

DEFINITIONS

What Is a Fast?

Fasting is abstaining from something like food, drink or entertainment for a period of time to create some type of benefit in body, mind or spirit.

There are many types of fasts, which include:

- Standard Fast (water only)
- Absolute Fast (no water or food)
- Partial Fast (restrict certain food and drink categories)
- **Intermittent Fast** (only eating during a small daily window, for example: 1 p.m.–6 p.m.)

There are many variations on these fasts, but they can all have spiritual benefits when we devote the time spent eating to focus on God and serving others.

If you are looking for a healing breakthrough in body, mind and/or spirit, then you may consider doing a Daniel Fast.

What Is a Daniel Fast?

Many people wonder what did Jesus eat? Did Jesus eat meat? The Daniel fast isn't based on what Jesus ate, but it is based upon what one of Jesus' followers consumed and this follower was not surprisingly Daniel.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. Many users of this biblically-based fasting method follow it for 21 consecutive days. (2)

The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink." (3)
- Daniel 10: 2-3, which says, "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." (4)

You may be familiar with the Daniel Fast already if you've read *The Maker's Diet Revolution* by Jordan Rubin. The Daniel Fast only includes clean foods as described in Leviticus 11. (5) Unclean foods in the Bible include things like **pork** and shellfish.

So does the Bible say not to eat shrimp? Actually, it does in Deuteronomy 14:10 where it states "And whatever does not have fins and scales you shall not eat; it is unclean for you." (6) Shrimp is a type of **shellfish** and as such it does not contain fins or

scales. There are also some fish, such as swordfish and shark, that should also be avoided if you're following a Biblical diet because these sea creatures do not have both fins and scales. For more info, check out the infographic: [Which Animals Does the Bible Designate as 'Clean' and 'Unclean'?](#)

Knowing clean and unclean animal proteins according dietary laws in the Bible is helpful to know, but while on the Daniel Fast you won't be consuming any protein from animal sources at all.