

## **Daniel Denial Type #1**

Dan 1:11-20 Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. 17 To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds. 18 At the end of the time set by the king to bring them in, the chief official presented them to Nebuchadnezzar. 19 The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. 20 In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

### **The Purpose of the Daniel Denial:**

The Daniel Denial is a time that the pastors have set aside as Daniel and his companions did to consecrate ourselves and our time to seek the Lord. All members are asked to take part in the "Daniel Denial," in order to see the glory of God revealed through our unity. Husbands and wives are asked to abstain from sexual activity during the denial. **The Daniel Denial will be every 1<sup>st</sup> Wednesday of the month starting at 12:01 and will end after service (8:30pm) for the entire year.**

### **Food List:**

#### **Foods to be omitted:**

Dairy products, eggs, cheese, yogurt, cottage cheese, butter  
Meats, poultry, seafood, luncheon meats, etc.  
Processed sugars, white and brown sugar  
Desserts, pies, cakes, pastries, candy, cookies, ice cream  
Pop, soda, punch, and other sugar added beverages  
Cereals with sugars added  
Fruits preserves with sugar  
Mayonnaise and other cream and sugar added dressings  
Breads or pastas made with sugar or dairy  
All alcoholic beverages (even when not on denial)

#### **Foods that can be eaten:**

Breads, pastas, noodles, or cereals, "not" made with sugar or dairy  
All fruits and vegetables, fresh, frozen, or canned, (but not in syrup)  
Citrus fruits, lemons, limes, pure fruit juices (no sugar added)  
All dried fruits such as raisins, prunes, 100% pure fruit jams  
Vegetable or fruit chips, potato chips, or tortilla chips fried only vegetable oils  
All potatoes, onions, etc.  
All nuts (no sugar added), peanut butter, (no sugar added), beans, rice, and grains  
Corn meal, flour, oats, grits, popcorn, (without butter added)  
Bean Curd, tofu, soybeans and soy products, avocados, etc.  
Olives, pickles (no sugar added), vinegar, herbs, spices, seasoning powders, pepper, hot sauce, (as long as sugar or dairy is not added)  
Vegetable and olive oils, margarines made with vegetable oil and "no" dairy  
Pure Natural Honey

\*\*Condiments (ketchup, sauces, etc. with small amounts of corn syrup for processing), may be eaten.