



The Daniel Fast: How to Spend Less Time Thinking About What to Eat and Spend More Time Focusing on God

Eleni Paulson

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Elleni Paulson

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If you want to grow closer to God, and feel a true spiritual connection with your creator, then the Daniel Fast can be an amazing way to do that. I have created a guide that talks about some of the ways I've personally had great results and some of the common misconceptions about the Daniel Fast I often see being made. So if you are thinking of doing a Daniel Fast, I recommend reading this to help you better understand what it is and how to do it so your heart is focused on the right thing.

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