

A man in a plaid shirt stands in a field of tall, golden-brown grass, reaching his right hand towards a clear, bright blue sky. The scene is captured from behind him, emphasizing his connection with nature and the vastness of the sky.

IRREVOCABLE TRUST
living life like Daniel



"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



Things to think about before you start the Daniel Fast:

The Daniel Fast includes a very healthy eating plan. However, please allow the Great Physician to work hand in hand with your earthly physician. Any time you enter into a significant change to your diet and exercise routines, it's a good idea to check with your health professional for his or her input.

Fasting should never harm the body. But if you have special dietary needs such as if you are pregnant or nursing, if you have a chronic illness such as cancer or diabetes, if you are a young person who is still growing or an athlete who expends more than typical amounts of energy on a regular basis - contact your health professional and or modify the Daniel Fast eating plan in a way that is appropriate to meet your health needs.

Questions you need to know the answers to before you start the Daniel Fast:

Why do we fast? Throughout Scripture, we find numerous men and women entering into times of fasting: Job, Jonah, Esther, Isaiah, David, Jeremiah, Daniel, Joel, John the Baptist, Jesus, John and Paul. Fasting is interwoven throughout the Bible as a normal and acceptable practice in our faith. It's not a rule born out of the church doctrine or tradition. Rather, as many men and women are discovering today, fasting is a tool created by the Father to help bring His Children into closer communication and relationship with Him.

What is a fast? In the Bible fasting is about food. It's about restricting all or some foods for a spiritual purpose. In addition to restricting or changing our eating habits, fasting always has to do with our spiritual life. Without that aspect, it's just a diet. You can and will lose weight from a fast, but this should not be your primary or only goal.

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Do we fast to please God?

This may come as a surprise to you, but fasting isn't for God. He's not going to think you are a better Christian or a more spiritual person because you fast. Your worth to God is totally dependent on Christ, who made you valuable and acceptable to the Most High God on the cross. So if you are fasting to prove to God how good you are, don't bother. Fasting is not for you. Fasting is a spiritual tool that God created to help you strengthen your spirit, learn self-control of the flesh, draw closer to the Father, and focus on prayer.

Why have Christians fasted during Lent over the years?

A "called" fast is a set time of fasting. In the Christian tradition, Lent is the period of the liturgical year from Ash Wednesday to Easter. The traditional purpose of Lent is the preparation of the believer – through prayer, repentance and self-denial to help remember the passion of Christ and to prepare them for Easter when we celebrate the resurrection of Christ. Lent is a "called" fast and a tradition of many Christian churches throughout the world. Lent has a start date and an end date.

What is the purpose of fasting?

The purpose of fasting is to draw closer to God. This is an intentional choice to "turn down the noise of the world" and focus on your relationship with your Father. During the fast we need to go to God in prayer listening for Him by meditating on his Word and asking the Holy Spirit to reveal areas of concern that during the course of your fast you would let the Father provide intervention and direction for your life. The power of fasting has less to do with food than with setting yourself apart for a specific period of time to focus more on the Lord, prayer, and worship. In other words, the power of fasting is found when you consecrate yourself to the Lord and discipline yourself to focus on Him. That's how your spiritual experience is enhanced through fasting.



What is the Daniel Fast?

In the first chapter of the book of Daniel, we learn of the young prophet's tension over the differences between the Babylonian customs and his Jewish ways, and it had to do with food. Daniel refused to defile the body that he had set apart for the God of Abraham, Isaac, and Jacob. The food offered to him – meat and wine that had been dedicated to the Babylonian false gods – wouldn't do. So Daniel and his companions entered a partial fast, eating only vegetables and water, so they could remain true to their God. The Daniel Fast is based on Jewish fasting principles and the experiences of the prophet in Daniel 1 and Daniel 10. The Daniel fast is a plant-based eating plan with the only beverage being water. Since the diet is totally plant based, no animal products are consumed including fish, shellfish, dairy products or eggs. In Daniel 10:3 we learn that during a time of great mourning, Daniel also abstained from meat, "pleasant" food, and wine. It's on the basis of this account that we eliminate sugar, candy, and desserts from the Daniel Fast, along with alcohol. Because Daniel was a man of God, we can assume that he also followed Jewish fasting



principles and all leavening products are eliminated, including yeast, baking powder and baking soda. Lastly, all the food in the Daniel Fast is natural, which eliminates man-made chemicals, artificial flavorings and colorings food additives and preservatives, highly processed foods, and foods or drinks that contain stimulants such as caffeine.





The Daniel Food List:

Be creative and find recipes that use the following foods. (You can find some recipes at: <http://www.daniel-fast.com/recipes.html>)

- **All vegetables and fruits** fresh, frozen, dried, juiced or canned. *(Tip: the more color the better - for example green leafy vegetables such as Spinach, Romaine, Kale contain iron).*
- **All whole grains.** These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat pasta, and whole wheat tortillas. *(Tip: a little canola or coconut oil in a pot with un-popped kernels of popcorn with a little salt as a late night snack is wonderful).*
- **All nuts and seeds.** Nut butters such as peanut butter and tahini (sesame seed paste) may be included. *(Tip: Nuts have a higher fat content, which satisfies hunger pangs, so if you are feeling hungry grab a handful of mixed nuts to take the edge off).*
- **All legumes canned or dried.** Legumes include but are not limited to black beans, kidney beans, lentils, chickpeas, white beans, etc. *(Tip: Learn to love humus (chickpeas). It is a great snack with celery and carrots. Legumes are the major way you will replace essential vitamins and minerals such as iron, so you must consume these daily).*
- **All quality oils** such as olive oil, canola, coconut, peanut, sesame. *(Tip: use a mixture of olive oil and vinegar on vegetables mixed with rice, legumes and other cooked vegetables for lunch or dinner).*
- **All water** be creative and flavor with natural flavors.
- **All Soy foods** such as tofu, TVP (textured veg protein) and other soy products *(Tip: mixing tofu in with other vegetables increases the protein content of your meals and gives them flavor).*
- **Condiments** look for fresh herbs and spices when possible *(Tip: avoid too much garlic. Your friends and family will appreciate that. Spices like fresh ginger help with digestion)*

Reminder:

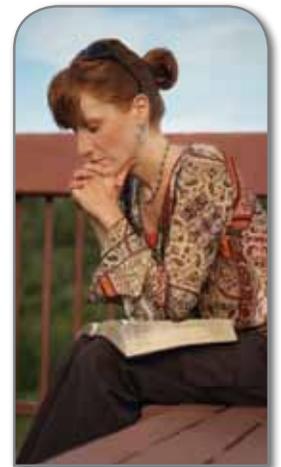
Too much of a good thing can still be bad for you! Just because you will be eating foods that are good for your body that does not mean you should eat in excess. Portion control is important with whatever we eat especially during the Daniel Fast. 3-4 modest meals and two snacks a day is reasonable. If you are able to count calories (lots of help on the web with calorie calculators), most healthy people target a caloric intake per day of between 2000 and 2800 calories, depending on size and gender.

How long is the Daniel Fast?

There is not a definite period of time when you should engage in the Daniel Fast? Some engage for as few as ten days; however to gain the health benefits of the fast, longer periods are better. Most people who have engaged in the Daniel Fast advocate for a twenty-one-day period, partly because that's what the prophet did in Daniel 10:2. So you can fast for as few as ten days or for as many as forty or more. Let the Holy Spirit guide you on this.

What are some helpful hints to succeed at the Daniel Fast?

- **Pray** – from the start include God in your fast. Pray privately but also try to pray with others at the Tuesday night prayer meetings and after the services on Sunday mornings.
- **Plan** – Create menus, along with your shopping lists each week. Decide what you will eat and not eat during your individual fast. Write some things down in a journal and ask God to help you answer some of your questions. What is the purpose of your fast? When will it begin and end? Have I set up my daily calendar having set times to pray, study, meditate on God's word? What study and devotional materials will I use to focus on God? How will I eat and also relate to friends and family during meals? Will I pack lunches and set aside certain times or days for meal prep?





• **Prepare** – Before you start the fast let your family know and get their blessing. Start to get your body ready by increasing the amount of water you are drinking and tapering off things like caffeine so that you can go through the withdrawal symptoms of headaches and such before you start the fast. *Typically, these symptoms do not last longer than three days.* Taking steps to prepare your body will ease the discomfort that will take place when you start the fast. Fasting can make you irritable when you are hungry so make sure that you are not causing strife at home. Little things like dressing warmer, eating a simple snack with a little protein and fat, or modifying the fast for special occasions can make it less stressful at home.



• **Participate** – In the Daniel Fast, corporately sharing in the experience with others to hold you accountable and also to encourage you to keep going, is important. Will there be times when you must forgo the fast and temporarily pause from it? Yes, do everything to maintain your fast but don't let "legalism" crowd out important family moments or cause health issues to occur. Do attend the Sunday morning services each week as we go through the book of Daniel in the series we are calling "Irrevocable Trust – Learning to Live like Daniel." We encourage you to be part of a midweek gathering, either a Community Group where you can reflect on what is being taught each week, and/or the Tuesday prayer meeting at either campus, so you can be encouraged by God and others during the week. We are also encouraging everyone to read the book of Daniel and have included in this booklet a 21 day devotional and reading plan to help you meditate on God's word. Feel free to use it to help you focus on, and hear from, God during the Fast.



21 Day Daniel Fast Devotional:

Our hope is that during the Daniel Fast we would all read through the book of Daniel together over the next 21 days. This Devotional is meant to guide you with a reading plan and a few questions each day to help you meditate on God's word and apply it to your life. It would be beneficial for you to keep a separate prayer journal where you can write down thoughts and prayers or on your computer. You can use this booklet but space will be limited. Read the Bible text and then write down the promptings that God puts on your heart - "when you write it, you know it." Don't miss the power of reflecting on God's word by "just reading" the book of Daniel.





Day: 1



Scripture - Read Daniel 1:1-10

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- What are some of your fears as you start the Daniel Fast?

- How have you been "defiled" by the culture or past/current life situations? _____

- How will participating in this Fast help you take a stand for Christ in non-Christian settings? _____

Prayer - Write out a prayer based on what you just read:

Day: 2



Scripture - Read Daniel 1:11-21

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- How do you hope to grow during the Daniel Fast?

- What are some goals you have to improve your physical, emotional and spiritual health? _____

- How has making some sacrifices through this Fast already improved your dedication to God? _____

Prayer - Write out a prayer based on what you just read:



Day: 3

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Scripture - Read Daniel 2:1-23

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- How do you usually deal with unreasonable or demanding people?

- Are the people speaking into your life giving you good counsel?

- Who are the people you can pray with and who you know are praying for you? _____

Prayer - Write out a prayer based on what you just read:



Day: 4

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Scripture - Read Daniel 2:24-49

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you:

Application - Write how you will be different today because of what you have just read:

- What are some mysteries in your life you would like God to bring clarity to during this Fast? _____

- When you clearly recognize God's hand in your life, how do you need to respond to Him? _____

- Do you really believe that it is better to be wise than powerful?

Prayer - Write out a prayer based on what you just read



Day: 5

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Scripture - Read Daniel 3:1-15

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• How do you distinguish God's authority from those in authority around you? _____

• What would make you confident (or afraid) if your safety were threatened because of your faith in God? _____

• What are you willing to risk in order to obey God's clear commands for your life? _____

Prayer - Write out a prayer based on what you just read:

Day: 6

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Scripture - Read Daniel 3:16-30

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• How has God met with you and revealed himself in the past during intense personal suffering? _____

• How has hardship strengthened your relationship with the (fourth man) Jesus Christ? _____

• Who is someone in your life that is going through difficult circumstances that you can help? How will you help them? _____

Prayer - Write out a prayer based on what you just read:



Day: 7

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Scripture - Read Daniel 4:1-27

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- Do you have a unique image, symbol or memory, like Nebuchadnezzar's tree, that has great importance to you in your walk with God?

- In what ways can our view of ourselves hinder our spiritual growth?

- What would God say to you today if he sent a messenger from heaven to speak into your life? _____

Prayer - Write out a prayer based on what you just read:



Day: 8

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Scripture - Read Daniel 4:28-37

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- When have you ignored what you felt was a warning from God about a specific sinful behavior? _____

- What particular area of your life do you need to start giving over to God's power and control today? _____

- As you submit areas of your life to God, how has he been blessing you through this Fast? _____

Prayer - Write out a prayer based on what you just read:



Day: 9

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Scripture - Read Daniel 5:1-12

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What can we do to keep pride from clouding our perspective and respect for God? _____

• What is making you fearful and anxious right now? _____

• Who is someone you can call, talk to or share some things with that you believe would give you wise counsel? _____

Prayer - Write out a prayer based on what you just read:



Day: 10

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Scripture - Read Daniel 5:13-31

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What concrete action can you take to deal with an area of chronic sin in your life? _____

• What mistakes made by Belshazzar can you learn from and not repeat?

• Does knowing that everyone will be judged by God help motivate you to change? _____

Prayer - Write out a prayer based on what you just read:



the Daniel Fast

Day: 11

Scripture - Read Daniel 6:1-18

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• Just as Daniel was betrayed, do you need to forgive someone who has betrayed you? _____

• What are some things you can do, or not do, to make prayer more of a central pillar in your life? _____

• What are some qualities of Daniel that you have seen thus far that you admire and seek to emulate? _____

Prayer - Write out a prayer based on what you just read:



the Daniel Fast

Day: 12

Scripture - Read Daniel 6:19-28

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What surprising things or miracles has God been doing in your life through this Fast? _____

• What steps can you take to trust God to resolve whatever difficult circumstances you face right now? _____

• What can you do to become a stronger, more courageous Christian?

Prayer - Write out a prayer based on what you just read:



Day: 13



Scripture - Read Daniel 7:1-14

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• God revealed Himself to Daniel through dreams and visions. How is God revealing Himself to you lately? _____

• Jesus referred to himself as the "Son of Man" the majority of the time in the gospel accounts; after reading Daniel 7:13-14 do you understand why? _____

• Have you let the "Son of Man" have dominion over every aspect of your life? Why or why not? _____

Prayer - Write out a prayer based on what you just read:

Day: 14



Scripture - Read Daniel 7:15-28

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What does it mean to you to be part of the kingdom of God?

• Is there something in your life that has caused you to feel "troubled in spirit"? _____

• What steps can you take to hand over your fear to the Lord today?

Prayer - Write out a prayer based on what you just read:



Day: 15



Scripture - Read Daniel 8:1-14

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What atrocities in your culture or history have helped shape who you are? _____

• How have you seen power and arrogance lead to destruction in our world? _____

• When you next feel powerless or inadequate, how can you entrust yourself to the Lord? _____

Prayer - Write out a prayer based on what you just read:

Day: 16



Scripture - Read Daniel 8:15-27

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What areas of your life does God seem to be making no sense right now? _____

• God gave Daniel the gift of prophecy and interpretation of dreams and visions. What special gifts has God given to you so you can serve Him and build his kingdom rather than your own? _____

• Where in your life do you feel "exhausted" and need God's strength right now? _____

Prayer - Write out a prayer based on what you just read:



Day: 17



Scripture - Read Daniel 9:1-19

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• Is there un-confessed sin in your life that you need to first share with God then others? Do you need to take some time and confess sin and then thank him for His forgiveness that came through Jesus Christ's death on the cross? _____

• Has participating in this Fast and being intentional about reflecting on scripture helped you hear God's voice in your life? Is reading scripture and journaling something you can continue after you reach day 21?

• Look back at your previous journal entries. How has God answered your requests written down in your prayer journal? _____

Prayer - Write out a prayer based on what you just read:



Day: 18



Scripture - Read Daniel 9:20-27

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What "insight and understanding" has God brought into your life through this Fast and scripture reflection thus far? _____

• In what specific ways do you need God's grace and mercy right now?

• What areas of your life has God told you to wait and be patient for the "Anointed One" to rebuild? _____

Prayer - Write out a prayer based on what you just read:



Day: 19



Scripture - Read Daniel 10:1-20

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- Can you believe that you have been Fasting for 19 days! In what ways have you surprised yourself? _____

- How has God helped you to see and hear from Jesus since starting this Fast? What are some specific ways God has revealed himself? _____

- How has hearing from God strengthened you and given you the ability to overcome life's challenges? _____

Prayer - Write out a prayer based on what you just read:



Day: 20



Scripture - Read Daniel 11:1-45

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

- If Daniel were given a vision of your life, family, church and community, what major weakness and strengths might he identify? _____

- We are told that we are able to resist the "contemptible person" (11:21-35) by knowing our God. How has knowing God more over the last 20 days given you the ability to resist evil? _____

- Is there an area of your life or faith that has caused you to become prideful and "exalt yourself"? _____

Prayer - Write out a prayer based on what you just read:



Day: 21



Scripture - Read Daniel 12:1-13

Observation - Meditate on what you see in the scripture or on a particular verse that was meaningful to you.

Application - Write how you will be different today because of what you have just read:

• What has God done in your life in the last 21 days? How has he brought glory to Himself in spite of your weakness because you were willing to sacrifice and seek after Him? _____

• If you are a follower of Jesus your name has been “written in the book” and you will be delivered. How does knowing you are saved by grace through Jesus Christ bring you comfort? _____

• What will you take away from the Daniel Fast experience? How will it change you in the days ahead? What spiritual disciplines will you start or continue to keep you close to God? _____



Day 21 Continued

Prayer - Write out a prayer based on what you just read:



Final Observations:



the
Daniel
fast



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