

Daniel Fast – 2022 Alternative - Explanation

This year, in addition to those who are participating in the traditional Daniel Fast, we are offering another alternative for the Daniel cleansing fast that combines principles from both the Daniel fast and the practice of intermittent fasting. It will still involve the 21 days of fasting. It will involve nothing to eat after 8 pm and nothing to eat before 12 pm (16 hours of fasting daily, 8 pm-12 noon the next day). The alternative will still eliminate the following foods:

- No sugars
- no snack foods
- fast foods
- processed foods or meals

The reason for the alternative is for those who feel that the food for the Daniel Fast is too costly at this time and you have ample food to substitute already in your possession. The alternative is not trying to eliminate the sacrifice in the fasting process. Some feel it is too cumbersome and complicated to prepare meals. Remember that life takes a sacrifice and Jesus gave the ultimate sacrifice for your life. Twenty one days remembering His sacrifice is not too much for us to submit to. Worship takes both sacrifice and surrender. The Daniel Fast involves fruits, vegetables, and grains. You don't have to be overly creative - it's only 21 days and it is a fast. You could literally eat the same thing daily. In some countries, goods are in limited supply and what we call a fast is a daily practice - not just 21 days. The fast is a challenge to your will.! We surrender our wills to God and subject our bodies to discipline.

Having said that, please choose this alternative after prayerful consideration of your current personal situation. As always, before you participate in a fast of any kind, consult with your medical caretakers to ensure your medical safety.