

THE MESSIAH'S TABLE

Episode 4 — The Daniel Fast (Pulse & Cleansing)

Marcus

Welcome back to The Messiah's Table. I'm Marcus, with Jordan.

Jordan

Today we're talking about the ultimate body cleanse: pulse and water. We have David calling in from Georgia. David, welcome.

David

Hey brothers. I'm feeling constant fatigue, and my doctor says my blood pressure is climbing. I eat a lot of fast food. Can a biblical diet help me hit reset?

Marcus

Yes, David. In Daniel chapter one, Daniel refused the king's rich, processed foods and said in verse twelve: "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

Jordan

Pulse refers to vegetables, beans, lentils, and seeds. After ten days of pulse and water, Daniel and his friends looked healthier and stronger than all the rest. Legumes like green lentils are packed with fiber, potassium, and clean protein.

Marcus

You can buy a bag of dry brown lentils at Walmart for only one dollar and thirty-four cents. Boiling lentils with a little salt, olive oil, and herbs is a simple, satisfying, and cleansing meal.

David

A ten-day reset with lentils and water sounds like just what I need. Thank you!

Jordan

Give your body a break, David, and let the temple heal. God bless you.
