

EXPANDED EDITION WITH NEW RECIPES!

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feed your soul, strengthen your spirit, and renew your body



THE
daniel
fast

susan gregory

Susan Gregory

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



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Discover why an incredible number of men and females throughout the world are rediscovering the ancient self-discipline of fasting - and, as a result, are encountering God in amazing ways. Are you hungry for more of God in your life? Susan offers devotionals for every day of a 21-time fast, and a FAQs section for those seeking quick answers. Sign up for Susan as she shares the secrets to: Fasting in a safe and healthy way Creating delicious healthy meals using Daniel Fast foods Following the 21-day time plan to physical and spiritual health (adaptable for a fast of any length) Participating in an organization fast with your church, family, or friends Learning how to hear from God and find out His purpose for your life. In this authoritative guide, now expanded with new quality recipes, Susan Gregory, "The Daniel Fast Blogger" and an acknowledged expert on the favorite partial fast influenced by the biblical publication of Daniel, manuals listeners toward a successful fasting encounter. As she walks you through each stage of the Daniel Fast, you'll discover an infinitely richer and more abundant life.



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For spiritual reasons, these young men refused to consume the King's drink and food. I extremely recommend you get this book in the event that you intend to do the Daniel Fast. It has great insight and guidance, answering many questions and offering references. It has plenty of good dishes, and a 21 day time devotional to help you on the way.. I had an excellent experience on my 21 day time fast.I would recommend this book to everyone who's hungry for God and really wants to hear His voice! I recommend eliminating any caffeine a few days before, because you won't be able to take any headaches medications for withdrawal or head aches. I purchased the publication and fasted and prayed for my grandparents for 21 days. Definitely essential do experience. I'll definitely be performing the fast again. We enjoyed the daily readings and guidebook in the fast and .. As the book says, sometimes you are starving and the only path to be fed is to fast. We did appreciate the building blocks this reserve was written less than. For me it was a bit "wordy" for the reason that I needed the author to cut to the chase, however understand that for somebody who does not know their faith or scripture her back again story would serve an important role. It is easy to read but critical in intent. It works best when done with a partner or group. It has helped me in my own journey with God by leaning on God for strength in the easiest yet deeply important section of my life. We all need to look at what we placed into our bodies and why. This is a great, great reserve for that insight. I'll continue to eat in a much healthier method, I consider where my meals originates from and how important it is to maintain my "temple" holy. Experience the "Alive" Feeling, the Physical-to-Spiritual Connection More than we may readily admit to, our physical condition impacts our spiritual and emotional wellness. Two months ago I shared Christ with my grandparents. Scripture references highlight different spiritual disciplines that require adhering to and purposed endeavor. . We saw much improvement inside our physical health during the fast and in addition noticed a sharpness in our spiritual side once we completed the analysis. If not, this is a whole new opportunity to facilitate development in the inner person through denying self of food items and drinks. Susan Gregory offers this book as a guide for a kind of partial "fasting," a fast which allows the foods consumed by Daniel and the three Hebrew males during their initial period of Babylonian captivity.The Daniel Fast This is an incredible book. Very helpful recipes! They fared perfectly. As Gregory clarifies, a genuine "fast" is a relationship of denying meals or drink for the intended purpose of a spiritual objective. The Daniel Fast incorporates devotionals, biblical history, a food list, and recipes.We enjoyed the daily readings and guideline in the fast and the helpful menu guideline and recipes. I got this book last night and have already red through half of it! God' word is laced throughout and that is (I believe) what provides this publication life, breathing new truth each time. This is a fantastic group activity. Depending on one's background, the person may possess participated in fasting or they may not have. I am also using the Daniel Fast site to greatly help me along. It really is an amazing month-long, revitalizing make-over. This is an exceptional possibility to control the detrimental influences of processed food items and sugars on our bodies. They are determined to continue eating healthier by choosing to prepare and eat wellness building foods within their daily diets. I've changed the way I eat and look at meals. I knew I experienced to do more than "just" pray this time around before I went on and challenge them to actually give their lives to Jesus. The girls were excited about feeling better, dropping several pounds, and attaining spiritual insights, with much more buy-in by the participants than I have ever experienced before in leading women's studies. . Among these, the discipline of fasting, is often stated. God gave me all the power that I needed to complete the fast. The Daniel Fast This is actually the third time that I have been through this book and completed the Daniel Fast. Each and every time is as if I've go through it for the very first time, and each trip whilst on the Daniel Fast has taken brand-new revelation of who God is certainly and who I am in Him. In addition they bought the workbook which works well as a compliment research. The bonus however, not the focus is definitely weight loss during the time of fasting. I recommend this publication to anyone who is keen for a deeper encounter with the daddy. Fasting makes a huge difference!!! The Daniel Fast is a tool which

leads the reader to a thoughtful and well-planned blend of body-to-spirit awareness made with a spiritual purpose at heart. There is so much joy and pleasure in the group. The Lord was very clear if you ask me about wanting me to fast for them as well. I didn't know very much about fasting therefore i wasn't convinced why I acquired to do it. I just knew I would do it since God told me so. I am excited to attempt the fast and I was not very clear why and after reading this I understand. I dreaded giving up milk and meat, but I came across it wasn't as tough with God there. which is saying a whole lot. Yesterday I noticed my grandparents again (after my fast was over) and I challenged my grandfather to receive Christ. Exactly one day after his 89-th birthday he was born-again!! I cant wait around to observe what God reveals and how he grows me. I didn't possess much faith, to be honest, even though I wanted it to happen so much. Doing the Daniel Fast I am morw than fifty percent way through the Daniel Fast.. but nothing is impossible for God! I provide Him all of the glory! It was the greatest moment of my entire life to observe my grandfather who taught me everything bowing his mind down and praying to Jesus to forgive him all of his sins and give him eternal life! Personally i think stronger and nearer to God, and my own body is healthier, as well.. My biggest issue is making time to browse the devotions or Bible, this means I am not really making time for God. The book has helped me think and talk more to God. They tension, this is not about the Fast, but about getting nearer to God . The hardest section of the fast is certainly my headaches, but I am staying away from sweets, coffee, liquor/wine, dairy, meats and process food. All the ladies on the fast experienced more energy, clearer brain alertness, and sensed a greater sense feeling of well-being through the Daniel Fast. I can see me scanning this again, and again when I really do the fast. Four Stars Very great book, also very informative Nourishes not only the body, but also feeds your spirit Great book. Instead, they drank water and ate pulse, any seed-bearing meals (vegetables, fruits, and grains). Excited to grow! Wow! My church ladies have participated in the Daniel Fast 2 times and are eager to do it again. It is very apparent and thoughtful on the delivery of the information. I found out concerning this reserve from Shannon Ethridge therefore i knew it may be trusted.! Overall a good cookbook/devotional I liked everything about it, plenty of new recipe suggestions and a great devotional. Five Stars love love love the product! Three Stars its ok Five Stars Love it. Four Stars Great book. Susan Gregory recommends 21 day fast, though it could be 10.



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