



The Daniel Challenge (Daniel 1: 1-21 and Genesis 1:29)

Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside, our bodies begin to fight it. Doctors, surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

The truth is you already know what to do. This is not rocket science. It's not brain surgery. To get healthy you've got to eat healthy and you've got to eat less. You've got to get moving (You've got to *move it, move it!*) You've got to get proper sleep and you've got to lower the stress and get more rest in your life. This is not rocket science. You know this.

STEP ONE: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The King's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The King's food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. "Daniel purposed in his heart that he would not defile himself" (Dan. 1:8).

STEP THREE: REFLECT INNER DESIRE BY OUTER DISCIPLINE

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- Your food choices.
- The level of your spiritual commitment as reflected in constant prayer during the fast.
- Your time commitment. If you determine to fast for a certain time, **keep it**. For example, if you determine to fast 10 days, don't quit on Day 9.
- Your movement level. Commitment to increase your movement intentionally daily.
- Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

Faith is foundational to the Daniel Fast.



STEP FOUR: PRAY TO PERCEIVE SIN'S ROLE IN POOR HEALTH (Notice James 5: 13-16:)

- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e., drugs, pornography.
- Repentance is linked to health according to James.
- Elders have a role in healing both spiritual and physical health.
- Sick people must desire to be well.
- Prayer alone may not gain healing, faith is the major factor.
- In Greek there are several words for "sick". James uses "Kamno", which not only includes disease, but also means weak or weary.
- Attitude is important. James said, *"are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."*

STEP FIVE: FAST AS A STATEMENT OF FAITH TO OTHERS

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

STEP SIX: LEARN THE EFFECTS OF THE FOOD YOU EAT

Why are some foods good for us, and other foods not? What does certain foods do to your body? If we really knew, there would likely be some things we would never eat again.

STEP SEVEN: YIELD ALL RESULTS TO GOD

Daniel said, "as you see fit, deal with your servants: (Dan. 1:13)

REMEMBER:

- The Daniel Fast will lead to spiritual insight. "To those four young men God gave knowledge.
- The Daniel Fast is longer than one day. These young men fasted for ten days.
- The Daniel Fast is partial fast. They ate, but only vegetables and water.
- The Daniel Fast requires abstinence from party or junk foods.
- There is no indication that they ever began to eat the King's food.



GUIDELINES FOR DANIEL FAST: (Foods We May Eat)

1. You have freedom in this Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
2. The main thing is to decide ahead of time how you are going to apply the Daniel Fast. Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel's reason for his "diet" are given in Daniel 1:8

Whole Grains:

- Brown Rice, Oats, oatmeal, Barley, 100% Whole Wheat, Whole grain pasta, cereals, corn, popcorn, Ezekiel bread. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

Legumes:

- Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, green beans, green peas, peanuts, etc.

Fruits:

- Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon (ALL FRUITS)

NOTE: Diabetics Must Limit Fruit Intake

Vegetables:

- Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Collard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Turnip Greens, Watercress, Yams, Zucchini, Seeds, Nuts (sparingly and NOT SALTED or ROASTED with added oil).

Liquids:

- Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Fruit or Vegetable Juice (Drink Juices in Moderation)

Foods To Avoid:

- Meat (anything with a "MOMMIE")
- White Rice, White pasta, White breads
- Fried Foods,
- Caffeine, & Carbonated Beverages (Sodas)
- Foods Containing Preservatives or Additives
- Refined Sugar, Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

THE 10 DAY DANIEL CHALLENGE



PREPARING FOR VICTORY

Day 1 Reflection – reflect on the purpose of the fast to worship God, to seek His face, preparations to fight through, write down problems which need solving, situations need healing, expectations of new beginnings. 2 Chronicles 20:1-4, Ezra 8:21-23, Nehemiah 1:3-6, Psalms 27:7-8, Isaiah 58; Daniel 1, 9:3-19, 10:1-13, Joel 1:14, 2:12-16, Matthew 6:16-18, 9:14-15, Mark 9:17-29, Luke 2:36-38, Acts 10: 30-31

Day 2 Resolution – purpose in your heart that you will see and hear God's heart during this time of fasting and prayer; set your heart to live a fasted life; time will be spent in God's presence – sometimes talking and most of the time listening to Him – this fast will set the tone for the entire year ahead. Joshua 23:10-11, Psalms 27:11-14, 31:23-24, Isaiah 56: 4-7, Matthew 22:36-40, John 14:22-27, Ephesians 4:13-32, Philippians 4:8-9, Colossians 3:1-10, 1 John 4:6-13,

Day 3 Repentance – (day of weeping) time of godly sorrow for every known, hidden, secret or revealed sin in your life and be willing to turn from them to God. 2 Chronicles 7:14, Psalms 51:1-17, Luke 15:7-10, Acts 3:19-20, 17:29-31, 26:12-20, 2 Corinthians 7:8-11, 2 Peter 3:9, 1 John 1:8-9, Revelations 3:3, 3:19

Day 4 Restore- Relationships with God and man – let God impress upon your heart anyone you need to forgive and seek forgiveness from. When He speaks, obey! 1 Kings 8:50, Matthew 5: 23-24, 43-48, 6:14-15, 18:21-35; Mark 11:24-26; Luke 6:27-38, Ephesians 4:31-32, Colossians 3:12-13, 2 Corinthians 2:10-11

Day 5 Remember –past victories, present victories, future victories; the faithfulness and kindness of God. Exodus 15:11-13, Deuteronomy 8:1-18, 1 Chronicles 29:11-13, 2 Chronicles 20:17, Psalms 20:1-8, 77:11-15, 1 Corinthians 15:54-58, 2 Corinthians 2:14, 1 John 5:4, Revelation 15: 2-3

Day 6 Revisit – go back and revisit your time before salvation when the Lord was calling you; revisit the place in your mind of your salvation; revisit the power, the wonder, the overwhelming love, the sense of forgiveness you experienced on that day. Numbers 14:19-21, Psalms 66:16-20, 86:15-17, Romans 5:1-11, 10:9-13, Ephesians 2:1-10, 5:5-10, 1 Timothy 1:9-17, 2 Timothy 1:8-10, Titus 3:3-5, 1 Peter 1:3-5

Day 7 Release – refuse to worry about anything. Focus on what God can and will do. Release and surrender all to God by the power of the Holy Spirit. Remember, worrying is choosing not to believe God. Replace worry with prayer. Psalms 37:1-11, 55:22 Matthew 6:8-13, 6:25-34, Mark 11:22-24, John 15:7-9, Philippians 4:4-8, 1 Peter 5:6-8, 1 John 5:14-15

Day 8 Restoration – believe God for healing, renewal and repair in your life and the life of others. God is a Restorer of every area of our lives. God is able! Exodus 15:26, 2 Kings 8:5-6, Psalms 23:3, 51:12-15, Isaiah 43: 1-7, 18-19, Joel 2:25-27, Matthew 8:1-4, 9:28-33, 12:13, 2 Corinthians 4:15-18, 1 Peter 2:9-10, 24- 25

Day 9 Reward – God rewards His children for obedience with both temporal and eternal gifts according to His word – Job 22: 21-29, Psalm 37:3-6, Matthew 5:1-12, Mark 9:41, 10:29-30, Luke 6:22-23, 12:31-32, 2 Corinthians 9:6-13, 2 Timothy 4:7-8, Hebrews 10:32-36, 11:6, Revelations 22:12-14

Day 10 Blessings and Favor on Our Year – Deuteronomy 11:8-15, 28:1-8, Joshua 1:7-8, 1 Chronicles 4:10, Psalms 5:11-12, 84:11-12, Proverbs 3:1-10, Isaiah 55:10-12, Romans 8:28-32, Philippians 1:2-6.



DANIEL STRONG – MOVEMENT!

You can do it!

The first step in reaching your health and fitness goals of an active, physically fit, Daniel Strong lifestyle, is to begin by believing that you can change. Forget about yesterday – no matter what your previous experiences or attempts to change your fitness habits in the past have been....today is a new day and with God’s help and strength you can do it – one day at a time!

Take Fitness Baby Steps

One of the best ways to “ease” back into a regular fitness program is to “start small”. Set small realistic goals allowing you the opportunity to “fit” exercise into your daily schedule-as well as increasing your confidence as you accomplish small measurable goals.

Select exercises you enjoy!

I get asked all the time, “What is the best exercise to help me lose weight, get in shape or improve my health? And my answer is always the same – “The best exercise to help you get fit and stay fit is THE ONE YOU WILL DO!” In other words, choose activities you enjoy – not exercises you find to be boring or drudgery. Begin with exercises or movements which bring a smile to your face. Whatever brings joy to your heart and soul, you are much more apt to continue.

Get in touch with your “fitness personality”

... Ask yourself: Do I like to exercise outside, inside, on machines, with others or by myself? Do I like to do other activities when exercising such as reading, praying, worshiping, watching TV, and listening to music? Do I prefer exercising at home or at a gym? Do I like to compete when I exercise (e.g. playing a sport or training for an event)? By asking yourself these questions, you’ll get a better sense of what your “fitness personality” is all about.

Forgive!!

Be aware of statements that produce self-blame, shame or guilt. “Oh, there you go again missed another exercise session!!” or “You will never change!” Typically, self-blame can spiral into a demoralizing way of thinking that can sabotage even your best efforts. If you miss an exercise session or were inactive for a short period of time, which will happen, don’t beat yourself up! Simply assess your lifestyle at the time and plan to get back into your new Daniel Strong active lifestyle. Maintaining an active healthy lifestyle requires patience, persistence and most importantly forgiveness.

Take Charge!!

“Responsibility can be defined as the ability to choose your response”. Individuals who begin and maintain a Daniel Strong lifestyle recognize their ability and the freedom to choose their response in any situation. But remember, taking personal responsibility for your health and fitness does not imply that you have to do it alone. In fact, taking responsibility for your health and fitness should encourage you to proactively build a support team of good friends around you to encourage, assist and support you along your journey.

Plan your exercise before your week begins!

Good exercise habits happen because we make them happen. Take a few minutes before your week begins and plan out your week. Schedule “non-negotiable” appointments with yourself – jotting down on your phone or calendar the exact day and time you are committing to move your body. Soon enough, your regular exercise program will be something you cherish, protect and look forward to!

Increase your training slowly!

To help your body become Daniel Strong, slowly and incrementally begin to increase your training by 5-10% every week or every other week, based upon how you are feeling. Progression of your exercise routine is the key to getting into Daniel Strong shape. There are a number of ways to progress your workout such as:

- Changing the number of repetitions
- Increasing the duration of exercise
- Increase the speed of exercise
- Increase the number of exercises performed
- Increase the number of sets performed
- Increase the intensity of exercise-increase the elevation, RPM’s revolutions per minute.
- Changing equipment or apparatus
- Decreasing your rest interval
- Change your position
- Going from bilateral to unilateral –training one arm or leg at a time vs. both at the same time
- Add a balance factor-when exercising such as using a ball, BOSU or foam roller.

Track your progress

Use a small notebook or your mobile device to keep track of your exercise duration, number of exercises, sets, repetitions and weight completed. Also, make note of how you feel before during and after your activities or workouts. If you want to simplify your tracking, check off the day you completed your exercise-and give yourself a pat on the back!

Fitness and Friends: Get a workout buddy who is at your level!

Getting back into shape and becoming Daniel Strong is always easier with a friend who is at a similar or higher fitness level to you. Enlist the help of friends, family members (even your dog) who you know will be consistent and faithful to exercise with you....this will help you progress together as well as encourage you and keep you accountable.



"body ... soul ... spirit"

THE DANIEL 10 DAY CHALLENGE



PREPARATION FOR THE DANIEL CHALLENGE

Aim: The Daniel Fast is for health and healing. Specifically,
My Mind: I am fasting to _____
My Body: I am fasting to _____
My Soul: I am fasting to _____

Vow: I believe God has given me my physical, mental and emotional nature in which to glorify Him. Therefore, I renew my pledge to honor Him in every area of my life (see 1 Cor. 10:31). I believe sickness is a result of our first parents' sin, and I renew my faith in the daily cleansing from sin available through Christ's blood (see 1 John 1:7)..... "I believe that following God's principles will give me health and that He can heal sickness. Therefore, I commit myself to God's healing/health and will fast and pray for it.

Bible Basis: "Is this not the fast I have chosen...your healing shall spring forth speedily" (Isa. 58:6,8).

Bible Promise: "The prayer of faith will save the sick, and the Lord will raise him up: (Jas. 5:15).

Fast: What I will withhold _____.
Fast: What I will do _____.
Fast: What I will read _____.
Beginning: Date and Time I will start _____.
End: Date and Time I will stop _____.

Resources Needed:

 God being my strength, and grace being my basis, I commit myself to the Daniel Fast for God's glory.

 Signature

 Date