



The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body

Susan Gregory

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What if you could grow closer to God and improve your health in just 21 days? Susan Gregory, "The Daniel Fast Blogger," has a plan to help you do just that. Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you. Includes 21 days' worth of Daniel Fast recipes! Visit www.daniel-fast.com

The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body Details

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From Reader Review The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body for online ebook

John Ausmus says

A few years ago I heard of a church in the area doing a “Daniel’s Fast”. I was a little skeptical of using this as a means of health and fitness, but I was way off base.

I had not heard of this before. The concept is following what Daniel asked the guards to allow them instead of the food the Kings men had prepared.

The concept is outstanding and now there is a book that helps you to see what a Daniel Fast would do for your life. When I completed this, I never felt better.

The book also includes a 21 day plan to help you stay on plan!

I highly recommend this to everyone as a safe, healthy and Biblical fast that will feed your soul, strengthen your spirit and renew your body!

I received this book, Daniel Fast by Susan Gregory, from Tyndale to review for this blog. I must say it makes me want to do this fast again.

Reese says

This book was very informative in explaining exactly how to complete a Daniel Fast with meal planning and recipes.

Michelle says

This is probably my least favorite book about the Daniel fast simply because it is not as holistic as other books in both purpose nor execution

Mandy J. Hoffman says

The Daniel Fast is based on the scripture found in Daniel 1 and 10 in the Bible. This fast is a partial fast where you drink only water and eat only food that comes from seeds.

Susan Gregory has written a practical guide that will help and support you through your Daniel Fast. She also gives great advice on how to enhance the fast to get the most benefits from the experience both physically and spiritually. This book is full of the nutritional and menu tools you will need, including recipes.

I appreciated Susan's urging to listen to the Holy Spirit's prompting on your fast. While it is of great importance to consider all medical conditions, I think that too many times we let them be our excuse for not listening to the Holy Spirit. I was also impressed with the immense information and application that Susan offers in this valuable resource. So much of what she presents are things I have wondered about, but never found a comprehensive guide such as this. The balance of dealing with the physical aspects and the spiritual aspects are as close to perfect as I think a person may find in a book.

The Daniel Fast should be on the bookshelf of all who want to fast, and all of us should try the discipline of fasting.

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This review copy was provided courtesy of Tyndale House Publishing.

Jessica says

While I've not finished the book completely or attempted the fast, I feel I've read enough for an honest review. I am enjoying this book; I had not heard of the Daniel fast before but as soon as I read the title and brief synopsis, I felt it really made sense! Daniel and his friends proved to their jailers that it works and looked healthier than ever, so why wouldn't it be a good option for us today? I see it as a wonderful alternative to a complete fast which may not always be realistic in our busy lives today, and especially not to me as a mother of young children and a nursing baby. The Daniel fast focuses on restricting your diet as Daniel did which also causes one to be disciplined, and encourages similar focus on Bible Study, Prayer and spiritual growth. I appreciate that the author takes the time to discuss why and how one goes about it and includes a great many scripture passages to back up her thoughts. She includes 5 helpful tips to a successful fast and expounds on them. The book also includes enough recipes to complete a successful fast. She discusses the spiritual side but also is specific on how to go about it. I think these would be a great book for someone who is not very familiar with fasting but has interest in pursuing it, but of course would be excellent for a Christian at any level in their faith. I'm looking forward to finishing it and planning a Daniel fast of my own!

I received a copy of this book from the publisher for review.

Melissa says

Zondervan Publishing has provided me a free media review copy of *The Ultimate Guide to the Daniel Fast* by Kristen Feola to read and review. I received no compensation for this review.

For the rest of my review I will refer to the book as the Daniel Fast. I was so excited when I received my package in the mail from Zondervan. As most of you know from reading my blog, I entered into a fast at the beginning of the year with my church. It was a 21 day fast. I had no idea that there was written material available regarding fasting. So, when I opened up this package I was overjoyed.

According to the back cover of the Daniel Fast – this is a unique opportunity available to anyone who is hungry to know the Lord in a deeper way. As you deny yourselves certain foods you will not only embrace

healthier eating habits, you'll also discover a greater awareness of God's presence. The Daniel Fast equips you with practical tools to enrich the spiritual and physical impact of your fasting experience, while allowing you to feast on foods that are good for you. Excerpt from back of the Daniel Fast book.

After I read through this book for the first time, I decided to undergo another fast using the Daniel Fast as a guide. I decided to do a 10 day fast from sugar and processed ingredients. Any other time this would seem impossible, but not with the Daniel Fast book.

The Daniel Fast has Scripture references throughout and helps you remain focused on God. The craving for food is shifted to a different kind of nourishment. The Daniel Fast shares the reasons why to fast. The author, Kristen Feola also shares her fasting experience with you so you can be encouraged.

My most favorite part of the Daniel Fast was the recipes. The book contains quite a few recipes. My favorites include but were not limited too: Roasted Potato Salad (even my little ones loved this). Apricot Nut Breakfast Bar's were delicious too. The Daniel Fast includes recipes, pictures and suggestions for each exciting, delicious entrée. The nice thing is you can still use these recipes even if you are not fasting.

The fast within the book is meant to last for 21 days. I only did a 10 day fast, and it worked great for me too.

I don't want to give too much away within Part One of the Daniel Fast. Part Two of the Daniel Fast is a devotional guide. This section is great to use during the time you are normally stuffing yourself with physical food. It was a good place to start for me, but be careful and check all Scripture for yourself.

Part Three of the book is more focused on the food. The food you should eat as Daniel did. The food you should avoid and how to find substitutions.

So without any further ado, I recommend this book for anyone who is interested in trying a fast, or a veteran faster.

Until Next Time,

M

Alexandra Chauran says

I'm anthropologically fascinated with fasting as a practice that crosses many religions. This book started out claiming that it would speak towards various types of fasts (absolute, complete and partial) but ended up spending a good portion of the book on generic Christian apologetics and the rest on a very specific partial fast diet.

I was unable to fully understand the religious reasons behind the partial fast diet. Why did Daniel choose to only drink water, and what is the significance of the concept of purity in Christian fasting? What is the spiritual and symbolic meaning of the Biblical term "pulse" for things grown from seeds and how do Christians spiritually digest that (if you'll pardon the pun) while fasting? These interesting questions were left unexplored.

The recommended partial fast diet also seemed arbitrary and hypocritical at points. Why were sweets

excluded? (If pleasant foods are to be avoided, then it seems odd that delicious spices and using fruit juices as flavorings are allowed.) Also, the random injunction to avoid chemicals and processed foods just seems like health fad lip-service more than anything spiritual, since foods available to us that were not available to Daniel were encouraged in general.

I did appreciate this book for the exploration of what sort of prayer and devotional practice should go along with fasting to make it more than just a diet. I might recommend this book to a Christian wanting an inspiring and motivating diet to lose weight.

Nita says

Can't wait

To try the fast. Recipes look good. Devotionals were good. Going to prepare for my fasting in a bit. Thanks!

Denise DiFalco says

Most Christians can identify with the rewards of spiritual fasting. The type of fasting that draws us closer to God by sacrificing all food for a small period of time. Fasting was second nature to me, growing up in a Church that held many fast services however I had never heard of The Daniel Fast. Normal fasting requires giving up all foods and intimacy in marriages for a day or so to show our sincere desire to God. Susan Gregory explains in her newest book that the Daniel fast is a partial fast of certain foods for 21 days. The foods come from the scriptures Daniel Chapter 1 verse 12 and Daniel Chapter 10 Verse 3 which we are to refrain from. It's basically a fruit and vegetable diet which does not allow any meat, dairy or sugars. The author has supplied the reader with some recipes. In the past, followers would fast for their spiritual welfare although it is very true that you will lose weight on this lean diet. I have one problem, in that I feel fasting is sacred and holy and that our hearts should be set on the spiritual growth rather than on the bonus benefit. The Daniel Fast is definitely unique and different to any other weight loss program that I have read about or even tried. The food is healthy but the program is strict and I wonder how many could actually complete the 21 days. I was given the opportunity to review this book for the Tyndale Book community in exchange for my thoughts.

Marissa Suddreth says

The Daniel Fast has been an amazing experience for me! I read this book and participated in the Daniel Fast over lent. Not only was I able to stick with it the entire 40+ days and never cheat, but it changed and grew my relationship with Christ in a way I haven't had before. I truly believe fasting is a lost art, and doing this for God has proven to me that even a girl who doesn't like fruits and veggies (a.k.a. me), can be vegan and sugar-free, and be happier than I was before when I could eat whatever I wanted!

Susan Gregory is fun to read, and inspiring. She isn't banging a Bible over our heads or telling us to stop eating, she genuinely shares out of her love for Jesus Christ and truly wants other to experience a **real**

relationship with him. If you don't know much about fasting or would like to try a partial fast, please read this book! There are a lot of Daniel Fast books or recipe books that are really missing the point about a fast... Pick up this book, it's an easy read, and I can personally testify that it has changed my relationship with Christ. I foresee the Daniel Fast as something I will do every year. The benefits make it more than worth it!

Adrienna says

Susan Gregory shares the biblical fasts: absolute fast (40 days without food or water), complete fast (similar to absolute fast but not for a long period of time), normal fast (only water), and partial fast (just giving up an item such as meats, sweets, etc.).

Fasting takes discipline to abstain from food, or anything that occupies your time and energy not to seek after God for spiritual food such as knowledge, insight, or deeper relationship with him. This is a faith-driven lifestyle James 4:8 tells us to draw near to Him and He will draw near to us. She gives some examples of biblical people who've done fasting and praying, including spiritual purpose.

I am reading this book since most leaders (especially ministry leaders are called to fast; usually there is a set time like the Jews have their set times to fast and festivals they practice, and others tend to fast in the New Year or Easter. After reading another book, spoke about fasting before New Years, therefore will start December 29th until January 8th. I will also review other fasts and purposes in my book, "Desire at Will" and lead to do partial Daniel Fast and Apostle Fast (to loosen bonds, strongholds, and wickedness) and also Ezra Fast (to lessen the heavy burdens and solve problems). I will review the scriptures and passages on the nine degrees of fasting according to Isaiah 58:6-8.

*I didn't care for the recipes listed in the book even though I wanted to try some of them (very few). I may take some ideas and make it the way I prefer to eat it such as kidney beans.

Adrienna Turner
Author of "God is in the Equation"
www.dream4more.webs.com (Dream 4 More Reviews)

Tamara Thomas says

For those who practice the spiritual discipline of fasting, this is an excellent guide! I'm planning to start the fast next month.

Julie says

I have heard a bit about this book, The Daniel Fast by Susan Gregory, that I jumped at the chance to review it.

This book has two parts plus a recipe section. The author, Susan Gregory first introduces herself so that the reader may know her background, her reason why she is writing this book. The next chapter explains what fasting is, the types of fasting. Fasting should always be done for a specific purpose; to find your spiritual

reason about why you want to fast, when, and for how long. Seek the Holy Spirit's guidance to show what the purpose should be. Then Susan explains what the Daniel Fast is really about and she bases it on Daniel chapter 1 where he asks the chief eunuch if he and his friends could eat only vegetables and water and see if they are still acceptable after 10 days and then deal with them accordingly.

What I found interesting is that the vegetables that were eaten were probably food from seeds or pulse. " So the reference to vegetables most likely was translated from 'pulse' and included fruits and other foods that come from seeds of the ground. " (p.26).

Susan Gregory includes lots of advice and help for making this fast successful. There is a variety of recipes. I love it when authors include a lot of recipes which gives me a good idea of how and what to eat. This book also has a 21-day devotional. Keeping your focus on God will help with fasting. At the end of the book has a list of frequently asked questions. Check those out if you still are wondering about specifics.

I have tried fasting before but usually it was a water only fast for 12-24 hours. This fast is nice because you can still eat but only seed based foods. No processed foods so cravings should diminish after a day or two. I would try this fast but probably not for 21-days. Seek the Lord and let Him guide your fast.

I received this book free of charge from Tyndale House Publishers in return for my honest review.

Amydeanne says

So, what exactly what is fasting? According to the Daniel fast, it is ALWAYS about food. It is a spiritual connection with God through giving up "pleasant foods" and how to fast for a time. "The Greek word for fast is *nesteuo*, which means "to abstain from food."

I didn't actually know that. I learned several things about fasting that I wasn't familiar with. It taught me a lot about what the Bible has to say about fasting.

The first part of the book describes what fasting is; it gives the history, the biblical references and descriptions of what fasting is. The next section of the book is recipes and the food guide for the Daniel fast. The end part of the book is a devotional to go with the fast.

I will admit, at first I was a little annoyed. I think you can do fasts non-food related and have a spiritual attachment to them — it may not be the traditional sense of the word, but I know it can be done, and have done it, so it turned me off slightly from Susan's adamant comments that only true fasting is only food related. I guess it's the traditional aspect of it, which is good, but this is also the 21st century, and there are a lot of addictions that we need to cleanse from our systems , but that is JMO.

That being said, the Daniel Fast by Susan Gregory has a lot of offer. Fasting is a good thing, and can be a great way to increase and learn more about our faith. It can totally deepen our relationship with God and allow us to rely on his strength. It can help us recognize our weaknesses as well as help our minds focus on Him and let Him direct us more because we feel Him better when our bodies aren't surging with caffeine and sugar alike.

I like that Susan explains different types of fasts to try — ones that suit your lifestyle if you can't imagine doing a 40 day fast! She goes through simple fasts to extreme fasts and she gives examples from the Bible, with a lot of options of what to try. I think this is great because not everyone can commit to, extreme

amounts of time, because of work and such, as well those of us who react to lack of food (aka I pass out or have blood sugar issues) can't afford to just stop eating without damaging side effects. She includes a 21-Day plan with the book.

I like that she tries to make sure you understand the focus of fasting is a spiritual connection; that if you don't have the fast with a spiritual connection it's just a diet. I think that's really important and that came across very clear to me.

Don't let the cover confuse you.

While it's not meant to be a diet, it is hard not to see it that way – it actually reminds me a lot of the “natural cleanse” hype going on. I don't think that's a bad thing. I think it can offer a lot to people who mistakenly pick it up expecting a “diet” book. And please don't think I'm being mean, I'm just saying that as my overview of it — probably because of the fork and spoon on the front with the “natural” lettuce — to me that suggests a clean wholesome.. pure... cleanse...diet... and the fact that when you flip through it most of the book is recipes.

When I originally heard about the Daniel Fast however, that didn't come to my mind — not until I saw the cover. I mean if I saw this in the store I would probably pick it up because I wanted to improve my diet and I'm assuming I would find it in the diet section as opposed to the religious section (or both perhaps??). The benefits of the spiritual would be a side effect in my mind — though that's not what it is actually about – the spiritual should be the forefront... just lots of it is the recipes and diet information, so it's hard not to take it as that, more-so than a spiritual book kwim?

That being said, I did enjoy this book. It has some great recipes in it (the granola is delicious!) which is somewhat of an oxymoron when they talk about Daniel eating “no pleasant food”. Anywho, it had some yummy stuff in there.

The devotional is nice, and I think there is a lot to get out of fasting for the Lord. I think you can take this book two ways – as a diet – how to learn how to eat cleanly (if that's even a word), or as a spiritual renewal (finding strength in the Lord during this challenging time). Like with all challenges, you get what you put it into it.

** Review copy

Jessica (Chronicles of a Book Nerd) says

Even though I have been a Christian all my life, I have never engaged in fasting before. I decided to take on the Daniel Fast after hearing about it from several people who attend my church. I found the book to be incredibly informative about what a fast is and the reasons behind the act of fasting. Susan Gregory offers several different approaches on how to implement the Daniel Fast and also has free online resources on her website.

In essence, the Daniel Fast is a vegan diet - no meat, animal by-products, processed foods, leavened breads, caffeine, etc. The only beverage allowed is water. The typical length of a Daniel Fast is 21 days, but can be shortened or extended. The “diet” is very restrictive and definitely takes discipline, but I found that completing the fast wasn't as hard as I thought it would be. The recipes in the book were very good and

fairly easy to make. Many of them made several servings and could be frozen, which meant that it was not necessary to “cook” every day. The hardest part for me was going without my morning coffee.

I was hoping to get a few things out of my fast. First, I was looking for a way to grow my prayer life. Prayer is not something that comes naturally to me and I knew that I would need to pray a lot to get through this experience. Secondly, I was looking for a way to detox my body and get back on track with my healthy eating and exercise goals. Overall, I accomplished my goals and experienced some great health benefits from fasting (namely a 10 pound weight loss!). The only thing that I wish was better developed was the daily devotionals in the book. I was hoping for more guided reflection.

If you are new to fasting, I would recommend this book as a good place to start.
