



WHAT IS **FASTING?**

Fasting is ***intentionally abstaining*** from food for ***spiritual purposes***; it is humbling your soul (Psalm 35:13, Matthew 23:12)

Fasting brings you into a deeper, more intimate and powerful relationship with the Lord.

Fasting is an ***act of humility*** before God to seek His ***divine intervention*** in the events of our physical world. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change.

Fasting transforms prayer into a richer, more ***personal experience*** and draws you closer to God.



HOW TO FAST

DISCREETLY | Matthew 6:17-18 (NLT) "But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

WITH FAITH | HEBREWS 11:6 (NLT) "And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."



DANIEL'S

FAST

At Open Heart Church, we take part in the Daniel's Fast during our times of corporate prayer and fasting. This is based on the prophet, Daniel, in the Bible (Daniel 10:2-3) as he sought wisdom and understanding.



DANIEL'S FAST

FOODS TO EAT:

(Suggested Foods but not limited to just these)

ALL FRUITS

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh/raw, frozen, dried, juiced, or canned in their own juice-not syrup).

ALL VEGGIES

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried, or canned).

WHOLE GRAINS

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

OTHER NATURAL FOODS

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservative), spices, herbs, tofu, soy vinegar.

SWEETENERS

Honey, agave nectar



Daniels Fast

FOODS TO AVOID:

- X - Meat (including poultry and seafood)
- X - White rice/white flour (no bread)
- X - Fried Foods X - Caffeine & Caffeinated Beverages
- X - Sugar & Artificial Sweeteners
- X - Dairy Products (butter, milk, eggs, etc.)

PLEASE NOTE:

While the expectations for the Daniel's Fast are clear as listed, we want to always consider the health and well-being of all participants.

Please always consider your own health conditions, seek wisdom from God and consult a medical professional when making the decision on what your personal fast will look like during these times



**JESUS REPLIED,
“I AM THE BREAD OF
LIFE. WHOEVER
COMES TO ME WILL
NEVER BE HUNGRY
AGAIN. WHOEVER
BELIEVES IN ME WILL
NEVER BE THIRSTY.” -
John 6:35 NLT**