

## The Daniel Diet in Bible Prophecy

Here in the United States, we are in the middle of our holiday season starting with Thanksgiving, then Christmas and New Years, and people do tend to eat a little too much at this time of year. And just yesterday, across the internet, came a very interesting article called the '**Daniel Diet**', and this comes from the great, Old Testament prophet, Daniel. And I thought I would mention a few words about this diet and show you that it is related to Bible prophecy.

So, let's read this particular article: **'Turning to the Bible for Weight Loss With the Daniel Diet. The new Bible for dieting is for many the Bible: the 'Daniel Diet' inspired by the Biblical prophet Daniel. According to two passages in the Bible, Daniel fasted twice. During the first fast, he ate only vegetables and water to set himself apart for God. For the second fast, (now this is the fast we're going to talk about today) mentioned in a later chapter (this would be chapter 10) Daniel stopped eating meat, wine, and other rich foods.'** But what is the significance of this fast?

**'Pastors across the country are encouraging their congregations to participate in similar fasts or diets inspired by these passages to kick-start weight loss and to strengthen their faith. In Hawaii, the First Presbyterian Church of Honolulu, holds an annual, 21 day Daniel Fast for congregants to not only encourage healthy eating but to help people keep their faith by refocusing their attention on their diet. And the Saddleback Church, which has a congregation of at least 20,000, has launched a website and book co-written by head pastor, Rick Warren, to promote a long-term version of the diet renamed 'The Daniel Plan'.**

Well, this is all very interesting. And now, I thought I'd take a look at the Biblical significance of '*Daniel's Diet*.' And this fits very nicely with my last video in which I explain that Daniel:10 and Daniel:12 are actually the same chapter, and the verses in Daniel:10 explain the prophecies in Daniel chapter 12. And this diet passage is from Daniel:10 verse number 3: **'I ate no pleasant bread, and neither flesh, nor wine entered into my mouth, neither was I anointed with ointment until the days of three weeks were accomplished.'** And Daniel is not actually prophesying about a diet here, although I'm glad people are dieting according to what Daniel said, because it will bring this passage into more prominence.

This is actually a prophecy of the End Times and when Daniel says, **'I ate no desirable bread,'** it means that this 'desirable bread' will be taken away in the End Times. And in the End Times, this 'desirable bread' is the Holy Eucharist; **'and neither flesh, nor wine entered into my mouth,'** means that neither the Body nor the Blood of Jesus Christ will be allowed for any Christian, and it will be taken away by the False Prophet. In other words, **'neither was I anointed with oil,'** indicates that the person who takes this Holy Eucharist away from all Christians, will not be truly **'anointed with oil,'** he won't be legitimate. **'Till the days of three weeks were accomplished,'** and those 'three weeks' refer to the three years of Great Tribulation.

And this passage from chapter 10, verse 3, explains chapter 12, verse number 11: **'And from the time when the daily sacrifice shall be taken away,'** the 'daily sacrifice' is, in other words, the Holy Eucharist. **'And the abomination unto desolation set up,'** this False Prophet who was not **'anointed with oil,'** is the one who will set up this Abomination of Desolation in all Christian churches which practice the Holy Eucharist. They will all be affected, especially the Roman Catholic Church, which is my denomination. **'There shall be 1290 days.'** The 1290 days in 12:11 is the same as the **'three weeks'** or three years of Great Tribulation in 10:2.

And so, in conclusion, for all you Christians who are practicing the 'Daniel Diet,' mainly to lose a few of those pounds you gained over these holidays, I hope you appreciate my very short explanation of the significance of the 'Daniel Diet' in Bible prophecy.