

The Spiritual Feast

Enter into your Daniel Feast with spiritual commitment.

Write down **why** you are feasting. Perhaps for strength:

- to live in greater gratitude of the blessings God gives
- to make the best use of the gifts God gave you
- to be better able to answer God's call
- to study God's Word
- to do more good works
- to better cope with the crosses you have to bear

Write down the **length of time** you will Feast.

Set aside daily moments.

- Make time each day of the Feast to read, meditate, pray and contemplate the Word of God.
- Make time to sit quietly a few minutes every day. Push out distractions and allow your mind to be open to sense the Holy Spirit.

Select text to read and focus on.

- Scripture, familiar or new
- Stories, essays, prayers or poetry of faith
- You may wish to journal or share your thoughts, reactions, and experiences.

The Daniel Feast follows the spirit of Daniel.

In Chapter One Daniel desires to keep himself clean before the Lord by following as closely as possible Hebrew dietary laws. To him it is not a sacrifice to enthusiastically eat from the bounty of God's earth.

The Daniel Feast is a healthy way of eating for everyone. Follow the guidelines and:

- Do not overeat
- Stop eating when you feel full
- Eat often enough that you do not become excessively hungry.

Control your calorie intake by substituting fruits and vegetables for higher calorie foods such as sweets, candy, sweetened drinks, chips, fats and fried foods.

If you have special health requirements consult your health professional before starting any dietary plan.

The Daniel Feast should not be confused with The Daniel Fast. The Daniel Feast concentrates on adding foods or choosing different foods to fulfill your dietary needs.

The

Daniel Feast

Embrace and feast upon the healthy foods God has given for nourishment of the body, soul and spirit.

You realize, don't you, that you are the temple of God, and God himself is present in you? No one will get by with vandalizing God's temple, you can be sure of that. God's temple is sacred—and you, remember, are the temple.

1Corinthians 3:16-17 The Message

Daniel determined that he would not defile himself by eating the (Babylonian) king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet. The steward agreed to do it and fed them vegetables (including fruits, whole grains, seeds and nuts) and water for ten days. At the end of the ten days they looked better and more robust than all the others who had been eating from the royal menu.

Daniel 1:8, 14-15 The Message

How long is a Daniel Feast?

- A Feast for Lent** - 6 weeks
- A Feast for Advent** - 4 weeks
- A Feast for Eastertide** - 7 weeks
- A Feast for Pentecost** - 14 weeks

Prepare for the Lord to work in your life.

How do you do a Daniel Feast?

You can practice all four levels at once or you can add levels as you progress with your Feast. Start with Level 1. It is better to start with Levels 1 & 2 and continue to the end than to start with all four and give up.

Level 1: Eat 4-9 cups of fruits and vegetables daily. Eat 3-4 ounces of whole grains, seeds or nuts daily.

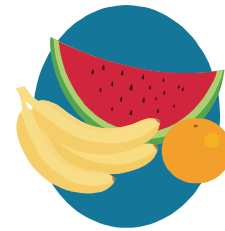
Level 2: Drink 4-6 glasses of water daily. Drink 3-4 cups milk daily.

Level 3: Avoid eating sweets, fatty foods, sweetened or alcoholic drinks.

Level 4: Reduce the amount of meat eaten by using dry beans, peas, lentils, seeds and nuts as part of your protein.

What can you eat on the Daniel Feast?

“Vegetables” in the Daniel scripture is interpreted to mean all kinds of fruits, vegetables, grains, seeds and nuts that are planted in the ground and harvested.



Fruit

All kinds of fresh, frozen, canned, or dried fruit can be eaten. All 100% fruit juices are also considered fruit. Avoid sweetened products.



Vegetables

All fresh, frozen, canned, or dried vegetables can be eaten. All 100% vegetable juices are also considered vegetables. 100% vegetable/fruit juices also count. Avoid rich sauces.

Grains

All grains—particularly whole grains—can be eaten. When choosing bread, cereal, pasta, and noodles look for whole grain items. Avoid sugary versions.



Dry Beans & Legumes

You can use dry, canned and frozen forms of dry beans, peas, and lentils. Examples are chili, northern, black, and kidney beans. Split peas, black-eyed peas and garbanzos.



Seeds and Nuts

All nuts and seeds and their butters can be eaten. Ground seeds and nuts and sprouts also count.

Beverages

Water is the only one mentioned as used by Daniel. Alcoholic beverages of all kinds were not used. Milk and milk drinks are encouraged.