The Bible’s 'Daniel Fast'

Chris Pratt tries this 21-day Pulse diet of prayer and fasting

The star of the Guardians of the Galaxy joked the Bible-based diet may leave him hallucinating by the time he's done.

Christ Pratt is going to great spiritual heights with his new diet.

The actor took to social media to update fans in an Instagram story about a Bible-based fast he just started.

“Hi, Chris Pratt here. Day three of the Daniel Fast, check it out. It’s 21 days of prayer and fasting,” said the star, looking ruddy and sweaty.

The Daniel Fast is inspired by the diet eaten by the Old Testament prophet, Daniel, according to a website for the program. It basically restricts followers to fruits, vegetables and unleavened breads. Part of the diet’s goal is to bring fasters closer to their religious roots, the site says.
The **Daniel Fast** is a religious partial fast that is popular among **Evangelical Protestants** in the United States in which meat, wine, and other rich foods are avoided in favor of vegetables and water for typically three weeks in order to lose weight and draw the believer closer to the **God of Christianity**. The fast is based on the lifelong **kosher** diet of the Jewish hero **Daniel** in the **Biblical Book of Daniel** and the three-week mourning fast in which Daniel abstained from all meat and wine. Practitioners commit to the fast for only 21 days, resembling a shorter version of the 40-day season of **Lent** that is observed by Orthodox, Catholic, and **Mainline Protestant** Christians, though the Daniel Pulse Fast can be as short as 10 days. The passage in Chapter 1 refers to a 10-day test wherein Daniel and others with him were permitted to eat vegetables and water to avoid the non-Jewish king's food and wine. After remaining healthy at the end of the 10-day period, they continued the vegetable diet for the three years of their education. The passage in Chapter 10 refers to a classical three-week fast of no meat, wine, or rich food during a period of mourning.

### Description of Pulse

According to those who encourage this form of fasting, the aim is to refrain from eating what are described in Daniel as "royal foods" including meats and wine. Instead, the diet consists only of vegetables and water. "Pulses" (germinated seed products) are essential of "vegetables" in some translations. "Pulses" in this context are "food grown from seed", including fruit, vegetables or lentils. These seed products are exposed to light water for a day to start to sprout and germinate. There are enzyme inhibitors in all seeds that allow them to stay dormant. These enzyme inhibitors are water soluble. A small exposure of water and the enzymes are freed to act and germination starts. The act of life start as enzymes get proteins, carbs and all of life starting. Maximum nutrition and negentropy are present. Negentropy is the life force that allows us to live.

### Scriptural basis

![Daniel refusing to eat at the king's table, early 1900s Bible illustration](image)
Nebuchadnezzar II became king of the Chaldean Empire in 605 BCE. He invaded the Israelite Kingdom of Judah in 604 BCE, the fifth year of the reign of King Jehoiakim of Judah. After Jehoiakim’s son Jeconiah became king, Nebuchadnezzar attacked the Israelite capital of Jerusalem in 597 BCE. In the biblical narrative of the first chapter of the Book of Daniel, Nebuchadnezzar’s siege of Jerusalem happens in the third year of the reign of Jehoiakim, whose successor Jeconiah is not mentioned. Elsewhere in the Bible, Jehoiakim is already dead at the time of the siege of Jerusalem. The first chapter of the Book of Daniel was most likely composed as early as 450 BCE and as late as the 2nd century BCE. In the narrative, the god of the Israelites, known as Elohim, lets King Jehoiakim fall to Nebuchadnezzar. Daniel, three friends, and fellow captives have been brought to the Chaldean capital, the newly rebuilt Babylon, to learn the literature of the Chaldeans. Nebuchadnezzar honors them by offering luxurious royal food, hoping to encourage their development. Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, which included meat that may not have been drained of blood, as required by Jewish law, or that was likely often used as ritual offering to the Babylonian god Marduk and his divine son Nabu. Daniel refuses to eat foods forbidden by Elohim and instead asks for vegetables and water. The guard charged with their care expresses concern for their health, so Daniel requests a short test of the diet. For 10 days, they are permitted to eat just vegetables, and at the end, the guard is surprised at their good personal appearance and physical and mental health, compared to those who had indulged in the royal foods. Therefore, Daniel and his friends are permitted to eat whole plant foods for the duration of their training.

Daniel 1:12

What did he and his friends request to eat and drink?

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

Pulse is vegetable foods. More and more people today are leaning that the best diet is the one God originally gave man at his creation.
After continuing with the diet during three years of training, they are judged by the king to be mentally superior. "And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm."[8]

*Cyrus the Great* captured Babylon in 539 BCE, fifty-eight years after the fall of Jerusalem. In the narrative of the tenth chapter of the Book of Daniel, in the third year of the reign of Cyrus, Daniel goes into a mourning fast for the first three weeks of the year, including Passover. During the fast, he had no meat, wine, or rich foods. The tenth chapter, and possibly the whole of the Book of Daniel, was composed between 167 and 164 BCE, during the persecution of Jewish people carried out by the Hellenistic King *Antiochus IV Epiphanes*. [14][15]

Modern practice

The Daniel Fast became popular as a religious weight-loss diet in the 21st century *New Year’s resolutions* of Evangelical Protestants in the United States and limits food choices to whole grains, fruits, vegetables, nuts and, seeds. The Daniel Fast prescribes the vegan diet in that it excludes the consumption of animal products. The diet also excludes processed foods, additives, preservatives, flavorings, sweeteners, caffeine, alcohol, oils, and products made with white flours. [5] Ellen G. White states that the example of Daniel demonstrates that "a strict compliance with the requirements of God is beneficial to the health of body and mind."[16]

**A Recipe for Pulse – Soak the Seeds, any seeds**

This is a very mix and match recipe and it has evolved in our house over the years. In fact, if you’re a reader who’s been with us for awhile you may notice that this recipe is different from our original one. Meals and palettes change and it was time for an update of this simple and nourishing dinner recipe!
You can change any of these ingredients to suit your family’s tastes as long as you keep the ratio of dried beans and grains to liquid about the same. The add-ins and add-ons are completely optional and you can come up with your own. I’ve tried to keep the suggestions here as Biblically accurate as possible. However, dinner isn’t scripture, so feel free to experiment and find what will nourish your body tonight. In fact, feel free to eat this for breakfast, if you’re looking for a non-sugary meal!

**Doubling and Soaking**

For my family, I double this recipe at the very least. If I want leftovers to upcycle into taco filling, pita stuffing or casserole mixture, then I’ll triple or quadruple it. Bear in mind that dried beans and grain will usually double in size once they’re hydrated in water. So, what starts out as one cup of beans will become roughly two cups once it’s been prepared.

You can prepare this recipe in a slow cooker (my preferred method) or on the stove top. Please be sure to read the notation in the recipe about PRE-SOAKING your beans and grains.

**Biblical Pulse**

This is a very mix and match recipe and it has evolved in our house over the years. You can change any of these ingredients to suit your family’s tastes as long as you keep the ratio of dried beans and grains to liquid about the same. The add-ins and add-ons are completely optional and you can come up with your own. I’ve tried to keep the suggestions here as Biblically accurate as possible. However, dinner isn't scripture, so feel free to experiment and find what will nourish your body tonight. In fact, feel free to eat this for breakfast, if you're looking for a non-sugary meal!

Course: Main Course

Cuisine: Mediterranean

Keyword: beans, biblical food, big family meal

Serving Suggestion: 6

**Ingredients**

- 12 oz usually about one bag or 1 1/2 cups mixed dried beans like pinto, black and navy
- 12 oz lentils and/or split peas
- 1 cup whole barley and/or wheat an ancient variety like spelt or kamut, if you want to stay authentic
- 1/2 cup millet amaranth or even quinoa
• 1 tbsp whole mustard or 2 teaspoons powdered mustard
• 1 tsp turmeric
• 1 tbsp minced garlic
• 1 tsp coriander
• 2 bay leaves
• 1 tsp cumin
• Water
• Sea Salt
• 2 cups Bone broth or vegetable broth optional
• Toppings like chopped leeks sliced olives, sautéed garlic, freshly chopped dill or mint, chopped nuts, chopped dates, fresh pomegranate, dried figs, raisins, fresh milk cheeses like feta, grilled or sautéed meats
• Unleavened bread like naan or tortilla for scooping

Instructions

1. The first step is to pre-soak all grains and legumes the night (or at least 10 hours) before meal preparation. I recommend keeping the legumes in one bowl, nuts in a bowl and the grains in another. If you're using quinoa or amaranth, I suggest you soak them in separate bowls.
2. After soaking, rinse the contents of each bowl and place into a slow cooker insert or a large soup pot - reserve the quinoa or amaranth, if using. Be sure to rinse the legumes and grains until the water runs clear and there are no longer bubbles (especially on the quinoa and amaranth).
3. Pour the broth over the beans and grains, if using.
4. Cover beans and grains in water and add a pinch or so of sea salt. Cook on low heat until the beans and grains begin to soften. Cook times will vary, but plan on several hours. I like to use my slow cooker so that I don't end up scorching the pulse mixture as it cooks.
5. Add the mustard, turmeric, garlic, coriander, cumin and bay leaves. Feel free to play around with the amounts - I often change them depending on my mood and even the season of the year. Sometimes I even add a cinnamon stick or some anise. Go crazy.
6. Add the quinoa and amaranth, if using, and another cup of water or broth. Simmer a half hour to an hour. Stir occasionally and keep your eye on the moisture level. You may like your pulse a little on the dry side, or you may enjoy eating it more like soup. If you prefer it dry, strain (if needed) and serve your pulse when the beans have reached the desired consistency. If you prefer the pulse more like soup, keep your liquid level just above the pulse and simmer until the spices have mingled well and the pulse has reached the desired consistency.
7. Serve hot and top with any of the above ideas.
Recipe Notes

You can prepare this recipe in a slow cooker (my preferred method) or on the stove top. Please be sure to read the notation in the recipe about PRE-SOAKING your beans and grains. You can also add rice to this mixture but it can mess up your moisture and be a pain in the patooty. If you want to eat rice with your pulse, I suggest you prepare it separately. You may also prepare the wheat and barley on the side, if you prefer. You can also omit the grains altogether if you want to go gluten free.

Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof.

— Ezekiel 4:9 (KJV)

“...the fruit thereof shall be for food, and the leaf thereof for your medicine.”

Ezekiel 47:12
Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

**Genesis 1:29**

I will give you rain in due season, and the land shall yield her increase, and the trees of the field shall yield their fruit.

**Leviticus 26:4**

See also

- [Christian dietary laws](#)
- [Christian fasting](#)
- [Ta’anit](#), a fast in Judaism
- [Vegetarianism and religion](#)

References

taken to heart by Destouche, who has been ushering in the new year with the Daniel Fast -- a growing national trend in evangelical Christian circles.


3. Hellmich, Nanci (December 2, 2013). "Rick Warren shares the good news about weight-loss plan". USA Today. Retrieved December 30, 2018. Now, in his new book, Warren, 59, founding pastor of Saddleback Church in Southern California, is trying to help people heal their health. The Daniel Plan: 40 Days to a Healthier Life (Zondervan, out Tuesday), written with doctors Mark Hyman and Daniel Amen, details a lifestyle program that helped Warren lose 65 pounds in 2011 and propelled members of his congregation to get healthier by dropping more than 250,000 pounds collectively that year.


14. The New American Bible, Revised Edition (Compact ed.). New York, New York: Oxford University Press. 2011. p. 980. ISBN 978-0-19-529803-1. This work was composed during the bitter persecution carried on by Antiochus IV Epiphanes (167-164 B.C.) and was written to strengthen and comfort the Jewish people in their ordeal.


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