The Daniel Fast Guidelines

The Daniel Fast is a 21-day spiritual discipline designed to better connect us with God. It 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.

This will be a challenging process, but we look forward to seeing what God does in our church and experiencing Him with intensity during the 21 days of the fast.

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the Bible as to exactly what Daniel did during his fast. These guidelines are just that, guidelines.

Twice in the book of Daniel a fast is mentioned. Once is for 21 days and the second for 10 days. You are encouraged to take the 21 day fast but if circumstance won't allow the full fast, you might be able to set aside 10 days during the fast to join us in prayer and fasting.

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

Fast and Pray

Make prayer and spending time in the Word a priority while on the 21-Day Daniel Fast.

If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.
1 Chronicles 7:14 NKJV

GRANDVIEW CHURCH

21-Day Daniel Fast Guidelines

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

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