

Chris Pratt, Patricia Heaton Among Hollywood Stars Calling Followers to Biblical Daniel Fast

A-list actors Chris Pratt and Patricia Heaton are calling their followers to participate in a 21-day “Daniel Fast” prayer challenge, based on the Bible.

The fast kicked off last week through Hallow, a Catholic prayer and meditation app, and includes sessions from Pratt, Heaton, and author Jeff Cavins, reading from the Book of Daniel, as well as reflecting on aspects of fasting.

The three-week prayer challenge calls participants to abstain from things that are distracting them from their relationship with God.

Pratt took a moment to explain the significance of participating in a Daniel Fast. It includes fasting from foods like meat and sweets and replacing them with vegetables, fruits, whole grains, nuts, seeds, legumes or beans, and water.

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