



Risen Life - 21 Days of Prayer and Fasting Suggestions

As we start this journey together, our team wanted to provide you with some suggestions on making a game plan for your twenty-one days of fasting. Keyword there is *suggestion*. Our goal is not to make this experience a legalistic one. With that being said, a key part of this time is denial of ourselves. Therefore whatever you choose, we ask you to make it sacrificial. Only you and God truly know what that is (and isn't).

A majority of us will be partaking in the "Daniel Fast", which is a partial fast based on verses found in a few different locations in the book of Daniel. Refer to the Prayer Journal for more scriptural background on this fast!

The purpose of this handout is to provide some suggestions for partaking in the Daniel Fast, as well as suggestions for alternative ways to fast, if the Daniel Fast isn't a great fit for you this year. Below is a list of suggestions. Whatever you decide to do... we recommend to **write it down and commit to it!**

Daniel Fast

FOODS TO EAT

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice.

Beans and legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

Nuts and seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive, and sesame, for example) are allowed but should be used minimally. For example, you can sauté foods in olive oil but avoid deep-frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars, or preservatives. All herbs, spices, and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well.

FOODS TO AVOID

Animal products

Meat (bacon, beef, bison, chicken, lamb, pork, and turkey), dairy (butter, cheese, cream, milk, and yogurt), fish/seafood, eggs.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (and, therefore, leavened bread) is to be avoided as part of the Daniel Fast.

Refined grains

White flour and white rice. Only whole grains are allowed on the Daniel Fast. A whole grain product contains the entire grain kernel — the bran, germ, and endosperm.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried food

Examples are corn chips, French fries, and potato chips. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening.

Chocolate

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated tea, and energy drinks.

Alternatives to The Daniel Fast

If the Daniel Fast is not a safe/desirable route for you to go this year, our team would first encourage you to think about doing some sort of variation of the Daniel Fast. This might include denying certain foods, while keeping in others. Whatever is safe for you. If that isn't an option, we wanted to provide some suggestions for you to partake in the important aspect of denial during this time. As we mentioned above, only you and God truly know what is sacrificial for you to give up (and what isn't). Find some things that will be a sacrifice to you, write it down, and commit to it!

- Vegetarian or Vegan Diet
- TV or movies
- Video Games
- Caffeine
- Social Media
- Soda
- Sugar
- Secular Music
- Fast Food

As always, if you have any questions, please feel free to reach out to me directly! I encourage you to take some time to talk to God about what is truly sacrificial for you. God blesses us trusting Him! Thank you for committing to seek God's face with us, as we believe that God will bring deliverance, breakthrough, and healing to our world, country, and communities in 2021.

The Best is Yet to Come!

Chris Auer

Pastor | Risen Life Church