

THE DANIEL FAST



How to make the most of the Daniel Fast

The Daniel Fast is not just about food, it's an opportunity to draw closer to God by spending time in the Word, focused prayer both sharing your heart, listening to His responses and eating only foods that Daniel would have eaten.

Before the Fast begins

Prior to embarking on this journey there are several things that you can do to make your time with the Lord more meaningful...

1. Prayerfully consider some areas of your life that you'd like focus on during the Daniel Fast in addition to drawing closer to God such as clarity in various areas of your life (challenges with health, relationships, career, finances, major decisions, direction in life, emotional and spiritual healing from trauma and loss) and nutritional cleansing.
2. Read verses on fasting to gain insight on ways God has responded to prayer and fasting (Daniel 1:8-20, Daniel 6:7-24, Daniel 10:2-3, Isaiah 58, 2 Chronicles 20:1-4, Nehemiah 1:1-4, Esther 4:15-16, Matthew 4:1-11)
3. Continue the Ignite City Bible Daily Reading Plan or start it now.
<https://ignitecity.churchcenter.com/pages/bible-reading-plan>
4. Buy a journal or use a notebook to record your experiences during the Daniel Fast, prayer requests, praises and answers to prayer.
5. Connect with a prayer partner you can share with on a daily basis.
6. Review the list included in the Daniel Fast and plan your first week's meals.
Food List <https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>
Recipes <https://ultimatedanielfast.com/recipes/>

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During the Fast

1. Eat only what Daniel would have eaten and avoid all other foods. (Do not discontinue prescription medications and supplements without consulting your physician.)
Food List <https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>
2. Spend time with the Lord several times each day in prayer, with the Daily Bible Reading Plan and Prayer Prompts that are provided for the Daniel Fast.
Bible Reading Plan <https://ignitecity.churchcenter.com/pages/bible-reading-plan>
Prayer Prompts <https://ignitecity.church/wp-content/uploads/2023/12/Ignite-City-Church-Daniel-Fast-no-verses.pdf>
3. Use the **SOAR** Bible Study Method. (**Scripture**-read the passage; **Observe**-what you've read; **Application**-apply the verse; **Respond**-respond to the application).
4. Record the results of the time you spend in the Word and in prayer in your journal or notebook.
5. Connect with your prayer partner(s) and share what you are experiencing each day.