



bethlehem
church
starkville

TYPES OF FASTS

DANIEL FAST

This type of fast involves removing certain elements from your diet such as meats, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. A Daniel Fast guide is attached.

PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

THE DANIEL FAST

A SUGGESTED GUIDE

FOODS TO ENJOY

FRUITS

APPLES
APRICOTS
AVOCADOS
BANANAS
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
CHERRIES
COCONUTS
CRANBERRIES
DATES
FIGS
GRAPEFRUIT
GRAPES
GUAVA
HONEYDEW
KIWI

LEMONS
LIMES
MANGOES
MELONS
NECTARINES
ORANGES
PAPAYAS
PEACHES
PEARS
PINEAPPLES
PLUMS
PRUNES
RASINS
RASPBERRIES
STRAWBERRIES
TANGERINES
WATERMELON

LEGUMES

BLACK BEANS
BLACK-EYED PEAS
KIDNEY BEANS
LENTILS
MUNG BEANS
PINTO BEANS
SPLIT PEAS

VEGETABLES

ARTICHOKES
ASPARAGUS
BEETS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARD GREENS
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
KALE
LEEKS
LETTUCE

LIQUIDS

WATER
VEGETABLE JUICE
FRESH FRUIT JUICE
COCONUT MILK
ALMOND MILK

MUSHROOMS
OKRA
ONIONS
PARSLEY
PEPPERS
POTATOES
RADISHES
RUTABAGAS
SCALLIONS
SPINICH
SPROUTS
SQUASH
SWEET POTATOES
TOMATOES
TURNIPS
YAMS
ZUCCHINI

FOODS TO AVOID

MEAT
BREAD
PASTA
CRACKERS
COOKIES
CHIPS
CHEESE
CANDY
ENERGY DRINKS
MILK & CREAM
EGGS
SWEETENERS
ALCOHOL
SOFT DRINKS
HONEY

FOODS TO DECIDE ABOUT

COFFEE
TEA
OILS
NUTS
BROWN RICE
QUINOA
OATS
SEASONINGS
GUM & MINTS

DONT GET CAUGHT UP IN THE DETAILS!

THE IMPORTANCE OF A DANIEL FAST IS THE HEART OF THE SACRIFICE - DISCONNECTING FROM REGULAR LUXURIES FOR THE SAKE OF CONNECTING MORE CLOSELY WITH GOD. ONLY YOU AND GOD KNOW WHAT THAT LOOKS LIKE IN YOUR DAILY LIFE.