



Better Together
IN CHRIST

LENT 2022

EPHESIANS 4:4-6

MARCH 2-APRIL 16

11AM BOTH LOCATIONS

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DANIEL FAST GUIDE 2022

Salem Bible Church

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THE DANIEL FAST
TWENTY-ONE DAYS BEFORE RESURRECTION SUNDAY
March 24 –April 13, 2022

WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast (Daniel 1:8-16). The book of Daniel and the scripture reference gives us our basis for the Daniel Fast. In the scripture we see that the prophet Daniel ate only vegetables (that would have included fruits) and drank only water. So, we suggest:

- Only vegetables and fruits
- Only water for a beverage

In Daniel 10:3, we read that the prophet Daniel ate no meat nor any breads or foods and drank no wine for twenty-one days. So, from this we get a third guideline:

- No sweets and no breads

HOW TO PREPARE FOR THE DANIEL FAST

Quiet Time: If you do not already have a time set aside for daily prayer and devotion, now is the time to start this type of spiritual routine in your life. Begin by starting your day with:

- (1) Morning prayer
- (2) Reading your Bible at least one chapter in the morning

- (3) Participate in weekly Jubilee Growth Group
- (4) Attend virtual or in-person worship every Sunday and invite a friend.

During our Daniel Fast, which for us will last until Resurrection Sunday, continue to do this process for the next twenty-one days.

HOW TO BEGIN SPIRITUALLY

- Start with a clear personal goal.
- Be specific as to why you are fasting: (i.e., to better your marriage, finances, employment, etc.)
- Realize, as a church, that we are focusing on physical, mental, and spiritual healing.
- Ask the Holy Spirit to guide and lead you (Luke 11:13)
- Pray like Daniel, three (3) times a day: morning, noon and evening.
- Read your Holy Bible every day.
- Confess your sins to God daily (1 John 1:9)
- Ask the Holy Spirit to reveal your areas of weakness.
- Forgive everyone who has offended you (Luke 11:4)
- Ask for forgiveness to everyone that you have offended.
- Surrender your life fully to Jesus Christ's control.

- Reject the worldly desires that attempt to hinder your walk.

RELATION TO PRAYER AND READING OF THE WORD

- 1 Samuel 1:6-8; 17-18
- Nehemiah 1:4
- Daniel 9:3,20
- Joel 2:12
- Luke 2:37
- Acts 10:30; Acts 13:2

CORPORATE FASTING

- 1 Samuel 7:5-6
- Ezra 8:21-23
- Nehemiah 9:1-3
- Joel 2:15-16
- Jonah 3:5-10
- Acts 27:33-37

WHAT TO EXPECT DURING THE FAST:

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawals from caffeine and sugars. Naturally, you will have hunger pains. Limit your activity and exercise moderately.

Take time to rest. Fasting brings about miraculous results. You are following Jesus' examples when you fast. Spend time listening to praise and worship music and inspirational messages. Pray as often as you can throughout the day. Get away from normal distractions as much as possible and keep your heart and mind set on seeking God's face.

WHEN YOU FAST:

- Expect to get to know God better, more intimately.
 1. Fasting is waiting. (Lamentations 3:25-27)
 2. Fasting is drawing near. (Jeremiah 29:11-13)

- As you demonstrate sincerity to God, you can:
 1. Expect strength in your inner character.
 2. Find power to leave sinful habits.
2 Corinthians 7:1)
 3. Find power to stay focused in prayer.
 4. Find yourself desiring God's presence.
 5. Expect the hand of God to move to answer unselfish prayers.
 6. Expect resistance from the devil.
 7. Expect your prayers to go to a higher level.

HOW TO SUCCEED IN FASTING

- Fast with friends. (Matthew 18:19)
- Fast with a purpose. (not casually)
- Set a start date and end date.
- Determine you will follow-through on the fast.
- Fast unselfishly (Isaiah 58:1-11)
- Spend time with God. Fasting does not work if you do not pray.

COMMON FAQ'S

WHAT ABOUT PREPARED FOODS?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces, you must read the label to be aware of just what is in there.

WHAT ABOUT PASTA?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I KNOW IT SAYS RAW, UNSALTED NUTS BUT WHAT ABOUT ROASTED NUTS?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so just make sure you get plain roasted, unsalted nuts with no preservatives.

HOW DO I GET ENOUGH PROTEIN IN MY DIET WHILE ON THE FAST?

The following are protein-rich foods that are allowed on the Daniel Fast: almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

WHAT KIND OF PEANUT BUTTER IS ALLOWED?

A natural peanut butter with no additives is allowed. Watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

HOW CAN I IDENTIFY WHOLE GRAIN FOODS?

Typically, if the ingredient list says: whole wheat, rolled oats or whole corn as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional fact's information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. Wheat flour is not a whole grain and therefore does not indicate a whole grain product.

WHAT ABOUT SALAD DRESSING?

Olive oil and lemon or lime is an option.

DO I NEED TO EAT ORGANIC FOODS WHILE ON THE FAST?

No, however, it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without the employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

WHAT ABOUT BREAD?

The bread should be prepared without yeast.

HOW MUCH CAN I GET?

As long as they are appropriate foods, we are recommending eating until satisfied with no limits.