

# The Ultimate Guide to the Daniel Fast

 Kristen Feola | Zondervan

In January, many churches set aside time to collectively pray and fast. Many people use the Daniel Fast, a 21-day partial fast based on Daniel's experiences in the Bible. Kristen Feola's *The Ultimate Guide to the Daniel Fast* is a valuable tool that will help participants.

The book includes 21 thought-provoking devotionals for each day of the fast and more than 100 delicious, easy-to-make recipes that follow the fasting guidelines. This book takes the guesswork out of what participants can and cannot eat, which in turn will allow them more time to focus on seeking God.

To learn more, visit the author's blog at [.](#)

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