

GREATER ANTIOCH COGIC

DANIEL FAST WORKBOOK

JANUARY 15TH - FEBRUARY 4TH

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GREATER ANTIOCH 21 Day Daniel Fast

Well, we are in the New Year, which on January 15th will begin the 21-Day Daniel Fast for us. The 21-Day fast is the most popular, primarily because that is the model set out by Daniel in Chapter 10:2-3 – *“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.”*

First, we desire to give you enough information to be successful on your fast. One thing I want to advise: be prepared to have the right kind of foods in the house that you can eat for the Daniel Fast. See the Daniel Fast Guidelines. Also, plan your menus and prepare the foods so they are available to you. See the following recipes, plus there are many recipes on the Internet that you can make ahead.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removing all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Third, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. So, you will want to set aside enough time to prepare your meals, not only for those you will have at home but also for those you will have at work or when you are traveling.

Fasting Intentions and or Goals

As you begin this fast, you must set intentions. Without set intentions or goals, this time of fasting will only be a test of your human will as opposed to a time set aside for God to deal with your heart. Before writing down any goals, take some time before the Lord in prayer and ask Him to reveal to your heart what He would like to minister to you doing this time of consecration. Perhaps God has already been speaking to your heart over the past few weeks. If so, ask Him to bring those things back to your memory.

What is your reason for joining the 21-Day Daniel Fast?

Set your intention for this fast: *Example: I want God to reveal to me the things that keep me from becoming unified with others.*

1. _____

2. _____

3. _____

What are some things that you will do during this time of fasting that will help you to draw closer to God?
Example: I will begin morning devotion before I begin my day so that I can hear from God.

1. _____

2. _____

3. _____

Where Does the Daniel Fast Come in the Bible?

The Daniel Fast is a method of spiritual fasting based on the prophet Daniel's experience of fasting according to the book of Daniel in the Bible. There are two passages specific that the Daniel Fast is based on:

1. "Please test your servants for ten days and let them give us vegetables [pulses] to eat and water to drink." Daniel 1:12
2. "In those days I, Daniel, was mourning for 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

From this experience, Daniel was said to gain knowledge, wisdom, spiritual understanding, favor, and an even better appearance (Daniel 1:15-20) in addition to answered prayer and spiritual insight (Daniel 10: 11-12).

So, the idea behind the fast is that you would set aside other foods and focus on eating plant-based meals as an act of worship and sacrifice.

21-DAY FAST GUIDELINES CONSTANTS

We'll call this the Greater Antioch PBP Fasting Trinity

Daily Activities

Incorporate PBP daily for a minimum of five minutes or more at breakfast, lunch, and dinner. The PBP order is up to you. This simple focused approach can serve to accomplish positive goals and fast outcomes as you pursue excellence (work, volunteering, family time, etc.).

- ▶ **Prayer** - quiet times daily (with family); pray for specific requests
- ▶ **Bible** – read, study, or meditation
- ▶ **Praise** – sing unto the Lord

By Faith and Discipline, YOU CAN DO IT!!!

Weekly Schedule

Week One	Week Two	Week Three
2 reasonable meals 2 servings daily NO Snacks Positive electronic Media intake after 3 pm Positive music	2 reasonable meals 2 servings daily NO Snacks Positive electronic Media intake after 6 pm Positive music	1 reasonable meal 2 serving daily 1 Snack Positive electronic Media intake after 6 pm Positive music

Disclaimer

Many people experience a physical detox during the first few days of fast-including headaches, fatigue, leg cramps, and other typical symptoms. You can reduce these effects by drinking at least ½ gallon of filtered water each day before, during, and after the fasting period.

If you have any concerns or questions about your health, you should always consult a physician or other healthcare professional before beginning this fast.

Greater Antioch C.O.G.I.C. is not responsible or liable for any claims from the promotion of this fast.

Daniel Fast Food List

The only acceptable foods explicitly listed in the scripture are water and vegetables. However, the term "pulse" is used in the King James Version, which means "bean or seed grown for food." This permits those on Daniel Fast to eat whole grains, fruits, and other plant-based foods — everything else is off-limits.

Foods You Can Eat on the Daniel Fast

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, 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, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products including tofu.
- **Unleavened bread:** Whole-grain breads made without yeast, sugars, or preservatives.
- **Water:** Distilled, filtered, sparkling, spring, and mineral waters allowed.
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.

Foods You Can't Eat on the Daniel Fast

- **Animal products:** All meat, dairy, seafood, and eggs.
- **Sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- **Leavened bread:** Bread made with yeast.
- **Refined and processed foods:** Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- **Deep-fried foods:** All fried foods.
- **Solid fats:** Butter, lard, margarine, and shortening.
- **Chocolate:** Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- **Some beverages:** Alcohol, coffee, and other caffeinated beverages.

Get Daniel Fast-Approved Recipes:

- [21 Delicious Recipes to Kickstart Your Daniel Fast](https://www.allrecipes.com/gallery/delicious-recipes-daniel-fast/)
<https://www.allrecipes.com/gallery/delicious-recipes-daniel-fast/>
- [29 Daniel Fast Snacks](https://www.allrecipes.com/gallery/daniel-fast-snacks/)
<https://www.allrecipes.com/gallery/daniel-fast-snacks/>
- [8 Daniel Fast Desserts](https://www.allrecipes.com/gallery/daniel-fast-desserts/)
<https://www.allrecipes.com/gallery/daniel-fast-desserts/>