

2027 FBCJ DANIEL FAST

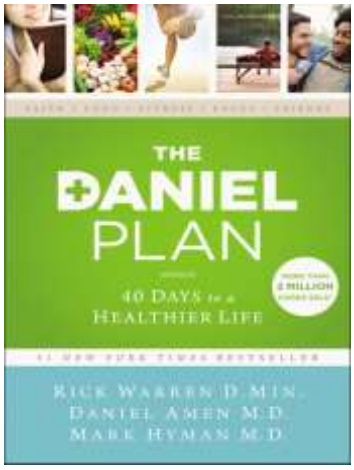
Date: Starts Midnight January 3, 2027; Ends Midnight January 30, 2027 (27 Days)

Purpose: The Daniel Fast is typically a 21-day fast often used at the beginning of the year. It's a plant-based partial fast, while setting aside other foods, it's designed for spiritual focus; modeled after the biblical prophet Daniel's habits. It restricts animal products, added sugars, caffeine, and processed foods, focusing on whole grains, fruits, vegetables, and water. The primary goal is to draw closer to God through prayer and consecrated eating.

In addition to spiritual growth, there are health benefits due to the diet's high fiber and low-sugar nature leading to improved physical health. Finally, spiritual discipline is developed through the practice of self-denial for spiritual empowerment.

Preparation

First, it's suggested to consult a doctor if you have health issues. Then pray about the decision to go on the fast. It is then recommended to prepare by phasing out caffeine, processed foods, and sugary foods; like candy, dessert, and soda.



"The Daniel Plan Detox" is an excellent way to prepare for the Daniel Fast. The detox plan is found in the book, "THE DANIEL PLAN: 40 DAYS to a HEALTHIER LIFE," (Warren, Amen, Hyman). Reading the book after the fast is also helpful if you want to transition from a short-term fast into a permanent, sustainable healthy lifestyle.

Key Rules and Guidelines:

- **Primary Beverage:** Water (including spring, sparkling, distilled). However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened plant-based milk is acceptable (such as almond milk, coconut milk, soy milk, and hemp milk).
- **Food Prep:** Meals should be prepared at home with wholesome, simple ingredients.

Foods Allowed

- **Vegetables:** All fresh, frozen, dried, or canned vegetables.
- **Fruits:** All fruits (fresh, frozen, dried, no sugar added).
- **Whole Grains:** Brown rice, oats, quinoa, millet, barley, buckwheat, and bulgar wheat.
- **Legumes/Beans:** All beans, lentils, chickpeas, and split peas.
- **Nuts/Seeds:** All nuts, natural nut butters (no additives), seeds.
- **Oils:** Olive, avocado, coconut, walnut (used for cooking, not frying).
- **Seasonings:** Herbs, spices, salt, pepper, and balsamic vinegar.

Foods Not Allowed

- **Animal Products:** Meat (bacon, beef, chicken, fish, pork) and eggs.
- **Dairy:** Butter, cheese, cream, milk, and yogurt.
- **Sugar & Sweeteners:** No honey, agave, molasses, artificial sweeteners, cane juice, or bottled date syrup (homemade date syrup allowed).
- **Refined/Processed Foods:** White flour, white rice, deep-fried foods (chips, fries).
- **Yeast & Leavened Bread:** No bread (Ezekiel bread not allowed since it contains yeast), cakes, baked goods, or crackers (Original Triscuit crackers acceptable).
- **Beverages:** Coffee, tea, caffeinated herbal teas, alcohol, energy drinks.
- **Soy Sauce:** Involves alcohol, which isn't allowed on the fast. Bragg's Liquid Aminos or Coconut Aminos is a recommended substitute.

Daniel Fast
Recipes & Guide



https://www.acouplecooks.com/daniel-fast/

6:00 A.M. Daily Prayer Call From January 3rd – 30th

ZoomMeetingLink:
https://us02web.zoom.us/j/87303640540?pwd=vtR6juPS7uVtj8Ni69E7XOzNeIsYbM.1

MeetingID: 873 0364 0540 ~ Passcode: FBCJ

~OR~

Dial by PhoneOnly: 312 626 6799

MeetingID: 873 0364 0540 ~ Passcode: 809814

First Baptist Church of Jeffersontown Daniel Fast Support Group Facebook Page

Page goes live: January 1, 2027
Shuts down: February 2, 2027

20 Scriptures on Fasting and Praying (KJV)

Matthew 6:16-18 – “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Acts 13:2-3 – “As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away.”

Acts 14:23 – “And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.”

Daniel 9:3-4 – “And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said…”

Joel 2:12 – “Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:“

2 Samuel 12:16-17 – “David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them.”

Nehemiah 1:4 – “And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,”

Esther 4:16 – “Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.”

Luke 2:37 – “And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day.”

Isaiah 58:6-7 – “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?”

Psalm 35:13 – “But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.”

Mark 9:29 – “And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

Matthew 17:20-21 – “And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.”

Matthew 6:16-18 – “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Acts 10:30 – “And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,”

Matthew 9:14-15 – “Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.”

Zechariah 8:19 – “Thus saith the Lord of hosts; The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace.”

1 Corinthians 7:5 – “Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.”

Matthew 4:1-2 – “Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred.”

Ezra 8:23 – “So we fasted and besought our God for this: and he was intreated of us.”

27 Daily Scriptures for Prayer and Meditation for Spiritual Growth (NIV); and Daniel Fast Playlist

The Daniel Fast Playlist: Worship Songs for Prayer and Fasting

https://youtube.com/playlist?list=PL_VnwBIK1QSVLlbD_FtUCAKEpcokUxg1I&si=45o1pw5z25JgwyVO

Day 1
Taste and see that the Lord is good;
blessed is the one who takes refuge in him.
Fear the Lord, you his holy people,
for those who fear him lack nothing.
The lions may grow weak and hungry,
but those who seek the Lord
lack no good thing.
(Psalm 34:8–10)

Day 2
"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." (Joel 2:12)

Day 3
When the trumpets sounded, the army shouted, and at the sound of the trumpet, when the men gave a loud shout, the wall collapsed; so everyone charged straight in, and they took the city. (Joshua 6:20)

Day 4
Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's." (2 Chronicles 20:15)

Day 5
When your words came, I ate them; they were my joy and my heart's delight,
for I bear your name, LORD God Almighty. (Jeremiah 15:16)

Day 6
Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:10–12)

Day 7
Blessed are those who hunger and thirst for righteousness, for they will be filled.
(Matthew 5:6)

Day 8
Surely God is my help; the Lord is the one who sustains me.
(Psalm 54:4)

Day 9
“My food,” said Jesus, “is to do the will of him who sent me to finish his work.” (John 4:34)

Day 10
“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matthew 6:16–18)

Day 11
“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:14–16)

Day 12
Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23–24)

Day 13
But seek first his kingdom and his righteousness, and all these things will be given to you as well.
(Matthew 6:33)

Day 14
For you created my inmost being;
You knit me together in my mother’s womb.
(Psalm 139:13)

Day 15
My people have committed two sins:
They have forsaken me,
the spring of living water,
and have dug their own cisterns,
broken cisterns that cannot hold water.
(Jeremiah 2:13)

Day 16
Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (2 Corinthians 1:3–4)

Day 17
Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. (Ecclesiastes 5:2)

Day 18
If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your righthand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. (Matthew 5:29–30)

Day 19
Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1Peter 5:8)

Day 20
Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever. (1John 2:15–17)

Day 21
Laziness brings on deep sleep, and the shiftless go hungry.
(Proverbs 19:15)

Day 22
Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” (Isaiah 30:21)

Day 23
You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. (Psalm 63:1)

Day 24
Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28)

Day 25
So we fasted and petitioned our God about this, and he answered our prayer.
(Ezra 8:23)

Day 26
But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord. (Joshua 24:15)

Day 27
"Is not this the kind of fasting I have chosen:
to loose the chains of injustice and untie the cords of the yoke,
to set the oppressed free and break every yoke?
Is it not to share your food with the hungry to provide the poor wanderer with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?
Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness[a] will go before you,
and the glory of the LORD will be your rear guard.
Then you will call, and the LORD will answer;
you will cry for help, and he will say: Here am I.
(Isaiah 58:6–9a)

Fast Food Restaurant Options

Preparing meals at home is recommended. However, there are Daniel Fast-friendly restaurants that offer plant-based, whole-food options free from additives, sugar, dairy, leaven and artificial ingredients. **Key tips include avoiding white flour/rice, butter, and using only olive oil/vinegar for dressing.**

Top Daniel Fast Restaurant Options:

- **Chipotle / Qdoba Mexican Grill:** Build a bowl with brown rice, black or pinto beans, fajita veggies, and guacamole.
- **Subway:** Veggie Delight salad.
- **Applebee's:** Steamed vegetable plate, sizzling vegetable skillet (no butter), or salads (no cheese, no chicken).
- **P.F. Chang's:** Vegetarian menu items like steamed vegetables and steamed brown rice.
- **Panera Bread:** Salads (no chicken, cheese, or croutons) or the Greek Salad with Quinoa (hold the feta).
- **Currito**
- **CoreLife Eatery**
- **Clean Eatz:** They do meal preps as well.

Other Common Things To Give Up During A Fast

People often give up non-food items, daily habits, or digital distractions during the Daniel Fast. Some of those non-food items are the following:

- **Social media:** Abstaining from platforms like Facebook, Instagram, TikTok, or X (Twitter).
- **Streaming and TV:** Giving up shows on Netflix, YouTube, or general television.
- **Video games:** Pausing or quitting gaming routines for a set period.
- **Shopping:** Avoiding impulse buying, non-essential online shopping, or other non-essential purchases.

If you know any item(s) from above or any other habit that is a distraction in your daily life, you are encouraged to consider abstaining from these while on the Daniel Fast.