




PASSAGE Family Church

What is the Daniel Fast?

January 21st - February 10th


We fast to draw closer to God and to be spiritually strengthened for victorious living. In fasting, we devote special attention to nourishing and developing that part of us that connects with God - our spirit.

Pray, read the Word, and spend quality time in meditation daily.



There are two anchoring scriptures for the Daniel Fast. In Daniel Chapter 1, Daniel and his group ate only vegetables (that would have included fruits) and drank only water and ate no meat nor any precious breads or foods. So from these scriptures we get three guidelines for the fast:

1. Only fruits, vegetables, and nuts;
2. Only water or natural juices for a beverage; and
3. No sweeteners and no breads



Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So do not use yeast, baking powder, and other items like that during the Daniel's Fast.

Finally, expect spiritual breakthroughs and miracles during your fast.

