



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.

THE ART OF Obedience

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)



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 11th and ending
Sunday, February 1st

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:

 OASISVIRGINIA.ORG/ARTOFOBEDIENCE



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

OASIS OF LIFE CHRISTIAN CHURCH



THE ART OF

Obedience

SERMON SERIES

SUNDAYS AT 11:30AM

LOCATIONS:

13749 WARWICK BLVD, NEWPORT NEWS, VA 23608

3031 CHURCHLAND BLVD, CHESAPEAKE, VA 23321

  @OASISCHESAPEAKE

  @OASISVIRGINIA

 OASISVIRGINIA.ORG