## **Fasting Guidelines**

**FOCUS**

The fast is a spiritual discipline designed to better connect us with God. As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God.

**TIMELINE**

**Monday, August 17**

Prepare to start your fast. Make a meal schedule. Buy your groceries. Determine what you will read during your devotional time. Make sure to write down what you are fasting for.

**Tuesday, August 18: 24-hour Liquid Fast**

We will drink water, natural fruit juice and herbal caffeine-free tea (breakfast will be our last meal and we will start the Daniel Fast meals at breakfast on Wednesday).

**Wednesday, August 19: Begin the “Daniel Fast”**

At breakfast; we will begin to introduce meals with pure foods of fruits and vegetables. This plan will continue for 2 days.

**Thursday August 20:** Last Day of the Fast

**MENU**

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 condition which would prohibit you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, other technology, etc.) and fast in that manner for the 3 days. **Remember, the details are not as important as the spirit in which you participate.**

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

**Foods to Eat**

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

**LIQUIDS:** Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar)

Extra-Virgin Olive Oil (small quantities), Honey

**Foods to Avoid**

• Meat, Poultry, Fish • White Rice • Fried Foods • Caffeine, Coffee, Tea (including decaf)

• Carbonated Beverages • Foods Containing Preservatives or Additives • Refined Sugar or Sugar Substitutes • White Flour • Margarine, Shortening, High Fat Products • All Breads

• Dairy (milk, butter, cheese, yogurt, etc.)

**Master Cleanser Recipe For One Glass**

2 tablespoons of fresh organic lemon juice

2 tablespoons of organic grade B maple Syrup

Small pinch of cayenne pepper (approx 1/10 of teaspoon)

1 ½ cups of filtered water (approx 10 oz)

Mix the fresh lemon juice, maple syrup, cayenne pepper and water together in a glass. You don’t need a juicer as you can just cut the lemon in half and squeeze.

**Half-Gallon Master Cleanser Recipe**

64 ounces of fresh distilled or filtered spring water

12 tablespoons ( or 1/2 cup + 4 tbsp) of fresh squeezed lemon juice

1 heaping teaspoon of cayenne pepper

12 tablespoons ( or 1/2 cup + 4 tbsp) of grade B maple syrup

Pour all of these ingredients in a container (preferably glass) big enough to hold half a gallon. Shake it together or mix it with a spoon to combine. Store in the refrigerator until you need a glass.

http://www.all-about-juicing.com/master-cleanser-recipe.html