

OASIS OF LIFE CHRISTIAN CHURCH

THE ART OF  
**Obedience**

DANIEL FAST GUIDE



# THE ART OF Obedience

## What Is the Daniel Fast?

The Daniel Fast is rooted in **Daniel 1:8–16** and **Daniel 10:2–3**, where Daniel chose to honor God through restraint, prayer, and obedience. In Daniel 1, he resolved not to defile himself with the Babylonian king's food and instead ate vegetables and drank water, trusting God to sustain him. In Daniel 10, Daniel fasted as he sought understanding from the Lord, abstaining from certain foods as an act of humility and devotion.

The fast focuses on prayer and consecration, typically involving plant-based, whole foods like fruits, vegetables, legumes, whole grains, nuts, seeds, and water while avoiding meat, animal products, sweeteners, leavened bread, and processed foods.

Daniel did not fast for personal gain, but to seek God's wisdom, remain faithful under pressure, and align his heart with the will of God.

Likewise, **the purpose of the Daniel Fast is not dieting**, but drawing closer to God through discipline, dependence, and an intentional focus on Him.

## Who Was Daniel?

Daniel was a prophet in the Old Testament who remained faithful to God while living in Babylonian captivity. In Daniel 1, he chose to abstain from the king's food and instead ate simple foods, honoring God with his obedience. God honored Daniel's faithfulness with wisdom, strength, and favor. His life models obedience, prayer, and trust in God despite living under unimaginable pressure.



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## What foods are typically part of the fast?

- All fresh, frozen, or canned vegetables (no additives)
- Leafy greens (spinach, kale, lettuce)
- Peppers, onions, garlic, tomatoes
- Squash, zucchini, eggplant
- Potatoes and sweet potatoes
- Broccoli, cauliflower, carrots
- All fresh, frozen, or dried fruits (no added sugar)
- Apples, bananas, berries
- Oranges, grapes, mango, papaya, pineapple
- Dates and figs (unsweetened)
- Brown rice
- Quinoa
- Oats (plain, not instant)
- Barley
- Whole wheat (if avoiding leavened bread, consume minimally or omit)
- Corn (corn tortillas with no additives)
- Legumes
- Black beans, pinto beans, kidney beans
- Lentils
- Chickpeas (garbanzo beans)
- Split peas
- Almonds, walnuts, cashews
- Peanuts
- Sunflower seeds
- Pumpkin seeds
- Chia seeds, flaxseeds
- Healthy Oils (in moderation)
- Olive oil
- Avocado oil
- Coconut oil
- Water
- Herbal teas (no sweeteners)



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## **What foods do we avoid during this time?**

- Meat, poultry, fish, and seafood
- Dairy and eggs
- Added sugars and sweeteners
- Refined or processed foods
- Leavened bread
- Fried foods
- Alcohol and caffeine

\*this represents the typical list of exclusions, but you may decide what your exact exclusions will be during this time.

## **What dates will we be fasting?**

Fast and devotional will last 21 days, starting Sunday, Jan 11<sup>th</sup> and ending Sunday, February 1<sup>st</sup>

We will join Monday - Friday 6:30AM-7:30 AM on the prayer line as well:

United States: +1 (646) 749-3129  
Access code: 707-636-693

We will also be following the 21-day devotional found here:

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## Sample Weekly Menu

**(not intended to be followed exactly, but rather used as an example)**

### Breakfast Ideas

Oatmeal made, topped with fruits - bananas, berries, etc.  
Fresh fruit bowl (papaya, mango, pineapple, melon)  
Smoothie: spinach, banana, frozen mango, water

### Lunch Ideas

Rice and beans (brown rice, black or pinto beans, garlic, onion, cumin)  
Vegetable fajitas (bell peppers, onions, mushrooms) with corn tortillas\*  
Lentil soup with carrots, potatoes, and cilantro

### Dinner Ideas

Calabacitas (zucchini, corn, tomato, onion)  
Plantain (baked, not fried) with black beans, and avocado salad  
Vegetable pozole (hominy, cabbage, radish, oregano—no meat)

### Snacks Ideas

Fresh fruit  
Nuts or seeds (almonds, peanuts, pumpkin seeds)  
Veggies with homemade guacamole (avocado, lime, salt) or hummus

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SERMON SERIES

SUNDAYS AT 11:30AM

LOCATIONS:

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