while on the The Daniel Fast

You can eat the following:

Beverages

- Water only — it must be purified/filtered; spring or distilled water is best.
- Homemade almond milk, coconut water, **coconut kefir** and vegetable juice

Vegetables (should form the basis of the diet)

- Fresh or cooked.
- May be frozen and cooked but not canned.

Fruits (consume in moderation 1–3 servings daily)

- Fresh and cooked
- Ideally low **glycemic index** fruits like stone fruits, apples, berries, cherries, and citrus fruits
- May be dried but should not contains sulfites, added oils or sweeteners.
- May be frozen but not canned.

Whole grains (consume in moderation and ideally **sprouted**)

- Brown rice, oats quinoa, **millet**, amaranth, buckwheat, barley cooked in water.

Beans & Legumes (consume in moderation)

- Dried and cooked in water.
- May be consumed from can as long as no salt or other additives are contained, and the only ingredients are beans and water.

Nuts & Seeds (sprouted are best)

- Raw, sprouted, or dry roasted with no salt added.

Day: 1

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Scripture – Read Daniel 1:1-10

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **What are some of your fears as you start the Daniel Fast?**

- **How have you been “defiled” by the culture or past/current life situations?**

- **How will participating in this Fast helps you take a stand for Christ in non-Christian settings?**

Prayer – Write out a prayer based on what you just read:

Day: 2

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Scripture – Read Daniel 1:11-21

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **How do you hope to grow during the Daniel Fast?**

- **What are some goals you have to improve your physical, emotional, and spiritual health?**

- **How has making some sacrifices through the Fast already improved your dedication to God?**

Prayer – Write out a prayer based on what you just read:

Day: 3

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Scripture – Read Daniel 2:1-23

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **How do you usually deal with unreasonable or demanding people?**

- **Are the people speaking into your life giving you good counsel?**

- **Who are the people you can pray with and who you know are praying for you?**

Prayer – Write out a prayer based on what you just read:

Day: 4

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Scripture – Read Daniel 2: 24 - 49

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **What are some mysteries in your life you would like God to bring clarity to during this Fast?**

- **When you clearly recognize God’s hand in your life, how do you need to respond to him?**

- **Do you really believe it is better to be wise than powerful?**

Prayer – Write out a prayer based on what you just read:

Day: 5

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Scripture – Read Daniel 3: 1-15

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **How do you distinguish God’s authority from those in authority around you?**

- **What would make you confident (or afraid) if you were threatened because of your Faith in God?**

- **What are you willing to risk to obey God’s clear commands for your life?**

Prayer – Write out a prayer based on what you just read:

Day: 6

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Scripture – Read Daniel 3: 16-30

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **How has God met with you and revealed himself in the past during intense personal suffering?**

- **How has hardship strengthened your relationship with (the fourth man) Jesus Christ?**

- **Who is someone in your life that is going through difficult circumstances that you can help? How will you help them?**

Prayer – Write out a prayer based on what you just read:

Day: 7

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Scripture – Read Daniel 4: 16-31-27

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **Do you have a unique image, symbol, or memory, like Nebuchadnezzar’s tree, that has great importance to you in your walk with God?**

- **In what ways can our view of ourselves hinder our spiritual growth?**

- **What would God say to you today if he sent a messenger from heaven to speak into your life?**

Prayer – Write out a prayer based on what you just read:

Bonus Day: 8

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Scripture – Read Daniel 4: 28-37

Observation – Meditate on what you see in the scripture or verse that was meaningful to you.

Application – Write how you will be different today because of what you have just read:

- **When have you ignored what you felt was a warning from God about a specific sinful behavior?**

- **What particular area of your life do you need to start giving over to God’s power and control today?**

- **As you submit areas of your life to God, how has he been blessing you through this Fast?**

Prayer – Write out a prayer based on what you just read:
