



The Church of Destiny International Worship Center
P.O. Box 21845
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The 21 Day Daniel Fast

January 1st, 2025, The Church of Destiny Family will begin our 21 Day Daniel fast to bring our church and ourselves into spiritual alignment with the will of God.

Helpful Tips for a Successful Fast:

- Begin with prayer. Forgive, if you have anything against anyone so your prayers will be heard.
- Make a commitment to complete the fast and ask God to help you endure to the end.
- Drink lots of water to keep your body hydrated.
- Increase your time spent with the Lord in prayer, meditation and reading His word.
- Limit, avoid or even exclude secular TV, radio, and magazines to stay spiritually focused.

Here are a few guidelines to help you create boundaries for your fast.

The Daniel Fast Food List

- **All fruit** – fresh, frozen, dried, juiced, or canned.
- **All vegetables** – fresh, frozen, dried, juiced, or canned.
- **All whole grains** – barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** – avocado, coconut, grape seed, olive, peanut, sesame, and walnut.
- **Beverages** – distilled water, filtered water, carbonated water and spring water. Non-dairy smoothies
- **Other** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.
- **Snack** – Sugar free gum

Foods to Avoid on the Daniel Fast

- **All meat & animal products** – beef, buffalo, fish, lamb, poultry, and pork.
- **All dairy products** – butter, cheese, cream, eggs, and milk.
- **All sweeteners** – agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** – baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** – white flour, and white rice.
- **All deep-fried foods** – corn chips, French fries, and potato chips.
- **All solid fats** – lard, margarine, and shortening.
- **Beverages** – alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

Our fast will begin January 1, 2025 and will end at midnight on January 21, 2025. God Bless You!