



Ministry of Reconciliation  
A New Dimension



**21-DAY  
DANIEL FAST**

OCTOBER 2023

# WHAT'S FASTING AND WHY DO WE DO IT?

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!

*The Purpose of this Fast is Revival in our personal lives, families, church, communities, and the nations. It is for Fresh New Anointing, Wisdom, Spiritual Growth, Renewal, Guidance, and for Healing. We're expecting a New Fire, Revival, and Total Restoration!*

## THE DANIEL FAST

A "**Daniel Fast**" is based on Daniel 10:2-3, which says that the prophet Daniel spent three weeks mourning and praying for the Jewish people. During this time, the Bible says Daniel "ate no tasty food" and abstained from meat and wine. No detailed list of foods is offered, but we can assume that he kept his diet very simple.

During a Daniel fast, the diet consists mainly of fruits and vegetables. Keep in mind that you should consume plenty of water. As with all forms of fasting, you may experience headaches, fatigue or irritability, because toxins that have been stored in your body will be released. Always consult a doctor before fasting if you have medical conditions such as diabetes or hypoglycemia, or if you are on medication.

This Daniel Fast is about laying everything down and picking up the word of God and seeking His face with our whole heart. We want to spend as much time as possible during our fast seeking God and just being in His presence. Food is just one thing we fast, if you know there are other things that are taking time away from God in your life go ahead and fast from those things too. In fasting, God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!



# October 2023 21-Day Daniel Fast Meditation Readings

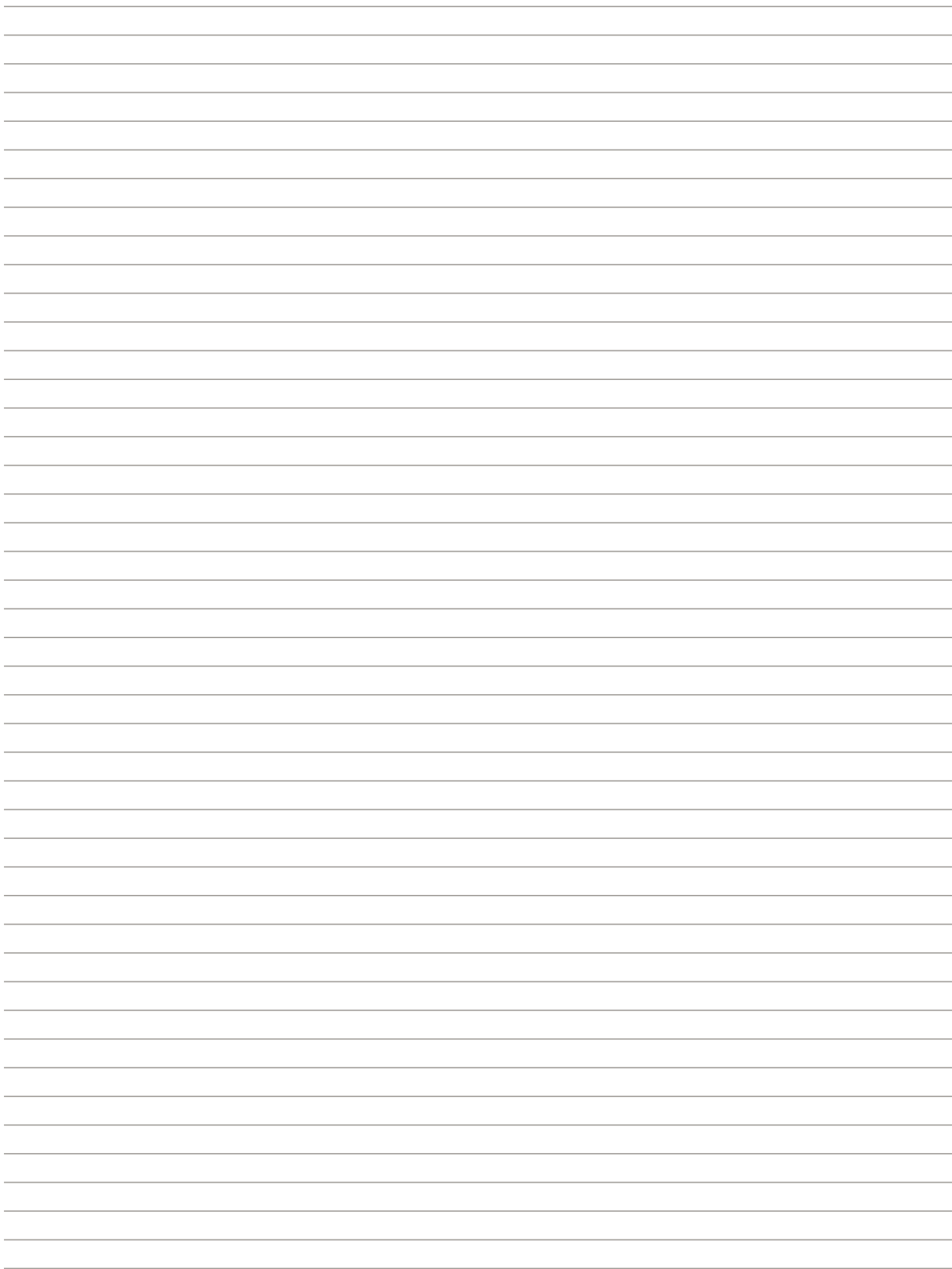


## DAYS

## READINGS

OCT 11	Romans 1 and 2
OCT 12	Romans 3 and 4
OCT 13	Romans 5 and 6
OCT 14	Romans 7 and 8
OCT 15	Romans 9 and 10
OCT 16	Romans 11 and 12
OCT 17	Romans 13 and 14
OCT 18	Romans 15 and 16
OCT 19	Ephesians 1 and 2
OCT 20	Ephesians 3 and 4
OCT 21	Ephesians 5 and 6
OCT 22	Philippians 1 and 2
OCT 23	Philippians 3
OCT 24	Philippians 4
OCT 25	Hebrews 1 and 2
OCT 26	Hebrews 3 and 4
OCT 27	Hebrews 5 and 6
OCT 28	Hebrews 7 and 8
OCT 29	Hebrews 9 and 10
OCT 30	Hebrews 11 and 12
OCT 31	Hebrews 13





# DANIEL FAST FOOD AND DRINK LIST

## All Whole Grains

*(Fresh, Frozen, Dried, or Canned)*

Brown Rice	Oats	Barley
Buckwheat	Bulger	Corn
Grits	Millet	Quinoa
Popcorn	Whole Wheat	Wild Rice

## Legumes

*(Fresh, Frozen, Dried, or Canned)*

Black Beans	Black Eyed Peas	Chickpeas
Peas	Cannellini Beans	Dried Beans
Lentils	Kidney Beans	Pinto Beans
Split Peas	White Beans	

## Fruits

*(Fresh, Frozen, Dried, or Canned)*

Apples	Apricots	Bananas
Blackberries	Blueberries	Boysenberries
Cherries	Cranberries	Dates
Figs	Grapes	Grapefruit
Guava	Kiwi	Lemons
Limes	Mangoes	Melons
Nectarines	Oranges	Papayas
Peaches	Pears	Pineapples
Plums	Prunes	Raisins
Raspberries	Strawberries	Tangelos
Tangerines	Watermelon	

## Vegetables

*(Fresh, Frozen, Dried, or Canned)*

Artichokes	Eggplant	Peppers
Asparagus	Garden Cress	Potatoes
Beans	Garlic	Radishes
Bean Sprouts	Ginger Root	Rutabagas
Beets	Jicama	Spinach
Broccoli	Kale	Sweet Potatoes
Brussel Sprouts	Leeks	Tomatoes
Cabbage	Lettuce	Turnips
Carrots	Mushrooms	Turnip Greens
Cauliflower	Okra	Zucchini
Celery	Onions	Veggie Burgers
Corn	Parsnips	
Edamame	Peas	

## Others

**Liquid Oils:** Canola, Corn, Grape Seed, Olive, Peanut, Safflower, Soybean, Sunflower

**Nuts & Seeds:** Almonds, Brazil nuts, Cashews, Filberts, Peanuts, Pecans, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts & Nut Butters

**Liquids:** Water, 100% All-Natural Fruit Juices, & 100% All-Natural Vegetable Juices

## Foods to Avoid

All Meat & Animal Products (beef, lamb, pork, poultry, & fish)	All Dairy Products (Milk, cheese, cream, butter, and eggs)
White Rice	Fried Foods
Caffeine	Carbonated Drinks
Food Containing Preservatives or Additives	Refines Sugar and Sugar Substitutes
White flour and all products using flour	Margarine, Shortening, & High-Fat Products

## Other Things to Avoid

Negative Words   Social Media   TV