



Days

The Daniel Fast 2018

Monday March 5th through Thursday March 29th

Biblical Fasting:

Purpose is Spiritual not physical

Is abstaining from food, not water

Fasting a meal, a day, a week, or longer

Daniel Fast is abstaining from rich foods/drinks

Doctors permission

Read, read, read before beginning

*Purpose is to draw closer to God, not to feel a pride
in your accomplishment*

Fasting is Feasting on the good things of God

