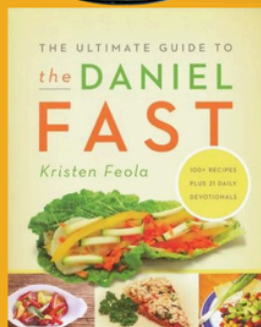


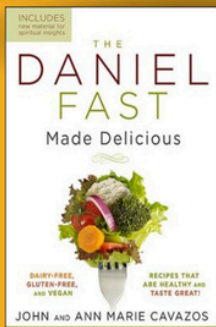
# 2025 DANIEL FAST

## JANUARY 1-21, 2025

### PRAYING FOR UNITY



#1



#2



#3



#4

## DANIEL FAST COOKBOOKS

#1 - *The Ultimate Guide to the Daniel Fast* by Kristen Feola

#2 - *The Daniel Fast Made Delicious* by John & Ann Marie Cavazos

#3 - *The Daniel Fast : A 21-Day Spiritual Journey to Renew Your Body and Deepen Your Faith* by Janet Cook

#4 - *Daniel Fast Cookbook and Guide for Beginners*



Before you begin any fast, please consult a physician.



# What is the Daniel Fast?

The Daniel fast is just one of the many types of fasts mentioned in the Bible. It is based on what Daniel requested to eat to avoid being defiled when Israel was besieged and taken captive by Nebuchadnezzar, King of Babylon.



## 2025 DANIEL FAST JANUARY 1-21, 2025 PRAYING FOR UNITY



Daniel 1:9 says, “But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.” He did not eat meat or drink wine, therefore, on the Daniel fast

there is NO meat or animal products. Daniel 1:12 says: “Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.”

### What is Pulse? ●

In simple terms, pulse is anything grown up from a seed—or as we would now express it, a vegetable diet.

### Why Do We Fast? ●

Next, we will discuss, why we fast and why we begin on January 1st every year.



Before you begin any fast please consult a physician



# Why Do We Begin Our Fast on January 1st?

As noted in the following scriptures, God requires us, His people, to place Him first. Second, third, or fourth place is not acceptable to the LORD. It is first or nothing. Genesis 4:4, "and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering,"



Exodus 13:12, "You shall set apart to the Lord all that first opens the womb. All the firstborn of your animals that are males shall be the Lord's."

Numbers 18:17, "But the firstborn of a cow, or the firstborn of a sheep, or the firstborn of a goat, you shall not redeem; they are holy. You shall sprinkle their blood on the altar and shall burn their fat as a food offering, with a pleasing aroma to the Lord."

Proverbs 3:9, "Honor the Lord with your wealth and with the firstfruits of all your produce;"

Matthew 6:33, "But seek first the kingdom of God and His righteousness, and all these will be added to you. When we place God first, we let Him know that we value Him, more than our culture, and even ourselves. When we do this, our actions demonstrate that He truly is our priority.

I know that January 1st is a holiday and like everyone else, I would like to just enjoy that day with more than the meals suited for the Daniel Fast. However, my desire to obey God and please Him, is the one reason we begin on January 1st each year.

As I look at how the kingdom of darkness has unleashed such devastation within our nation and across the globe in the last few years: I discern that the devil and his demons have seen in the spiritual realm the Glory of our God coming to rule and to reign, on earth as He reigns in heaven. Could it be that we are the last generation? I do not know, but I do know that for such a time as this, God has chosen us, a remnant to do great exploits with Him, for this reason, we must prepare ourselves. Please join us as we live out what He has destined us to live!

Grace and Peace,  
Pastor Ray  
Senior Pastor

# Guidelines: Foods to Enjoy

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- All fruits and vegetables—fresh, frozen, dried or canned.
- All grains, beans, legumes, that have not been bleached, stripped, and processed. Grains should be whole, such as brown rice, wheat flour etc.
- All nuts
- All herbs and seasonings and spices—salt is fine. Try and use natural herbs and seasoning.
- Baking soda—all natural



- Agave Nectar—this is great! It is all natural and has a consistency similar to honey, just a little thinner—PLUS the glycemic index of Agave nectar is Very low.
- Stevia
- Bragg Liquid Aminos (natural alternative to soy sauce)
- Water, naturally decaffeinated tea, fruit and vegetable juices
- Cold pressed oils, such as olive oil, unprocessed coconut, peanut, sesame,
- Walnut, almond and mustard seed oil.
- Soy milk, almond milk (read the nutritional label)
- Tofu (whole soybeans and water)
- Pasta (wholegrain flour and water) NO EGGS or WHITE FLOUR.

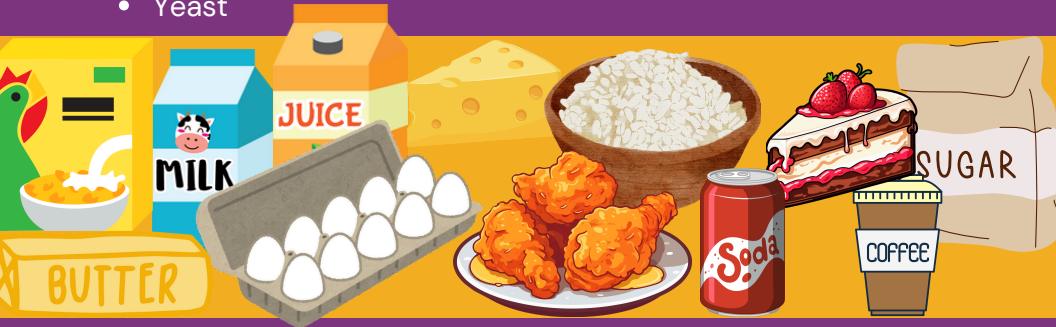


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# Guidelines: Foods to Avoid

- All meat products including seafood, beef and chicken broth, etc.
- Imitation meat products (artificially flavored, highly processed).
- All egg products.
- Grains that have been bleached and processed such as white flour and all products containing it.
- White sugar and all products containing it
- White rice.
- Yeast



- Artificial Sweeteners (Splenda, sucralose), NutraSweet (aspartame), Sweet N Low (saccharine), Corn Syrup (high fructose corn syrup)
- Carbonated beverages (soda, soft drinks carbonated flavored water, etc.)
- Foods containing additives, chemicals and dyes, soy sauce (fermented),
- Hydrogenated oils (margarine, shortening and all products containing it) Fried foods should be avoided (most fried foods are fried in hydrogenated oil)
- Alcohol, Vinegar (fermented), black tea (fully fermented), Caffeine
- Baking powder (it is baking soda, natural) and an acid-like cream of tartar mixed. Cream of tartar is a byproduct of wine (fermented)



**Before you begin any fast please consult a physician**



# The Daniel Fast & Your Health

Anytime you decide to make a significant change in your diet or exercise, please consult your physician. Also, if you have special health needs consider adjusting the eating plan to meet those requirements while maintaining the other restrictions for the fast.



## 2025 DANIEL FAST JANUARY 1-21, 2025 PRAYING FOR UNITY



### Journaling •

Most men and women on the Daniel fast find it helpful to journal during their consecrated time of prayer and fasting.

Write expecting the Holy Spirit to partner with you as you seek a greater level of intimacy with your Heavenly Father.

Note: You will experience a more successful fast if you spend some time preparing for your time of focused prayer and fasting.

 Before you begin any fast please consult your physician



# How to Prepare for the Daniel Fast

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You will experience a more successful fast if you spend some time preparing for your time of focused prayer and fasting.



## Quiet Time

If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. We must put God first every day of our lives not merely in words but in action. So every day I wake up, brush my teeth and then I meet with God.

Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

## Prepare Your Body

It is a wise move to prepare your body for the fast by easing off sugar, caffeine and chemicals before your first day of fasting. Otherwise, you may experience physical detox symptoms of headaches, cramping and fatigue. Start to drink at least 1/2 gallon of filtered water each day.

## Study Your Food Choices

It is a great idea to peruse the list of what to avoid and what is okay—then go grocery shopping ahead of the first. Having the food items on hand gives you more of a sense of preparedness.

 Before you begin any fast please consult your physician



# How to Conclude the Daniel Fast

Just as you prepared to start your Daniel Fast, you will want to plan for the conclusion of your fast.



## Changing the Way You Eat

If you have been on an extended fast of 10 or more days, your physical body has enjoyed healthy and easily digestible foods. Most people realize increased energy and better health during their fast.

Reintroduce caffeine, sugar, dairy products, deep fried foods and meat slowly to keep your body from rebelling and bring you discomfort. Small portions are better and adding no more than one type of food each day will give your body a chance to get used to the change.

## Keep the Gems of the Fast

Most likely, you have gained many powerful lessons about your health and spiritual life. Carry these positive changes into your everyday life. If you have created a habit of meeting with the Lord each morning, continue to do so.

If you have gained understanding about healthy eating habits or broken addictions to specific foods, then continue with those good practices.

Let the lessons you learned during your Daniel Fast continue to bring more health to your body, soul and spirit all year long.

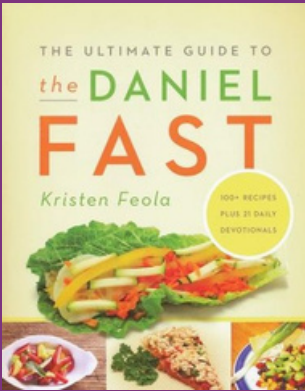
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# The Books

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Title: *The Ultimate Guide to the Daniel Fast*

Author: Kristen Feola

ISBN-13: 978-0310331179

Paperback: 256 pages

Amazon: \$15.49 / Kindle \$9.99

Christianbook: \$12.99 / eBook \$9.99

Calvary Temple: \$10.00

## DESCRIPTION:

*The Ultimate Guide to the Daniel Fast* is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast.

The Ultimate Guide to the Daniel Fast book explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. Kristen shows you how to structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that “to fast” means “to feast” on the only thing that truly nourishes—God’s powerful Word.

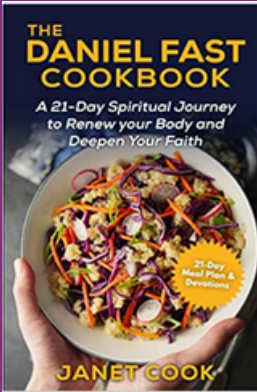


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# The Books - Continued

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Title: *The Daniel Fast Cookbook : A 21-Day Spiritual Journey to Renew your Body and Deepen Your Faith - 21-Day Meal Plan and Devotions*  
Included

Author: Janet Cook

ISBN-13: 979-8590503186

Paperback: 270 pages

Amazon: \$12.99 / Kindle \$3.99

Kindle Unlimited \$0.00

Calvary Temple: \$10.00

## DESCRIPTION:

*21 Days That Will Change Your Life! Nourish your body and your faith with recipes and devotions for the Daniel Fast.*

The Daniel Fast is a spiritual journey that deepens your Faith, brings you closer to God, renews your body, helps you feel more energized, lose weight, get mental clarity and focus. In the fast-paced world, we live in, we are continuously pushed to perform and do more and that often leads to losing ourselves in overeating.

However, what we know we need deep down is serenity, simplicity, peace, and quietness. Doing a 21-day Daniel fast will help you pause and recharge to take time for your spirit and undo the damage to your physical body. By following Daniel Fast 21-Day, you will:

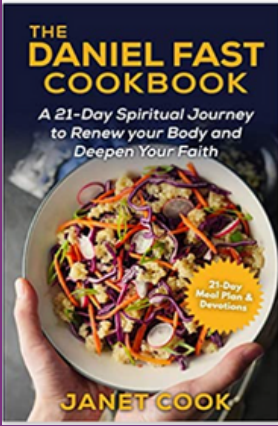
- nourish your body with plant-based foods like God intended us to eat. With this fast, you will be making smart food choices each day.



Before you begin any fast please consult your physician



# The Books - Continued



- discover and follow the footsteps of Daniel as he embarks on his fast to purify his body and mind and get a Closer Connection with God.
- pray with daily devotions that will help you overcome the challenge of fasting and grow your relationship with God as you read scripture that will support your fast, let you reflect, meditate, and get guidance from God. \*\*\*Please note that this is the black and white edition\*\*\*



Title: *The Daniel Fast Cookbook and Guide for Beginners*

Author: Debbie Madsen

ISBN-13: 978-1502771391

Paperback: 95 pages

Amazon Price: \$7.99/ Kindle \$2.99

Calvary Temple: \$5.00

## DESCRIPTION

Please Note: The paperback version has no pictures to keep the cost below \$10.

The Daniel Fast is a spiritual fast, based on the principle of drawing closer to God through a disciplined eating plan combined with prayer. The aim of the fast is not merely to improve your eating habits, but also to enhance and strengthen your spiritual connection to God. I especially love it for its simple and healthy eating plan.

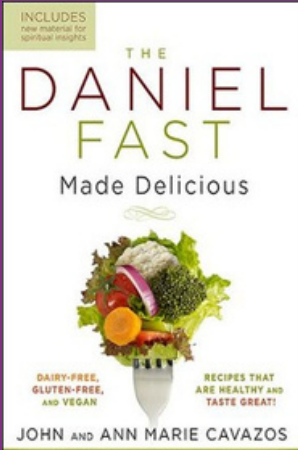


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# The Books - End

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Title: *The Daniel Fast Made Delicious: Dairy-Free, Gluten-Free & Vegan Recipes that are Healthy and Taste Great*

Authors: John & Ann Marie Cavazos

ISBN-13: 978-1621365716

Paperback: 256 pages

Amazon: \$10.10 / Kindle: \$17.99

Calvary Temple: \$12.00

## DESCRIPTION:

**The simple fruit and vegetable fast that will nourish your body and soul**

Prepare tasty meals that satisfy your physical hunger as you draw closer to God.

Filled with easy instructions, simple steps, and more than 175 delicious recipes, this revised and updated edition of *The Daniel Fast Made Delicious* contains added spiritual inspiration for greater power and revelation to accompany you through this 21-day fast. You are more likely to stick to your fast when you can prepare delicious recipes—many of which are 100 percent gluten and dairy-free—such as...

- Stuffed Eggplant Parmesan
- Broiled Stuffed Tomatoes With Basil and Pesto Sauce
- Stuffed Zucchini With Sautéed Baby Bella Mushrooms
- Daniel's Vegetable Shepherd's Pie
- Cannellini Bean Soup With Kale
- Stuffed Sweet Potato Fritters

Change the way you look at food and fasting forever with these dairy-free, gluten-free, and vegan recipes that are healthy and taste great!