

# **Daniel Fast**

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## **Guide**

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## What is Fasting?

Fasting is abstaining from food. There are different kinds of food fasts.

### 1. Absolute Fast

The absolute fast which is abstaining from food and water. Esther did this kind of fast. Not recommended for more than 2-3 days. (Your body must have fluids after a day or two)

### 2. Normal Fast

The normal fast which is abstaining from all food and just drinking water

### 3. Daniel Fast

The partial or Daniel fast which is abstaining from certain foods. Daniel fasted from all tasty foods and meats and ate only vegetables, fruits and nuts (See Daniel Fast Section)

### 4. Benedict Fast

The Benedict fast established by Saint Benedict of Nursia, Italy (525AD), where you eat only one meal a day.

### 5. Liquid Fast

The liquid fast which is abstaining from all solid foods drinking only light liquids like fruit and vegetable juices. Drinks like milk shakes would not be included in this type of fast.

**Important Note:** All fasting should be done wisely. If you have a medical condition that would be adversely affected by fast you should check with your physician about how you could fast and modify the fast accordingly.

## The Purpose and Rewards of Fasting

Jesus taught that fasting would be a normal part of the Christians life. *"The disciples of John and of the Pharisees were fasting. Then they came and said to Him, 'Why do the disciples of John and of the Pharisees fast, but Your disciples do not fast?'"* 19 And Jesus said to them, *"Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. 20 But the days will come when the bridegroom will be taken away from them, and then they will fast in those days* Mark 2:18-20 (NKJV) Jesus said. *"But you, when you fast, anoint your head and wash your face"* Matt 6:17 (NKJV) If Jesus assumed His followers would practice the discipline of fasting then fasting must be of value and importance to us.

### The Purpose and Rewards of Fasting

#### 1. Fasting humbles our soul.

*"But as for me, when they were sick, My clothing was sackcloth; I humbled myself with fasting . . ." Psalms 35:13 (NKJV)* James writes and says God resists the proud but gives grace to those who humble themselves. Through fasting we access God's marvelous grace.

#### 2. Fasting brings our flesh under control.

*But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified* 1 Cor 9:27 (NKJV) When our fleshly nature starts to get out of control and dominate our life one of the best things we can do is fast. Fasting is saying no to your flesh and yes to God.

#### 3. Fasting will cause us to experience more of God's power working through our lives.

Fasting opens your life to receive more of God's power. *So Jesus said to them, 'Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.'* <sup>21</sup> However, this kind does not go out except by prayer and

**fasting Matt 17:20-21 (NKJV)** The apostle Paul said that God's power was made perfect in his weakness. Fasting is voluntary weakness.

4. Fasting sensitizes us to the spiritual realm

Most spiritual encounters happen during times of fasting. *So Cornelius said, "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing,"<sup>31</sup> and said, 'Cornelius, your prayer has been heard, and your alms are remembered in the sight of God Acts 10:30-31 (NKJV)*

5. Fasting breaks bondages in our lives

Fasting is one of the primary keys to breaking Satan's bondages in our lives and the lives of others. *Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke Isaiah 58:6 (NKJV)*

6. Fasting enables you to hear the Holy Spirit more clearly

Fasting causes our spiritual ears to be opened so that we hear the Lord more clearly. *As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them Acts 13:2 (NKJV)*

7. Fasting causes us to be open to the new things God is doing.

The Lord speaks through Isaiah the prophet and says, *"For I am about to do something new. See, I have already begun! Do you not see it? . . ." Isaiah 43:19 (NLT)* He is implying that it is possible to miss the new things that the Lord is doing. The problem is that we have the tendency to put God in the box of our past experiences and we become inflexible to something that is outside of our past experience. Fasting makes us open to the new things God is doing. *But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.<sup>21</sup> No one sews a piece of unshrunk cloth on an old garment; or else the new piece pulls away from the old, and the tear is made worse.<sup>22</sup> And no one puts new wine into old wineskins; or else the new wine bursts the wineskins, the wine is spilled, and the wineskins are ruined. But new wine must be put into new wineskins Mark 2:20-22 (NKJV)*

8. Fasting will open you up to prophetic revelation

People like Daniel and Anna the prophetess received revelation about future events through times of prayer and fasting. *Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity;<sup>37</sup> and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.<sup>38</sup> And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem Luke 2:36-38 (NKJV)*

9. Fasting will cause you to pray with greater passion

There is something about passionate prayer that releases faith for the answer. Fasting connects us with the Holy Spirit in a way that allows Him to pray through us with great passion and authority. *"...The effective, fervent prayer of a righteous man avails much James 5:16 (NKJV)*

10. Fasting brings God's rewards on our life

As we fast in secret God will reward us openly. *But you, when you fast, anoint your head and wash your face,<sup>18</sup> so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly Matt 6:17-18 (NKJV)*

There are many other benefits of fasting, spiritual, physical, emotional and mental but we don't have time to cover them in this booklet.

## F a s t i n g   G u i d e l i n e s

Here are a few guidelines to help you fast successfully:

1. Make a decision about what kind of fast you are going to do. (See "What is fasting?")

- Absolute Fast
- Normal Fast
- Partial or Daniel Fast
- Benedict Fast
- Liquid Fast

2. If you are on a regular medication, or if you suffer from heart, or other circulatory, or diabetic diseases, it is wise to obtain medical advice before entering into any fast that extends beyond a meal or two. Even with these issues you can fast in some way.

3. Once you make a decision as to what kind of fast you will do stick to it. In the early period of a fast, you may experience unpleasant symptoms such as dizziness, headache, nausea, etc. Usually these are indications that your fasting is overdue, and that you need the purifying physical action of fasting in various areas of your body. "Set your face" and go through with the fast that you planned. After the first day or two, these unpleasant physical reactions usually subside.

4. Ask the Lord to give you a grace to fast.

6. Fasting is always connected in association with prayer so make a commitment to regular prayer times during the fast. It is also good to read more Bible than you normally would as the Lord will give you fresh revelation as you fast.

7. If you blow it and break your fast in some way don't get under condemnation but jump right back into your fast and finish it.

8. Remember that hunger is partly a matter of habit. In the early stages of a fast, hunger will probably return at each normal mealtime. As you continue to fast, the hunger pains will somewhat subside. Usually the first 3-4 days are the worst after that your body gets the idea that it is not going to get food and you feel better.

9. A day or so before you start the fast it is wise to eat foods that are high in fiber (like fruits and vegetables) to avoid constipation.

10. If you are doing an extended fast on water or just liquids you should ease into eating by eating lighter high in fiber foods when ending the fast. During the fast your stomach will shrink so don't end fasting by eating large high in fat and protein meals which are more difficult for the body to digest.

11. You might want to abstain from certain activities during your fast like watching television or going to movies or other entertainment.

12. Avoid telling everyone that you are fasting. Jesus said if you fast in secret the Father will reward you openly. Fasting is not about being a "more spiritual than thou" Christian but about humbling ourselves before God to seek His face and purpose.



## Daniel Fast

### Foods you can eat:

- **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
- **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupines, peas and peanuts.
- **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
- **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
- **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
- **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

### Foods to avoid:

- Meats
- Dairy products, milk, cheese etc.
- All egg products
- White flour and all products using it (continued on next page)

- White rice, white bread, hominy and pasta
- Fried foods
- Caffeine\*
- Carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- Foods containing preservatives or additives
- Processed foods like chips, crackers, tortillas, etc
- Refined sugar and sugar substitutes, anything that has sugar in it (read labels)
- High fructose corn syrup
- Salad dressings
- Honey\*
- Maple syrup\*
- Natural, raw sugar cane\*
- Margarine, shortening, animal fat, high fat products

\*Foods based on personal convictions

## Recipes

### **Thick and Creamy Corn-Potato Soup**

6 ears corn (cut off the cob)  
6 medium-large red potatoes (chopped in 1/2 inch pieces)  
6 carrots (finely chopped)  
1 medium-large onion (finely chopped)  
2 green peppers (finely chopped)  
2 bay leaves  
3 teaspoons thyme  
2 teaspoons marjoram  
3 teaspoons cumin  
2 teaspoons sea salt  
2 teaspoons pepper  
3 32oz. boxes of vegetable broth  
water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

### **Tomato Basil Soup**

12 Vine Ripe Tomatoes  
1 Package Cherry Tomatoes  
2 1/2 Cups Fresh Carrot Juice (or Odwalla Juice available in juice section)  
1 Large Ripe Avocado  
2 Yellow Onions (chopped)  
4 Cloves Garlic (chopped)  
5 Stems Fresh Basil  
2 Tablespoons Pure Honey  
1 Bay Leaf  
1 teaspoon Oregano  
1 teaspoon Sea Salt  
1 Tablespoon Red Pepper Flakes  
2 Tablespoons Olive Oil  
(continued on next page)

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

### **Portobello Steaks**

6 Portobello mushroom caps  
1/2 cup fresh squeezed lemon juice  
2 tablespoons apple cider vinegar  
2 tablespoons Pure Maple syrup  
2 teaspoons fresh grated ginger  
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.

### **Grilled Vegetables**

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

### **Baked Sweet Potatoes**

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

### **Vegetable Barley Soup**

Choose your vegetables. Really, anything can work depending upon your taste.

My picks:

3 cups chopped celery  
2 cups chopped white onion  
3 cups chopped carrots  
3 cups chopped green/yellow/red pepper  
3 cups thin sliced mushrooms  
2 cups chopped roma tomatoes (peeled and seeded)  
2 32oz. boxes vegetable broth

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Use your favorite spices. I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour ¼ cup vegetable broth in a soup pot. Add all of the vegetables and sauté them until tender. Add the spices and stir to mix.

Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.  
Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

### Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, Portobello mushrooms or use as a dip with vegetables.

### Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon.  
Microwave for 10 minutes or until tender. Serve warm.

### The Breaker's Granola

5 cups raw oatmeal  
1 cup finely chopped walnuts  
1 cup slivered raw almonds  
1 cup finely chopped cashews  
1 cup unsalted sunflower seeds  
1/2 cup flax seed  
1 cup finely chopped dry figs  
1 cup finely chopped apricots (unsweetened if possible)  
1/4 cup chopped coconut  
2 cups unsweetened raisins  
2 Tablespoons cinnamon

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Mix together in a large bowl. Keep in tightly sealed container such as Tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

### Gazpacho

6 med. tomatoes, quartered  
2 large cucumbers  
1 small red onion  
1 med. zucchini, chopped  
3 med. garlic cloves, smashed  
1 med. green bell pepper  
chopped fresh herbs: parsley, basil, chives  
2 Tbsp. lemon juice  
2 Tbsp. extra virgin olive oil  
1 tsp. sea salt  
1 tsp. cayenne pepper  
1 tsp. ground cumin seed  
2 cups vegetable stock or tomato juice  
1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.  
2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more bursts. Blend in stock or tomato juice.  
3. Transfer to large bowl. Refrigerate at least 1 hour before serving.  
Serves 4. Preparation Time: 10 minutes.

### Vegetarian Spaghetti Squash

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin.

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Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water.

Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

#### Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely

2 cups thinly sliced mushrooms

2 cloves garlic

2 cups chopped broccoli florets or 1 package baby spinach

2 teaspoons oregano (powdered or flakes)

Sea salt to taste

Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

#### Brown Rice with Edamame and Vegetables

2 cups brown rice

4 cups water or vegetable broth

1 cup fresh squeezed orange juice

1 package frozen, shelled edamame

1 cup shredded carrots

1 cup sliced white mushrooms

½ teaspoon cumin

1 clove garlic minced

½ cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings: 4-6 entrée size

Serve with orange slices and celery sticks.

#### Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans

Vegetable broth (1- 32oz. box)

Chili powder

Chipotle powder

2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

#### Salsa

Roma Tomatoes quartered

Lime

Cilantro

Green onion (1 bunch)

Chili powder

Cumin

Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with sliced mango and papaya and lime juice.

#### Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned.

Cool completely and mix in a bowl with unsweetened raisins.

We keep this on the counter for a quick snack.

#### Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon.

### SPLIT PEA SOUP

- 2 Cups Dried Split Peas
  - 12 Cups Water
  - 4 Bay Leaves
  - Sea Salt
  - 1 Tbsp Olive Oil
  - 1 Large yellow onion, peeled and chopped
  - 4 ribs celery, chopped
  - 4 carrots, peeled and chopped
  - 2 cups vegetable broth (CHECK LABEL to make sure no other added ingredients but water and veggies.....usually an organic brand is ok)
  - 6 cups water
  - 1 tsp fresh thyme
1. Put dried peas in saucepan and cover with 12 cups water. Add 2 bay leaves and sea salt and bring to a boil. Let cook on medium heat for 10 minutes. Drain and set aside.
  2. Place olive oil and heat over medium heat. Add onion, celery, and carrots. Sauté for 8 minutes until onion begins to turn translucent (I like to add a little fresh garlic in this for extra flavor).
  3. Add veggie broth and 6 cups water. Add 2 more bay leaves, peas, sautéed veggies, thyme and bring to a boil. Reduce heat and cover. Let simmer for one hour and stir occasionally so the peas do not settle the bottom and burn.
  4. Remove the bay leaves and season with sea salt.

### Roasted Butternut Squash Soup

- 1/3 Cup olive oil
- 2 large butternut squash
- 1 sweet onion cut into large chunks
- 1 bulb garlic
- ½ tsp olive oil
- 2 cups organic veggie broth (Once again, read label to check there are no added ingredients other than water and veggies)
- 2 tsp fresh lime juice
- Sea salt to taste

1. Preheat oven to 350. Prepare a large roasting pan by pouring oil into it letting it coat the bottom. Cut the squash in half and remove seeds and string. Put squash in roasting pan, cut side down. Prick the skins with a sharp knife. Place onion around squash.

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Using sharp knife cut the top of the garlic bulb off and drizzle with olive oil. Place in roasting pan with other veggies. Bake for 45 min to 1 hour or until tender. Remove and let stand.

2. Scrape baked squash into large stock pot. Add the roasted onion and squeeze roasted garlic flesh in as well. Add veggie stock and lime juice and bring to a boil. Reduce heat and simmer for 15 minutes. Using blender or food processor, puree the soup until it is smooth. Garnish with nutmeg and sea salt.

### VEGGIE SOUP

- 8 purple potatoes
- 3 sweet potatoes
- 3 yams
- 8 big carrots
- 5 stalks celery
- ½ red cabbage
- ½ green cabbage
- 8 Brussels sprouts
- ½ head cauliflower
- 4 cups fresh spinach
- Handful shitake mushrooms
- 4 cloves garlic
- 1 ½ cups soaked white kidney beans
- 4 bay leaves
- 8-10 cups water
- 1 bunch fresh cilantro
- Sea Salt to taste

1. Clean, peel, wash and chop all veggies
2. Bring water to a full boil in a large stock pot. Add all ingredients except cilantro. reduce heat, cover and allow to slowly simmer for 3 hours. This also works in a crock pot as well.
3. Add cilantro in the last 30 minutes of cooking. If you want chunk soup eat it as is. If you want more puree in the soup then remove about 2 cups of the soup mixture, including veggies, and puree. Then return and mix in with the rest of the soup.



## OVEN ROASTED VEGGIES

2 large sweet onions – cut into chunks  
4 large carrots, cut in chunk  
2 peeled turnips, cut in chunk  
¼ lb Brussels sprouts  
6 small beets  
8-10 small potatoes  
4 tbsp olive oil  
1 tsp dried rosemary  
4 minced cloves garlic  
1 Tbsp fresh marjoram  
Sea Salt

1. Preheat oven to 375. Peel all veggies. Quarter potatoes. Toss all veggies in oil, rosemary, minced garlic and marjoram. Arrange on roasting pan lightly coated in olive oil. Cover with foil and bake for 35 minutes.

2. Uncover and turn all veggies over with spoon. Add sea salt and roast at 425 for another 20-30 minutes or until thoroughly cooked and edges are not burned.

## GREEK SALAD (minus the feta)

4 large vine ripened tomatoes  
2 medium cucumbers  
1 small purple onion  
2 tbsp fresh cilantro (chopped fine)  
2 cloves garlic passed through garlic press  
2 tbsp dried oregano  
2 tbsp fresh lemon juice  
1 tbsp olive oil  
2/3 cup black olives  
Sea Salt to taste

1. Place first six ingredients in the bowl. Rub the oregano between your hands and sprinkle over veggies.

2. Drizzle lemon juice and olive oil over the salad. Add olives and toss gently.

## OVEN ROASTED BEETS

6-8 medium sized beets  
Olive Oil  
4 cloves garlic (through garlic press)

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Parchment paper

1. Preheat oven to 350

2 Wash and scrub beets. Remove any strings. Line a cookie sheet with parchment paper. Place beets on the lined cookie sheet. Drizzle with olive oil and spring minced garlic over the beets. Cover tightly with tin foil and place in oven.

3. Bake 1 hour

4. Remove from heat. Let cook enough that you can hand the beets. The skins slip off easily at this point.