

**Greetings St. Paul Family and Internet Friends!**

**We invite you to journey with us as we embark upon a 21-day Daniel Fast from January 1-21, 2012.**

### **Guidelines for the Daniel Fast**

**The Daniel Fast** is a time of consecration and prayer. The dietary portion of the fast is a healthy way of eating that will bring physical benefit but this is only a portion of the fast. What distinguishes fasting from dieting primarily is its focus on spiritual nourishment through the Word of God and prayer. Throughout each day, read and meditate upon scripture, pray diligently, seek the Lord, and listen for the Holy Spirit's direction and guidance. Draw closer to God as God draws closer to you. At the end of the fast, our prayer is that you will be more spiritually mature and more in tune with the presence of God in your life and in the lives of others.

**During the 21 day fast at St. Paul from January 1-21, 2012, we will focus on Healing and Restoration in 7 different areas:**

- Days 1-3: Healing and Restoration in Relationships
- Days 4-6: Healing and Restoration through Conflict Resolution
- Days 7-9: Healing and Restoration from Sickness and Disease
- Days 10-12: Healing and Restoration in Our Finances
- Days 13-15: Healing and Restoration from Generational Curses
- Days 16-18: Healing and Restoration from Mental and Emotional Distress
- Days 19-21: Healing and Restoration: Jubilant Wholeness

### **Foods to include in your diet during 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. (You may also have 100% fruit juices and vegetable juices with no sugar added.)

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.

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

Remember, READ THE LABELS! For more information, visit <http://www.danielfast.com>