

## Types of Fasts

### Physical Options

1. **Partial Fast #1-** An example of this is the Daniel Fast which consist of Fruit, Vegetables, and Water. Please see the list of foods you can eat and to avoid if you decide to partake in a Daniel Fast.
2. **Partial Fast #2-** Abstaining from eating any type of food in the morning and afternoon.  
Examples: 6am-6pm; 6am-3pm,
3. **Partial Fast #3-** Eliminating Sweets, Caffeine, and/or other food items such as meat or dairy.
4. **Normal Fast #4-** Liquids Only (Not Recommended for those who are fasting for the first time)

**Remember:** Fasting is not just about giving up the physical (Food, Social Media); It is also about giving that time to God!

### Social Options

1. **Pray-** Pray and decide which fast you would like to do.
2. **Set Goal-** Determine the Goal of your Fast (Be Specific): Get Closer to God, To Know God Better, Break-through, Clearer Spiritual Vision, Healing, Miracle, Direction, Guidance, Help making a major decision (Marriage, Moving, Buying a House, Etc.)
3. **Plan-** Plan Your Meals Ahead of Time. If you are participating in the Daniel Fast, Make sure you have plenty of fruits and vegetables on hand.

## Tools To Help During Fast

### 1. Spend time daily with God

Recommendation: **SOAP Method**

**S- Scripture** (Write the verse or verses that spoke to you during your reading)

**O-Observation** (Write down the context of what the context of the scripture is. What is happening? Who is it happening to? Why is it happening?)

**A- Application** (How does the scripture and observation apply to what is happening to you or in your environment)

**P- Pray** (Write a Prayer to God based on what you just learned and ask Him to help you apply this truth in your life.)

2. **Prayerfully consider partnering with someone during the fast for accountability.**

3. **Join our church in prayer during these 21 days.**

## Our Focus is to Make God First and Get Closer to Him!

Matthew 22:37-38

### Week 1 Worshipping God for Who He is!

- Day 1** - God is Our Shepherd- Psalm 23  
**Day 2**- God is Our Protector- Psalm 91  
**Day 3**- God is Our Provider- Genesis 22:14  
**Day 4**- God is Our Peace- Judges 6:24  
**Day 5**- God is Our Refuge- Psalm 46  
**Day 6**- God is Our Banner of Victory (Victory is in Him) - Exodus 17:14-16  
**Day 7**- God is Our Sanctifier (He Has set us apart) - Leviticus 20:7-8

### Week 2- Praising God for What He has Done!!

- Day 8**- God has forgiven our sins- Psalm 103:2-5  
**Day 9**- God has healed our body- Jeremiah 17:14  
**Day 10**- God has strengthened us- Habakkuk 3:17-19  
**Day 11**- God has made a way for us- Jeremiah 32:17  
**Day 12**- God has given us direction- Proverbs 3:5-6  
**Day 13**- God has Brought Us Thus Far- 2 Corinthians 12:8-10  
**Day 14**- God Has been good to us- Psalm 135

### Week 3- Seeking God for What He Will Do

- Day 15**- Seeking His Help - Psalm 121:1-2  
**Day 16**- Seeking His Power- Psalm 105:1-5  
**Day 17**- Seeking His Wisdom- James 1:5-6  
**Day 18**- Seeking His Peace- Philippians 4:4-9  
**Day 19**- Seeking His Presence- Matthew 28:20, 1 Chronicles 22:19, Colossians 3:1-2  
**Day 20**- Seeking His Will- Romans 12:1-2  
**Day 21**- Seeking His Provision- 1 Kings 17:8-16

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Join our church in  
prayer during these  
21 days.

**Note:** If you have any medical conditions, consult your physician.

# DANIEL FAST

## Food to Included When Doing the Daniel Fast

### **ALL FRUITS**

These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

### **ALL VEGETABLES**

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

### **ALL WHOLE GRAINS**

Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

### **ALL NUTS AND SEEDS**

including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

### **ALL LEGUMES**

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

### **ALL QUALITY OILS**

Including but not limited to olive, canola, grape seed, peanut, and sesame.

### **BEVERAGES**

Spring water, distilled water or other pure waters, 100% fruit juice.

### **OTHER**

Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## Food to Avoid Doing

### **ALL MEAT AND ANIMAL PRODUCTS**

Including but not limited to beef, lamb, pork, poultry, and fish.

### **ALL DAIRY PRODUCTS**

Including but not limited to milk, cheese, cream, butter, and eggs.

### **ALL SWEETENERS**

Including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

### **ALL LEAVENED BREAD**

Including Ezekiel Bread (it contains yeast and honey) and baked goods.

### **ALL REFINED AND PROCESSED FOOD PRODUCTS**

Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

### **ALL DEEP FRIED FOODS**

Including but not limited to potato chips, French fries, corn chips.

### **ALL SOLID FATS**

Including shortening, margarine, lard and foods high in fat.

### **BEVERAGES**

Including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.