

21 *day* FAST

21 DAY FAST GUIDE

SCG CHURCH

21 day FAST

WHAT IS *fasting*?

FASTING IS REFRAINING FROM SOMETHING IMPORTANT TO YOU FOR SPIRITUAL REASONS FOR A SET AMOUNT OF TIME.

Most often a fast involves not eating certain types of food, or abstaining from all foods and drinking only water or juice. While fasting, you set aside something important to you that may be beneficial but can also cause distraction. The time you may have spent on that thing is then spent focusing on God. Biblical fasting always has God at its center. When people in the Bible fast, some are asking for God's wisdom, others for His favor, and still others are begging Him to rescue them; but all are seeking nothing more or less than a deep experience with God. When fasting is done in faith with a humble heart, it changes the lives of the people who do it.

In fasting, our focus is to draw closer to God, to hear His voice, and to be better able to discern His will for our lives.

FASTING: TYPES

DANIEL FAST*

The prophet Daniel fasted on a number of different occasions. The Daniel fast uses his practices as an example and eliminates all processed foods, sugar, caffeine, alcohol, and meat from your diet. You may eat all fruits, vegetables, nuts, and healthy oils that your heart desires. The benefit of this type of fast is that you are still able to eat and maintain your normal daily routines while eliminating unhealthy foods from your diet. We have included more details on how to participate in this type of fast at the end of this guide.

PARTIAL FAST*

In a Partial Fast, you can choose to limit your diet to specific foods or fast for only specific times during the day. Some have chosen to limit themselves to only vegetables for the duration of the fast, while others choose to fast for only specific times of the day (from sunup to sundown). Pray about how food might be distracting you. Ask God to show you what you should give up.

COMPLETE FAST*

In the Complete Fast, you will give up all solid food. Some choose to eat and drink nothing but water for the duration of the fast. We recommend including fruit and vegetable juices and vegetable broth in addition to water to enable you to participate normally in your daily routines. We have included more details on how to participate in this type of fast at the end of this guide.

SOUL FAST

For health reasons, some are unable to participate in a food fast. In these cases, many have chosen to give up something that may be a distraction to them in their daily walk with God and to use the free time gained to focus on Him. Some have chosen to give up social media, some abstain from all forms of digital entertainment, and others have cut out all electronics that are not essential to their daily work or family commitments. We have so many distractions in our daily lives, that your options of what to give up are plentiful! Pray and ask God to show you what might be distracting you!

*Before beginning any type of fast that will affect your diet, you should consult your doctor to determine which choice is best for you.

21 day FAST

Fasting: GETTING STARTED

FAST BEGINS

AT YOUR WEEKEND SERVICE | JAN 21/22

FAST ENDS

AT YOUR WEEKEND SERVICE | FEB 11/22

FASTING: *preparation*

Remember, this fast is about drawing closer to God; It is not about food. Your tastebuds and your digestive system will go to great lengths to keep your mind focused on food, but a few simple steps will greatly aid you in keeping your thoughts on God.

PREPARE YOUR KITCHEN

PLAN OUT SIMPLE MEALS THAT YOU CAN USE THROUGHOUT THE FAST

If you are planning and preparing your meals during the fast, you will find yourself highly focused on food. Planning ahead will help you to be less distracted by food. Choose recipes and plan meals before your fast starts that you can reuse throughout the 21 days.

3 BREAKFASTS (fruit, smoothies, steel cut oatmeal with berries and nut butter)

3-4 LUNCHES (salad with oil & vinegar dressing, soup with pita bread, acai bowl w/ NO added sweeteners)

5-6 SIMPLE DINNERS (rice and beans, salads with lentils and grains, hearty veggie stews)

3 SNACKS (nuts, veggies, fruit)

SEARCH "DANIEL FAST RECIPES" ON THE INTERNET FOR A WIDE RANGE OF OPTIONS

PREPARE YOUR CALENDAR

- Block time in your schedule to shop
- The Daniel Fast does not include preservatives so you will need to replenish your supplies often
- Have the ingredients on hand so to assemble your meals quickly and easily
- Block time in your schedule for daily time with God
- Review your calendar and make a plan for any parties, events or vacations that occur during the fast

21 day FAST

PREPARE YOUR BODY

- **BEGIN TO TAPER OFF CAFFEINE, SUGAR AND SWEETENERS AS SOON AS POSSIBLE.** By weaning yourself off of these additives before the fast, you will begin detoxing. This will make all of the other details of your fast more bearable.
- **SLOWLY INCREASE YOUR FIBER.** The Daniel Fast includes an abundance of fiber, which may impact your body dramatically if you do not prepare in advance.
- **SIMPLIFY YOUR MEALS.** Over the next 21 days, your tastebuds will likely be exposed to a broad range of flavors. Do yourself a favor and begin to adjust your palate ahead of time, so that the fast does not come as such a shock to your system.
- **START DRINKING LOTS OF WATER.** Water improves your digestion and can reduce hunger. Your water bottle will be your best friend over the next 21 days.

PREPARE YOUR FAMILY

- If you share mealtimes with family members, they will be affected by your fast
- Ask them to participate with you if possible, and, if not, ask for their encouragement and support
- Let any others who may be affected by your fast know what you are doing and answer any questions they might have
- Consult your doctor if you have any health concerns

if you are preparing for a complete fast:

ALL OF THE ABOVE NOTES APPLY. You should plan out your juices, alert your family, consult your doctor, and begin to prepare your body. You will want to ease into your fast gradually; limiting yourself to fruits, grains, and vegetables for a few days before eliminating food altogether.

You will also need to put a plan in place to SLOWLY “wake up” your digestive system after your fast. It is not advised to go back to eating normally immediately after breaking your fast. We suggest reviewing additional fasting guidelines AND LINKS before beginning your fast.

21 day FAST

DANIEL *fast*

FOODS TO INCLUDE

The lists below are suggestions for what to include from each category. If we have not included one of your favorite items in that category (i.e. an exotic fruit), feel free to include it (provided it is not on the excluded foods list).

ALL FRUITS AND VEGETABLES

This includes any fruit or veggie that is fresh, canned, frozen, juiced, or dried.*

FRUITS

APPLES	LIMES
APRICOTS	MANGOES
BANANAS	NECTARINES
BLACKBERRIES	ORANGES
BLUEBERRIES	PAPAYAS
BOYSENBERRIES	PEACHES
CANTALOUPE	PEARS
CHERRIES	PINEAPPLES
CRANBERRIES	PLUMS
FIGS	PRUNES
GRAPEFRUIT	RAISINS
GRAPES	RASPBERRIES
GUAVA	STRAWBERRIES
HONEYDEW	TANGELOS
MELON	TANGERINES
KIWI	WATERMELON
LEMONS	

VEGETABLES

ARTICHOKES	LETTUCE
ASPARAGUS	MUSHROOMS
AVOCADOS	MUSTARD GREENS
BEETS	OKRA
BROCCOLI	ONIONS
BRUSSELS SPROUTS	PARSLEY
CABBAGE	POTATOES
CARROTS	RADISHES
CAULIFLOWER	RUTABAGAS
CELERY	SCALLIONS
CHILI PEPPERS	SPINACH
COLLARD GREENS	SPROUTS
CORN	SQUASHES
CUCUMBERS	SWEET POTATOES
EGGPLANT	TOMATOES
GARLIC	TURNIPS
GINGER ROOT	WATERCRESS
KALE	YAMS
LEEKS	ZUCCHINI

**Be sure to read labels and ingredients on all packaged goods to ensure there are no added sweeteners or preservatives*

21 day FAST

WHOLE GRAINS

WHEAT BERRIES
BROWN RICE
MILLET
QUINOA
OATS
BARLEY
GRITS
FLOURS MADE FROM WHOLE GRAINS
MADE FROM 100% WHOLE GRAIN FLOURS*
- PASTA
- TORTILLAS
- PITA BREAD
RICE CAKES
POPCORN

NUTS & SEEDS

SUNFLOWER SEEDS
PUMPKIN SEEDS
CASHEWS
PEANUTS
WALNUTS
PECANS
MACADAMIA NUTS
SESAME SEEDS
NUT BUTTERS*
- PEANUT BUTTER
- ALMOND BUTTER
- SESAME PASTE

LEGUMES (BEANS)

BLACK BEANS
PINTO BEANS
WHITE BEANS
KIDNEY BEANS
SPLIT PEAS
LENTILS
BLACK EYED PEAS
CANNELLINI BEANS

QUALITY OILS

OLIVE OIL
CANOLA OIL
AVOCADO OIL
WALNUT OIL
SESAME OIL
GRAPE SEED OIL
SUNFLOWER SEED OIL
SOYBEAN OIL

BEVERAGES

PURE WATER (WITHOUT CARBONATION,
FLAVORINGS, OR ADDITIVES)

OTHER*

TOFU, SOY PRODUCTS, VINEGAR,
SEASONINGS, SALT, HERBS, AND SPICES

21 day FAST

FOODS TO ELIMINATE

The below lists are intended to give you examples of foods or items from each category, but this is not an exhaustive list. A good rule of thumb for this fast: **if in doubt, don't eat it.**

ALL MEAT AND ANIMAL PRODUCTS

BEEF, LAMB, PORK, POULTRY, FISH, EGGS

ALL DAIRY PRODUCTS

MILK, CHEESE, CREAM, BUTTER, YOGURT

ALL SWEETENERS

**SUGAR, RAW SUGAR, HONEY, AGAVE,
MAPLE SYRUP, MOLASSES, CANE JUICE**

ALL BREADS/ BAKED GOODS WITH YEAST

BREADS, ROLLS, CAKES, PIZZA DOUGH

ALL REFINED AND PROCESSED FOOD

**CHOCOLATE, CANDY, GUM, ARTIFICIAL FLAVORINGS,
ADDITIVES, CHEMICALS, WHITE RICE, WHITE FLOUR,
ARTIFICIAL PRESERVATIVES**

ALL FRIED FOODS AND SOLID FATS

**POTATO CHIPS, FRENCH FRIES, CORN CHIPS,
SHORTENING, MARGARINE, LARD, COCONUT OIL**

ALL BEVERAGES OTHER THAN PURE WATER

**COFFEE, TEA, NON-DAIRY MILKS,
HERBAL TEAS, CARBONATED BEVERAGES
ENERGY DRINKS, ALCOHOL**