

Closer^{to}

21
DAYS

GOD

of Prayer &
Fasting for Holiness



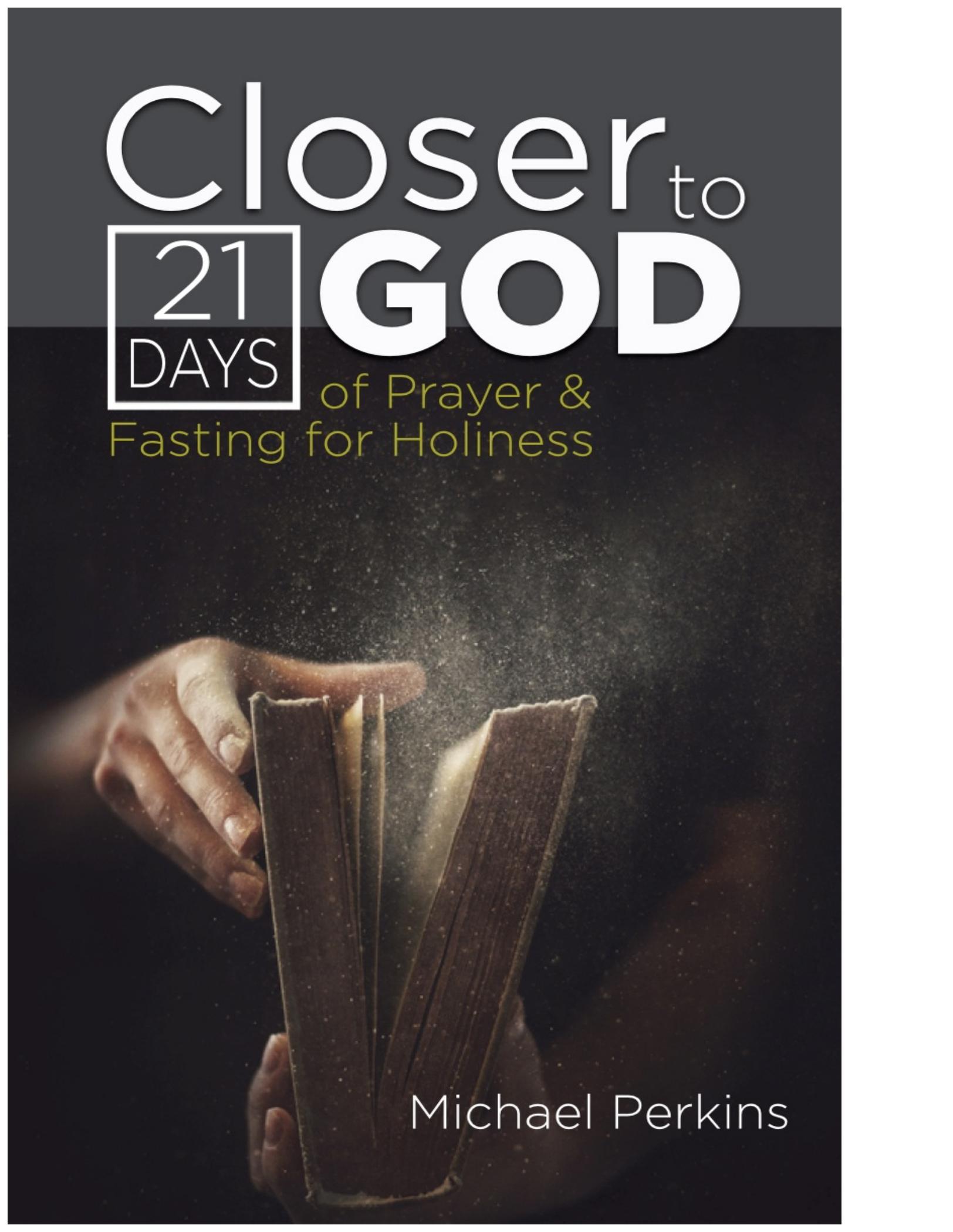
Michael Perkins

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Preface

In 2010, I participated in my first fast. It was a 21 day Daniel Fast that my pastor had called our church to go through. For those that don't know a Daniel Fast is a fast in which one only eats fruits and vegetables and no processed food for 21 days. (More information about the Daniel Fast will be at the end of this book for those interested.)

It was during this fast that I experienced some major breakthroughs spiritually. I also felt like God had drawn me closer to Him than I had ever been.

Now, fasting has become a regular part of my life.

I long to know God deeper and more intimately.

I long to grow in grace.

I long to hear His voice.

And fasting has helped in all of these areas.

Rhonda Hughey, in her book, *Desperate for His Presence*, says that Jesus is knocking at the door of His church, longing for fellowship and intimacy with His beloved.

And the thing is, Jesus will only give Himself to the hungry. He will only pour water into a thirsty soul. He waits to be wanted. He is longing to be desired.

It's my prayer that as we press into Jesus during this time that He begins to stir our hearts.

It's my prayer that any strongholds or any bondage that we may have will be broken.

It's my prayer that this book will cause you to fall more in love with Jesus than you ever thought possible and that you will experience his sanctifying presence and power in your life.

-Michael Perkins
2015

Introduction

But fasting is just too difficult.

You're right.

It is difficult.

In fact, I believe it's impossible. That's why we pray and seek Him. He is the only way we'll be able to get through.

God is proved strong through our weakness. (2 Corinthians 12:9-11)

I can't fast because of my health.

Health is an important thing, obviously. And I realize that some may not be able to do the full fast because of health issues, but you *can still* and *should* fast something for 21 days.

Give up something that's difficult or important to you like Facebook, coke, coffee, television, etc...

The point is to fast and to seek God and allow His sanctifying power work in us and through us.

Don't miss out on what God does during this fast because of a lack of commitment or fear.

Day 1

My beloved spoke and said to me, "Arise, my darling, my beautiful one, come with me. Song of Songs 2:10

What is it that God is calling you to do? What does He want to reveal to you over the next 21 Days? What does God want to change in your life?

Honestly, I have no idea.

And I'm not even going to try to guess.

But I do know this: God is calling us, His Bride, His Church, to draw closer to Him. God is calling us to arise, to go with Him. For too long, we, The Church, have tried to do things on our own. For too long, we, The Church, have tried to do things under our own ability. For too long, we the church, have become content living off of yesterday's outpouring.

I believe God wants to stir our hearts.

I believe God wants to tear down any stronghold or any form of bondage in our lives.

I believe God wants us to press into His heart and fall deeper in love with Him than we ever thought possible. I believe God wants to fill us with his Holy Spirit and cleanse our hearts.

Prayer Focus: As you begin your fast, spend time in prayer simply telling God that you will answer the call to go with Him no matter where He leads.

Day 2

You have stolen my heart, my sister, my bride; you have stolen my heart with one glance of your eyes, with one jewel of your necklace. Song of Songs 4:9

A few years ago, while I was still a children's pastor, my mother in law sent me a megaphone for Christmas.

It was a fantastic gift because, well, let's be honest, sometimes it's hard to speak loud enough to get the attention of children (Oh, and adults are difficult too). The megaphone magnified my voice in hopes of it being heard.

I'm glad that it's not that way with God.

What do I mean?

God is **captivated** by a heart that seeks after Him.

We do not need a megaphone for Him to hear us. We need only to fix our gaze upon Him.

Jesus only gives Himself to the hungry. Jesus will only pour water into a thirsty soul. Jesus waits to be wanted. Jesus is longing to be desired.

This time of prayer and fasting is not futile. This time of prayer and fasting is not something we do so that we can check it off a checklist and feel like we've done something.

God is already captivated by our hearts because we are seeking after Him. He will sanctify a seeking heart.

Prayer Focus: Spend time thanking God for the fact that He hears our prayers and begin to draw closer to Him.

Day 3

If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and has heard my prayer. Psalm 66:18-19

That's a scary thought isn't it?

That God may not listen?

But it's also really hopeful because it means that there is a way that God **WILL** listen to us.

How?

If God heard David's prayer that meant that David didn't cherish sin. Which means that God wants us to approach Him with a heart that has been cleansed.

So...

How do we do that? How do we approach Him with a cleansed heart?

We need to willfully turn away from **any and all** sin that we have in our lives and ask Him to cleanse us, to sanctify us.

Notice I didn't say for us to say a quick "I'm sorry, please forgive me." and then go about doing the same things.

We need to turn away from any and all sins.

In other words, we need to repent of anything that grieves Him.

We need our hearts to break for the things that break His heart.

Prayer Focus: What is it in your life that grieves God? Spend time today repenting of those things. Be specific. Also, ask God to break your heart for the things that break His.

Day 4

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Psalm 62:8

As you continue to fast remember that the point of fasting is to seek God and draw closer to Him, not manipulate Him into doing what you want Him to do.

And trust me, God cannot be manipulated.

Fasting places us in a position of weakness. It's in our weakness and in our surrender that God is shown to be strong. (2 Corinthians 12:9-11)

As we pour our hearts out to God, He'll pour out His heart into us. And that's when things begin to change.

- God begins to lift us up.
- God begins to strengthen us.
- God begins to remove all fear.
- God begins to break our hearts for what breaks His.
- God begins to fill us with the His Holy Spirit.

Continue seeking His face and pouring your heart out to Him, make Him your refuge, and wait and see what He does.

Prayer Focus: Continue to pray for more of God in your life. As you pray today, tell God that all you want is Him. He desires to be your refuge.

Day 5

I belong to my beloved, and his desire is for me. Song of Songs 7:10

One of the most common questions that we ask in prayer is something along the lines of this, “God, what do you want from me? What do you want me to do?”

And God simply says, “I desire you.”

Pretty amazing isn't it?

The Creator of the Universe desires you.

He could have anything His heart desires, but He desires you to **willfully** want Him.

When we seek God and draw closer to Him. We are telling God that our heart is His and that we belong to Him, allowing Him to sanctify our hearts.

Prayer Focus: You are 5 days into your fast. Don't give up. Keep pressing into the heart of God. Today, as you pray let Him know that you are His.

Day 6

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams and wasteland. Isaiah 43:18-19

As you continue to seek God and press into God's heart, God will continue to shape and mold you.

He'll continue to transform you into His likeness. And He'll continue to show you things that He has not shown you before.

But here's the thing, in order to keep moving forward, you may have to let go of the past.

It's true.

Your past may be painful. Your past may be full of turmoil. Your past may be full of poor decisions. Your past may be full of heartache.

Or, the opposite may be true.

Your past may actually be pretty amazing. Your past may be full of love. Your past may be full of laughter. Your past may be full of joy.

If we are going to ask God to do a **new** thing in our lives our past may be standing in the way of Him doing so.

We may need to let go and move forward.

When God begins to reveal Himself to us after seeking Him, we begin to grow in His grace and begin recognizing things that we need to let go of in order to draw closer to Him.

Don't let the fear of letting go deter you from moving forward.

God desires to do a **new** thing!

Prayer Focus: Is there something from your past holding you back from living the life that God has called you to live? Spend time in prayer today asking Him to give you the strength and the courage to leave those things behind.

Day 7

“Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Joel 2:12-13

Can you believe it?

Today, you’ve been fasting and praying for one week!

- Keep pressing in!
- Keep seeking God’s heart!
- Keep seeking to draw closer to God!

What is it that God is calling you to do? What has He shown you so far? What does He want to reveal to you over the next 14 Days?

Again, I can’t answer those questions for you, but I do know this: *God wants you to give Him all of your heart and fully surrender to Him, so that He may give you all of Himself.*

But fully surrendering to Him is tough to do isn't it?

I mean, we're good at surrendering parts of our life. Things like: reading our one chapter per day, praying on the way to work, going to church and Wednesday's and Sunday's, and helping out in areas that are short on help.

We can surrender those aspects of our life pretty easily, as we should, but I believe God is calling us to give Him more than just our "garments"

God. Wants. Our. Hearts.

You may be thinking, "I'm not sure He'll even listen to me because of the things I've done."

God says, ***“Even now...”***

If you seek Him, You will find God no matter how messy your past is.

So let's make a commitment right here and right now.

Let's commit to seeking God like we've never sought Him before. Let's commit to

spend more time in His Word. And let's commit to spending more time on our knees in prayer.

Trust me.

It'll be worth it.

Prayer Focus: Let's pray that God continues to give us the strength to continue to seek Him and for Him to speak to us in a clear manner.

Day 8

Your Kingdom come, Your will be done, on earth as it is in heaven. Matthew 6:10

Your Kingdom come.

What does that even mean?

Because, honestly, I think many of us have become desensitized to the Lord's Prayer because we've heard it all of our lives. It's almost as if we can say the words and not even realize what we are actually saying.

"Your Kingdom come" means for God to bring heaven to earth. It's asking God to show up here and now and change things.

So how does this apply to our praying and seeking God?

- Do you have an addiction?
- Does your marriage need restoration?
- Do you have a relationship that needs healing?
- Do you have a family member who is far from God?
- Do you have constant anxiety?
- Do you believe that God intended the Church to be more than it is?

When God's Kingdom comes, we won't have these problems.

Instead...

- God will break the chains of addiction.
- God will bring healing and restoration to our marriages.
- God will begin to draw our lost family members to Himself.
- God will liberate us from fear and anxiety.
- God's Church will be full of His glory.

We need God's Kingdom to come.

Prayer Focus: Ask God to begin to manifest His Kingdom in your life. Ask Him to show up in all of His fullness and all of His glory.

Day 9

My sheep listen to my voice; I know them, and they follow me. John 10:27

When our son was a baby, I can remember my wife and I taking him to the nursery at church and hoping he wouldn't cry so we could sit through the entire service.

Most of the time, he'd be okay. He'd have a good time playing and learning, allowing my wife and I to enjoy the service in its entirety.

But occasionally, we'd hear what we thought was our child crying. How we heard him crying, I'll never be able to explain or fully understand, because the pastor was preaching and the nursery was on the other side of the building.

It should have been impossible to hear Him, but we heard him crying nonetheless.

And then, we'd go to him to comfort him and love him.

My wife and I knew our child's voice. And we still do.

As we continue to pray and press into God's heart through this fast, let's be sure to listen for God's voice.

The more time we spend with Him, the more recognizable His voice will become. The more recognizable His voice becomes, the more likely we are in allowing Him to transform us.

Prayer Focus: Quiet your heart today. Be sure to turn off all other distractions that make noise like the television, internet, cell phone, etc...And just listen to His voice. What is He speaking to you?

Day 10

So Jacob was left alone, and a man wrestled with him until daybreak. When the man saw that he could not overpower Him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. The man said, "Let go of me, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me." Genesis 32:24-26

We're in the second week of our and we need to persevere in prayer with the attitude of Jacob.

I believe we need to approach God with the attitude that we are not going to quit praying until we hear from heaven.

I want to be clear.

I'm not talking about praying and praying and praying, just to hear our voices. I'm talking about praying until we hear God answer.

That's it.

I believe God wants us to "wrestle" with Him.

Why?

Because in the "wrestling", in the perseverance, we are shaped, molded, and transformed into the people God desires us to be.

I encourage you this week to continue to press in and seek His face. And if need be, wrestle with Him until you hear His voice.

Prayer Focus: Is there something you need to be wrestling God about? Continue to seek guidance and direction as we pray.

Day 11

I wait for the LORD, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. Psalm 130:5-6

Growing up I used to ask my parents for things all the time.

When I was in sixth grade I asked for an ear-ring and was told "**not yet**". They wanted me to show that I was becoming more responsible before they allowed me to get it.

I could have gotten upset when they didn't let me get it immediately.

But I didn't.

Because I knew that when the time was right, they would let me get one.

Often we hear the words "**not yet**" and confuse them with "**not ever**". They are two completely different things.

"**Not yet**" is an opportunity for growth, not a death sentence.

During this fast, God may have told you "**not yet**" and if that's the case, don't get discouraged.

Continue to press in.

Continue to seek Him.

Continue to work on what you need to work on and allow Him to transform your heart.

Prayer Focus: If you are waiting on God for something that He has said not yet, then ask Him for the strength to carry on and persevere in prayer.

Day 12

He then said to the whole assembly of Israel, "If it seems good to you and if it is the will of the LORD our God, let us send word far and wide to the rest of our people throughout the territories of Israel, and also to the priests and Levites who are with them in their towns and pasturelands, to come and join us. Let us bring the ark of our God back to us, for we did not inquire of it during the reign of Saul." 1 Chronicles 13:2-3

The ark literally was the manifest presence of God and for a period of 20 years the ark was in the hands of the enemy.

David must have had enough when he said, "Let's bring the ark of our God back to us."

He had decided that He could not live without God's presence.

We need to make the same decision that David did. We need to decide that we cannot live without the presence of God in our lives and that we desperately need Him.

We should do whatever it takes to make sure we encounter Him on a regular basis.

This means that we must press in and persevere.

This means that we must continue to seek after God.

But trust me, it will be worth it when we experience Him in all His fullness.

God we can't live without You!

Prayer Focus: Ask God for the strength and endurance to press in through the next week of the fast. We cannot live without Him!

Day 13

I slept but my heart was awake. Listen! My beloved is knocking: "Open to me, my sister, my darling, my dove, my flawless one. My head is drenched with dew, my hair with the dampness of the night." I have taken off my robe...must I put it on again? I have washed my feet...must I soil them again? Song of Songs 5:2-6

If you are reading this, then you have been praying and fasting for nearly two weeks! That's something to be excited about.

You are probably starting to crave the Voice of God more and more and you are probably starting to crave whatever you are fasting less and less.

When we hear God's voice, when He knocks at the door we have a choice: we can answer obediently or we can ignore His voice.

It's completely up to us.

But why would we ignore Him? Why would we not do what He asks?

Because of the inconvenience.

In the verses above the woman did not want to go the door and answer because she had already taken off her robe and she didn't want to get her feet dirty.

That may be hard to relate to that, so let's put it in context.

You hear God calling you to:

- Forgive someone who hurt you.
- Ask forgiveness of someone you hurt.
- Start reading your bible more.
- Start praying more.
- Start tithing on a regular basis.
- Give something up that you enjoy.

Whatever, you get the idea.

Often, when God calls us, He calls us to do something that we may consider an inconvenience.

But He doesn't look at it that way. He looks at it as a way for you to draw closer to Him, a way for Him to transform us.

And isn't that what we want?

Prayer Focus: Has God been speaking to you during this time of prayer and fasting? If so, what is He asking you to do? Spend time in prayer today telling God that you will obediently respond to His call.

Day 14

keep asking that the God of our Lord Jesus Christ, the glorious father, may give you the Spirit of wisdom and revelation, so that you may know Him better. Ephesians 1:17

I believe God wants to speak to each and everyone one of us. I believe that He wants to revitalize us. I believe He wants to breathe life into His church.

But how will this happen?

- By hearing His voice.
- By having a fresh encounter.
- By seeking Him.
- By becoming desperate for Him.

Continue to seek Him fervently. And ask God to give you the Spirit of wisdom and a fresh revelation.

Why?

Because we desperately need Him to.

We need God now more than ever. Many of us have been struggling for quite some time, hoping that things begin to change.

I'm telling you that now is the time.

Now is the time for us to throw caution to the wind and seek God like we never have before. And cry out to Him to reveal Himself to you.

Because when He does, we'll be blown away. (Hab 1:5)

Prayer Focus: What has God shown you so far? What is He wanting to speak to you now? Spend time in prayer asking God to give you a fresh revelation of Himself.

Day 15

This is what the LORD says to me: “As a lion growls, a great lion over its prey—and though a whole band of shepherds is called together against it, it is not frightened by their shouts or disturbed by their clamor—so the LORD Almighty will come down to do battle on Mount Zion and on its heights. Like birds hovering overhead, the LORD Almighty will shield Jerusalem; he will shield it and deliver it, Isaiah 31:4-5

We are entering our third week of fasting. And you probably are feeling rough. In fact, you may actually be considering breaking the fast because it's too difficult for you to do.

Don't.

Don't give up before you hear from Him.

Press into Jesus during this time, He will give you the strength to get through.

And here's the thing...

He wants to do more than just get you through the fast. He wants to transform you. He wants to fight your battles for you. He wants to deliver you from whatever you are wrestling with.

It's true.

Whatever battle you have been fighting on your own, He wants to fight for you. Whatever struggle, stronghold, or sin that you have been trying to escape from, He wants to deliver you. He wants to sanctify you.

Jesus came to set the captives free.

Jesus isn't afraid of your sin, fear, doubt, and worry. In fact, He wants to face those things head on for you and set you free from them.

Will you allow Him to fight for you?

Will you allow Him to sanctify you?

Seek God and trust that He will do what He says He will do.

Prayer Focus: You most likely have something in your life that is too big for you to handle on your own. Spend time today asking God to fight those battles and deliver you. He is

faithful.

Day 16

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

I know it's been a long few weeks and many of us are ready for whatever our favorite thing is. (I know I'm ready for a cup of coffee from McDonald's.)

Keep pressing in!

Keep seeking God!

Be patient!

Be faithful in prayer!

We're almost there!

Prayer Focus: As we're nearing completion of our fast, it's time to start looking back at what God has been showing us. Has He been prompting you? Has He been leading You? Then it's time to obediently respond.

Day 17

Lord, I have heard of your fame; I stand in awe of your deeds, Lord. Repeat them in our day, in our time make them known; in wrath remember mercy.

Habakkuk 3:2

Did you know that it has been over 100 years since there was a real revival in the United States?

It's true.

And you now what, I believe that this is completely unacceptable.

Leonard Ravenhill said, "The reason we do not experience revival is because we are content to live without it."

If Ravenhill is right, and I believe He is, then we need to develop a holy discontent. I'm not speaking of becoming discontent with our possessions or things, but I mean that we should become discontent with the spiritual apathy that has crept into our lives and the church.

I want my son to experience revival.

I want his son's son to experience revival.

I want everyone to experience a holiness revival.

I believe it's time.

It's time for us to continue to cry out to God and ask Him to send His glory back, to send His manifest presence back so that we can have a great revival.

It's time for God to repeat the things that He has done before in our days!

Prayer Focus: Spend time today asking God to send revival to our hearts, our churches, and our country. Ask Him to repeat the things that we have only heard of in our day.

Day 18

***Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.
Psalm 107:8-9***

We only have a few days left in the fast and our emphasis should be shifting. Instead of solely asking God what does He want to do in our hearts, let's begin praising Him for what He has already done and is going to do.

- I know that God has been answering prayers.
- I know that God has been speaking to us.
- I know that there is more to come.

And for that we should give Him praise!

If we continue to press in and seek God, He'll continue to pour out His Spirit. And satisfy our thirst and hunger for Him.

Prayer Focus: Spend time thanking God for the things that He has done. Be specific and intentional with your praise.

Day 19

After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army. Give thanks to the Lord, for His love endures forever. As they began to sing and praise, they set ambushes against the men of Amon and Moab and Mount Seir who were invading Judah, and they were defeated. 2 Chronicles 20:21-22

Jehoshaphat should have lost this battle. He faced a superior army that was set to destroy them.

Instead of running away or throwing in the white flag and admitting defeat, he called a fast. (2 Chronicles 20:3-4)

Why?

Because he knew that God was in control. (2 Chronicles 20:15)

Rather than go out and fight the enemy with weapons, he fought the enemy by giving praise to God.

As I reflect upon this idea, I can't help but think that we should do the same thing.

Instead of getting frustrated and trying to take matters into our own hands, we should just praise God and let Him fight our battles.

And then see what God begins to do.

Prayer Focus: Have a battle that you are fighting? Spend time today praising God for the victory and see what begins to happen.

Day 20

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams and wasteland. Isaiah 43:18-19

One of the things that I truly believe is that this fast will serve as a starting point for many of us. A place in which we can look back and say, "That's when God changed my life!"

I'm praying, hoping, and believing that this fast is the start of new habits. Things like more prayer, more time in the word, and maybe even more fasting.

Because if that happens, if we do these things, I know that God will continue to speak to us in ways that we never thought possible.

God loves it when we seek Him and He readily makes Himself available us. This new thing that God is doing, I'm not sure what it is, but I know I don't want to miss it.

Prayer Focus: What new thing does God want to do in your life? Spend time thanking Him for the new thing and spend time asking Him to continue to transform you.

Day 21

Then they called them in again and commanded them not to speak or teach at all in the name of Jesus. But Peter and John replied, "Which is right in God's eyes: To listen to you, or to Him? You be the Judges! As for us, we cannot help speaking about what we have seen and heard. Acts 4:18-20

Praise God!

We have made it 21 days! I'm sure that at times it has been very difficult and I'm sure that at times it has been very rewarding.

I want to encourage you that just because you have "completed" 21 days of fasting and seeking God doesn't mean that you should stop seeking Him.

We should continue on.

In fact, it's my prayer that we each continue to seek God a desperate manner and that we continue to press into Him. It's my prayer that seeking God like we have becomes a way of life for each and every one of us.

This is also an opportunity to share about what God has done for you over the last 3 weeks.

- How has He changed you?
- How has He spoken to you?
- What is calling you to do?
- Did He heal you?
- Did He encourage you?
- Did He sanctify you?

If He did anything tell people about it. Because it's in the stories of victory and triumph that God is given the glory.

So go ahead.

Tell people what He has done.

And then go tell some more.

Prayer Focus: Thank God for how He has brought you through the last 3 weeks. Also, spend time asking Him for opportunities to share what He has done.

Epilogue

It's my hope and prayer that this time of prayer and fasting has been rewarding for each and every person who read this book. It's my hope and prayer that you have been both challenged and encouraged as you have drawn closer to God

But most of all, it's my hope and prayer that God has stirred your heart in a way that will lead others to Him.

Drip Jesus,

Pastor Michael D. Perkins

Daniel Fast Information

Scripture Reference: Daniel 1:8-16

Foods to include in your diet during the Daniel Fast

Below is a list of foods that are good and bad. But please don't make it about do's and don'ts. Because if you do. You're going to miss the point. You're going to miss out on Him.

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, cannelloni 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.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

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.