

The Daniel Fast

Step 1: Be Specific

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

- 1 The king's food was against dietary laws.
- 2 Daniel and his friends had vowed against wine.
- 3 The king's food had been offered up to idols/demons.

Step 2: Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself" ([Daniel 1:8](#)).

Step 3: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer.

Your physical health can be linked to any of the following factors:

- 1 Your food choices.
- 2 The level of your spiritual commitment as reflected in prayer during the fast.
- 3 Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
- 4 Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Daniel Fast.

Step 4: Pray to Perceive Sin's Role in Poor Health

Notice [James 5:13-16](#):

- Sin is something related to the cause of sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well
- The anointing oil could mean
 - 1 Medicine for healing,
 - 2 Symbolic of the Holy Spirit
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.

- Attitude is important. James said, “are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

Step 5: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king’s food.

Step 6: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

Step 7: Yield All Results to God

Daniel said, “as you see fit, deal with your servants” ([Dan. 1:13](#)).

FOOD GUIDELINES FOR A DANIEL FAST

Daniel 1:12

“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

Daniel 10:3 KJV

“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.”

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.

If you have health concerns, always consult your doctor prior to fasting.