



The Daniel Fast

“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 NKJV).

Fasting is a practice and training of faith.

During Lent, we seek the Lord in prayer by reading sacred scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

This Lenten Season, you are invited to join us in the “Daniel Fast” during the 21 days leading to Easter. We will observe the Daniel fast for 3 weeks from March 30th - April 20th to mirror the spiritual fasting journey of the prophet Daniel as he stood against the powers of his day. Daniel’s abstaining from the luxuries of the world is a timely model for us as we strive to resist against evils of our time that press us to consume and purchase more and more.

Fasting safely and appropriately is one of the ways the Bible encourages believers to connect with and grow closer to God. It increases dependence on the power of the Spirit and proves that people do not live by bread alone.

This short-term fasting approach is based upon the prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein. It’s essentially a vegan diet without any sugars, refined carbs, caffeine, or alcohol.

So what can you eat on the Daniel Fast then?

- **Beverages:** water, unsweetened fruit juice, unsweetened non-dairy milk
- **Vegetables:** all fresh, frozen, dried, juiced, and canned vegetables
- **Fruit:** all fresh, frozen, dried (with no added sugar), juiced, and canned fruit
- **Whole grains:** amaranth, barley, brown rice, buckwheat, bulgur, millet, Freekeh, oats, purple rice, wild rice, whole wheat, spelt, sorghum, rye, quinoa
- **Beans and legumes:** black beans, garbanzo beans, kidney beans, lentils, peanuts, pinto beans, split beans, black-eyed peas
- **Oils:** coconut, olive, sesame, etc., but not for deep-frying
- **Nuts and seeds:** almonds, Brazil nuts, cashews, sunflower seeds, soy nuts, sesame seeds, hazelnuts, macadamia nuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds
- Unleavened bread, herbs, spices, and seasonings
- Meat is fundamentally not allowed. However, if you must consume animal protein for health reasons, consider consulting Leviticus 11 for guidance.

A life of faith without sacrifice is not possible. It's also important to pray regularly when fasting. For biblical figures and spiritual masters, fasting was a practice and training of faith. Through the Daniel Fast, may we experience healing, restoration, and renewal for our bodies and our souls through this spiritual discipline.

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