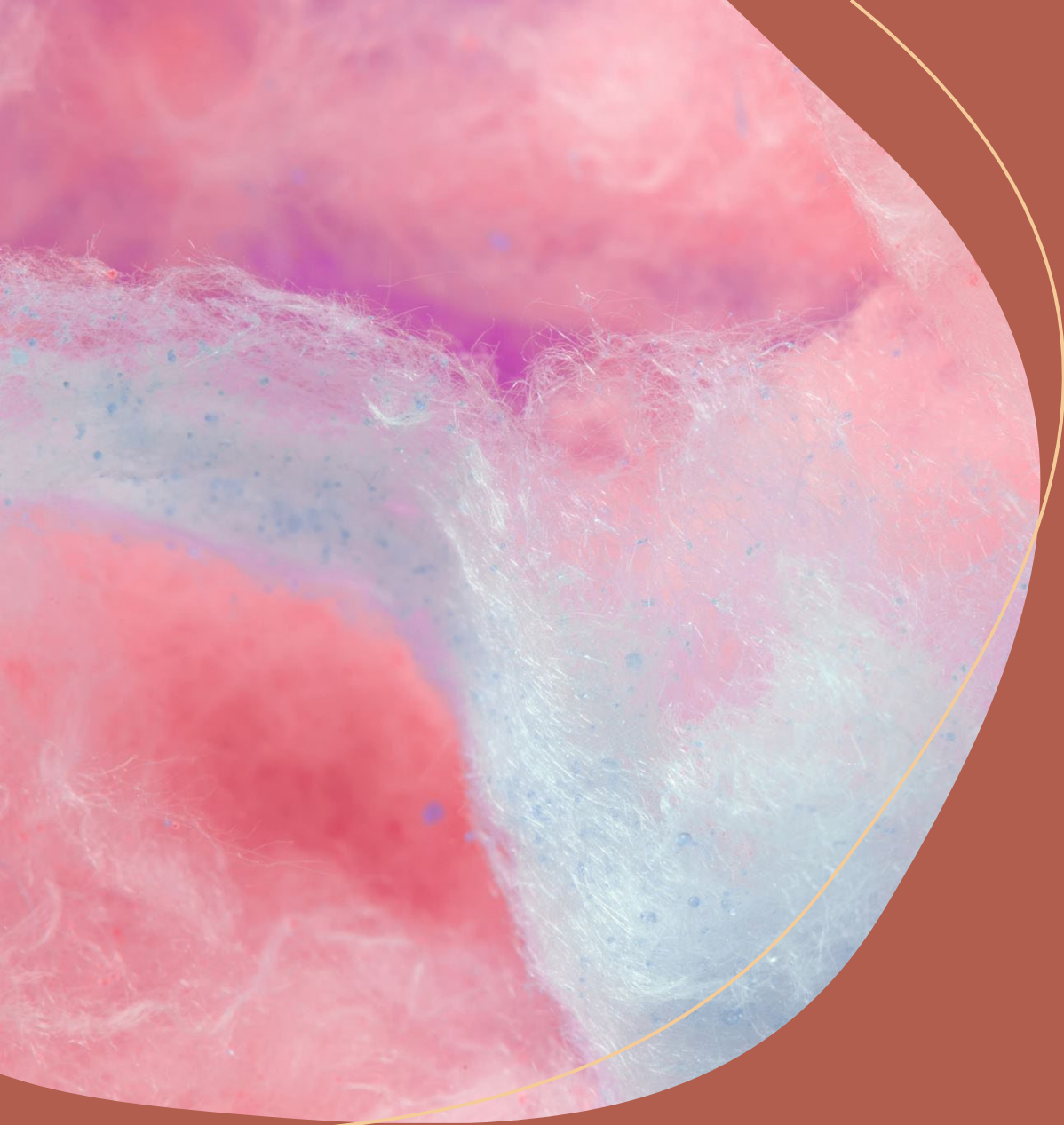


# 21-Day Spiritual Fasting Guide



# Agenda

- Introduction
- Fasting Type & Time
- Week 1 = Day 1-7
- Week 2 = Day 8-14
- Week 3 = Day 15-21
- Scriptures & Prayer Focus
- Testimony
- Praise

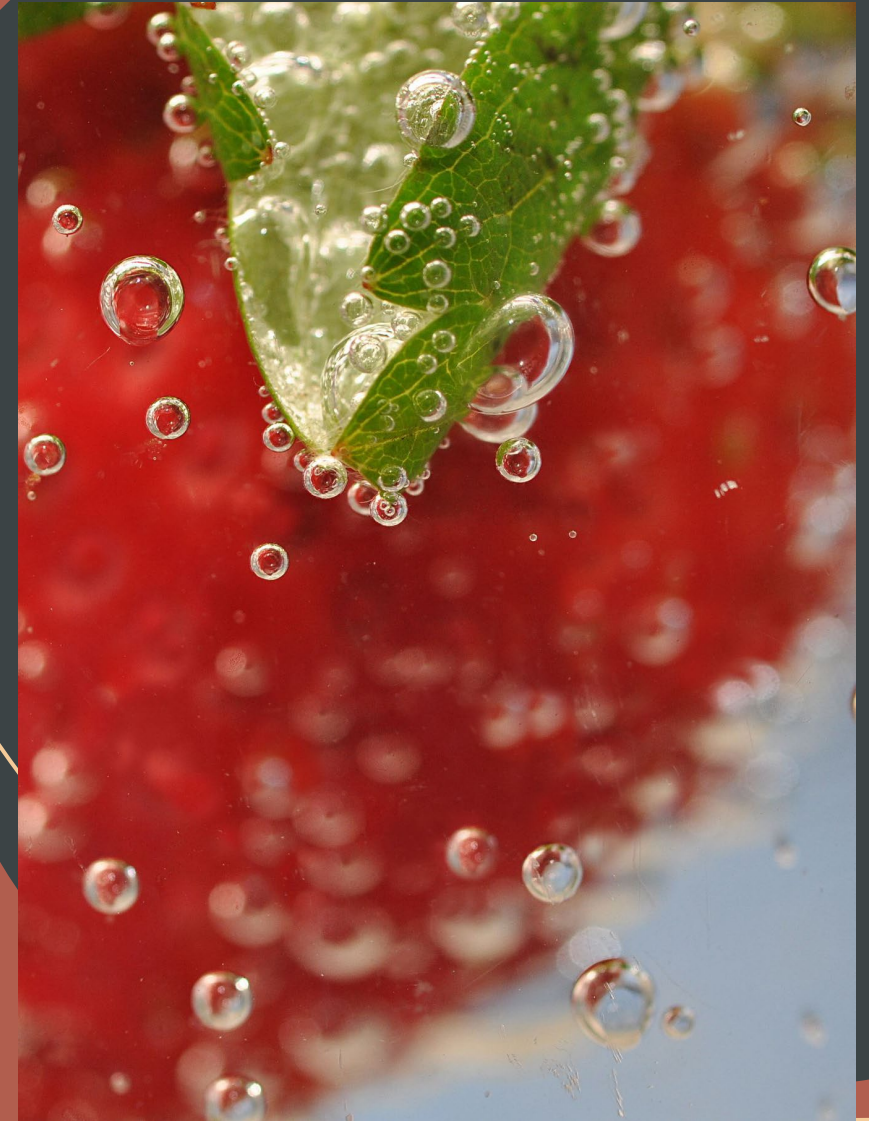


## Introduction:

Fasting is a powerful spiritual discipline that draws us closer to God. This 21-day fasting guide provides structured guidance on fasting times, recommendations, relevant scriptures, and reflections. As you embark on this journey, seek God's presence with a humble and expectant heart.

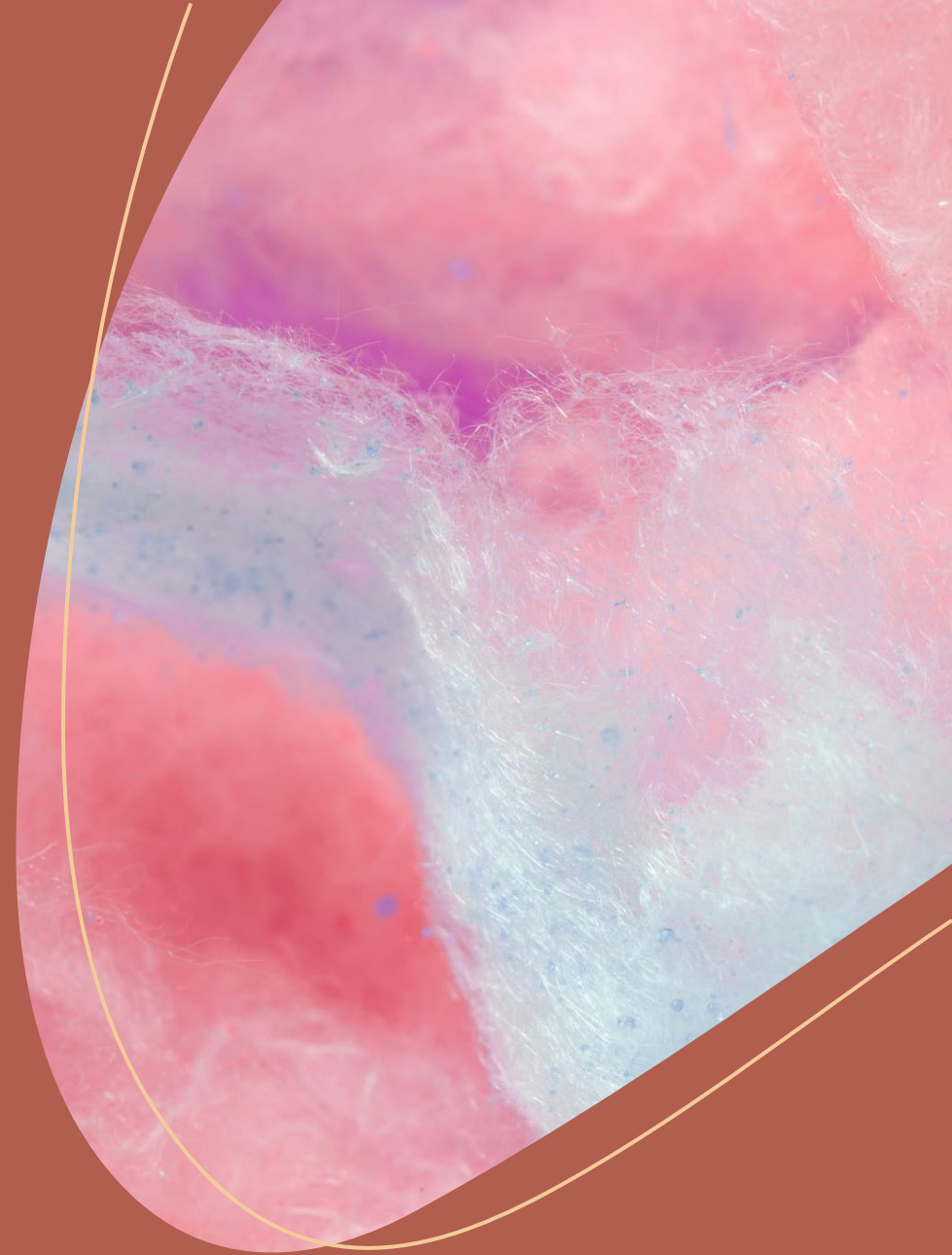
# Fasting Type & Times (Optional)

- Full Water Fast - Recommended for 3 - 7 days
- Liquids Only Fast - Recommended for 3 -7 days
- Daniel Fast - can be done full 21 days (fruit, veggies, whole grains, no sugar etc)
- One Meal a Day - Choose which meal you'll eat daily or switch it up, have breakfast one day, lunch the next & dinner the day after.
- Partial Fast (Sunrise to Sunset) - if this is your first 21 day fast, I recommend you break up the days & times. Keep it simple to start off ex: 5 AM - 11 AM, 6 AM- 1 PM, 7 AM - 2 PM - \*\*7 represents completion\*\*
- \*\*ANYTHING YOU DO, PLEASE TALK THIS OVER WITH THE MOST HIGH\*\*



# Week 1: Preparation & Surrender Day 1 of 7

- **Day 1: Commitment to the Fast**
- **Fasting Type:** Partial Fast (Sunrise to Sunset) or Daniel Fast.
- **Scripture:** Matthew 6:16-18 – Jesus teaches that fasting should be done with sincerity and humility, not for the approval of others. He warns against hypocrisy in fasting and encourages a heart devoted to God.
- **Prayer Focus:** Ask God to prepare your heart and mind for the fast.
- \*\*Don't allow the distractions & the temptations win\*\* Ask The Most High to feed your spirit & starve the flesh






## Week 1: Preparation & Surrender

### Day 2 of 7

- **Day 2: Cleansing and Repentance**
- **Fasting Type:** Continue chosen fasting plan.
- **Scripture:** Psalm 51:10-12 – David's plea for a clean heart shows that true repentance brings spiritual renewal and restoration in our relationship with God.
- **Prayer Focus:** Confess and repent of any sin that may hinder your spiritual journey



# Week 1: Preparation & Surrender Day 3 of 7

## Day 3: Seeking God's Presence

- **Fasting Type:** Daniel Fast or Water Fast.
- **Scripture:** Jeremiah 29:13 – God promises that when we seek Him with all our hearts, we will find Him. This emphasizes the need for earnest prayer and dedication.
- **Prayer Focus:** Ask for a deeper hunger for God's presence.



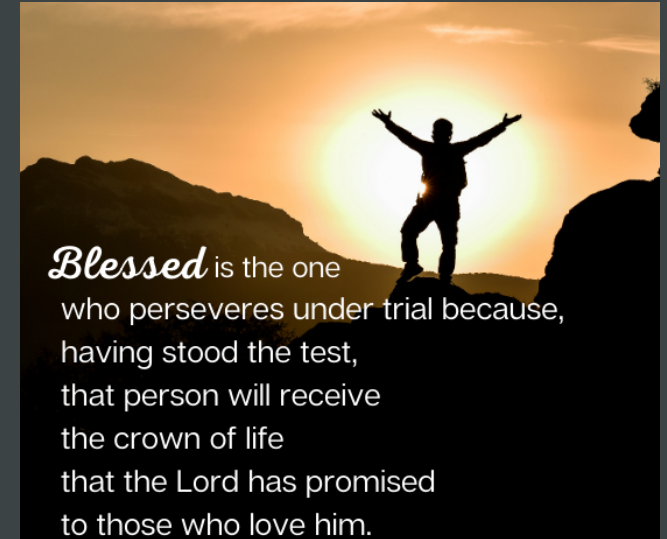
## Week 1: Preparation & Surrender

### Day 4 of 7

- **Day 4: Breaking Distractions**
- **Fasting Type:** Continue chosen fasting plan.
- **Scripture:** Hebrews 12:1 - Encourages believers to lay aside anything that hinders their spiritual walk, reminding us that distractions can keep us from fully experiencing God.
- **Prayer Focus:** Identify and surrender distractions that keep you from fully seeking God.

# Week 1: Preparation & Surrender Day 5 of 7

- **Day 5: Strength to Persevere**
- **Fasting Type:** Water Fast or Liquids Only.
- **Scripture:** Isaiah 40:31 – Those who wait on the Lord will renew their strength and not grow weary. God provides strength to those who trust in Him during difficult times.
- **Prayer Focus:** Ask for endurance and strength in your fasting.



*Blessed* is the one  
who perseveres under trial because,  
having stood the test,  
that person will receive  
the crown of life  
that the Lord has promised  
to those who love him.

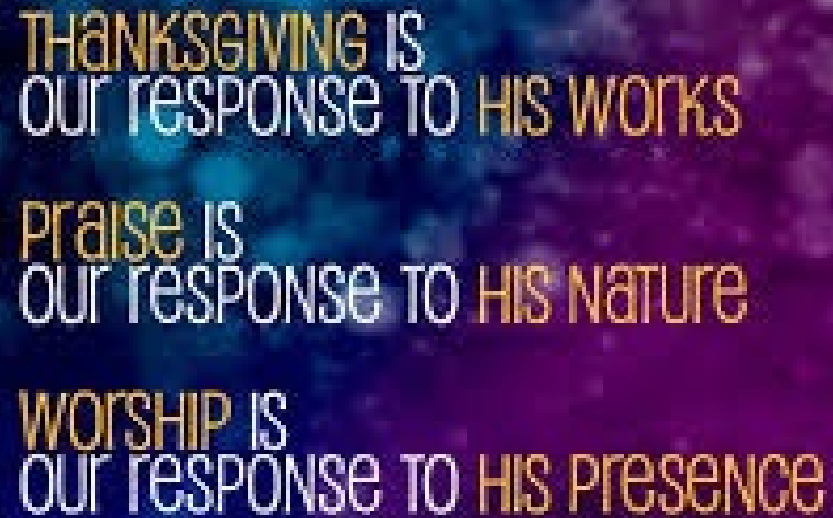


## Week 1: Preparation & Surrender Day 6 of 7

- **Day 6: Aligning with God's Will**
- **Fasting Type:** Daniel Fast or Liquids Only.
- **Scripture:** Romans 12:2 – We are transformed by renewing our minds to align with God's will, meaning we must seek His guidance rather than conforming to the world.
- **Prayer Focus:** Pray for the clarity to align your life with God's will.

# Day 7: Worship and Thanksgiving

## Day 7 of 7



THANKSGIVING IS  
OUR RESPONSE TO HIS WORKS

praise IS  
OUR RESPONSE TO HIS NATURE

WORSHIP IS  
OUR RESPONSE TO HIS PRESENCE

- **Fasting Type:** Partial Fast (One Meal a Day) or Liquids Only.
- **Scripture:** Psalm 100:4 – Thanksgiving and praise open the way to deeper worship, leading us into God’s presence with joy and gratitude.
- **Prayer Focus:** Worship and thank God for sustaining you.

# 1<sup>st</sup> Week Complete

- Fasting can be challenging, but with discipline and faith, you can conquer anything. Look over your journal and recognize the impact one week of fasting has had on your life. Keep pressing into God's presence for continued spiritual growth.

## Week 2: Seeking God's Will & Breakthrough

### Day 8 of 14

#### Day 8: God's Plans for You

•**Fasting Type:** Daniel Fast or Water Fast.

•**Scripture:** Jeremiah 29:11 - God's plans are good and lead to a future filled with hope. This verse reassures us that He has a divine purpose for each of us.

•**Prayer Focus:** Seek guidance for your future.



## Week 2: Seeking God's Will & Breakthrough Day 9 of 14

- **Day 9: Breaking Strongholds**
- **Fasting Type:** Liquids Only or One Meal a Day.
- **Scripture:** 2 Corinthians 10:4  
– God's power is mighty to demolish spiritual strongholds, meaning we have divine weapons to fight against sin and oppression.
- **Prayer Focus:** Pray for deliverance from spiritual strongholds.



# Week 2: Seeking God's Will & Breakthrough

## Day 10 of 14

- **Day 10: Renewing the Mind**
- **Fasting Type:** Continue chosen fasting plan.



**Scripture:** Philippians 4:8 - Focusing on what is true, pure, and good brings peace and transformation, helping us to guard our thoughts against negativity.



**Prayer Focus:** Ask God to renew your thoughts.

# Week 2: Seeking God's Will & Breakthrough

## Day 11 of 14

- **Day 11: Strengthening Faith**
- **Fasting Type:** Water Fast or Liquids Only.
- **Scripture:** Hebrews 11:1 – Faith is the evidence of things not yet seen but firmly believed.
- **Prayer Focus:** Ask God to increase your faith and trust in His promises.

CHALLENGES  
*will come to you*  
but as you trust in  
GOD  
*they will strengthen*  
YOUR FAITH.



GOD WANTS TO  
HEAL  
& RESTORE YOU

NIKE ADEYEMI

*Nike  
Adeyemi*

## Week 2: Seeking God's Will & Breakthrough Day 12 of 14

- **Day 12: Healing and Restoration**
- **Fasting Type:** Daniel Fast or Liquids Only.
- **Scripture:** Isaiah 53:5 – Christ's sacrifice brings healing and restoration.
- **Prayer Focus:** Pray for physical, emotional, and spiritual healing.

## Week 2: Seeking God's Will & Breakthrough Day 13 of 14

- **Day 13: Overcoming Fear and Doubt**
- **Fasting Type:** Partial Fast or One Meal a Day.
- **Scripture:** 2 Timothy 1:7 – God gives us a spirit of power, love, and self-discipline, not fear.
- **Prayer Focus:** Declare victory over fear and anxiety.



Choosing  
*GROWTH*  
over fear is the  
first and most  
important step  
when making a  
decision.

As you develop  
*intimacy*  
with God...

...the  
*supernatural*  
becomes  
*natural*



IT'S S

## Week 2: Seeking God's Will & Breakthrough Day 14 of 14

### Day 14: Deeper Intimacy with God

- **Fasting Type:** Daniel Fast or Liquids Only.
- **Scripture:** James 4:8 – When we draw near to God, He draws near to us.
- **Prayer Focus:** Seek a closer personal relationship with God.

Keep going  
Remember  
why you  
started

2<sup>nd</sup>

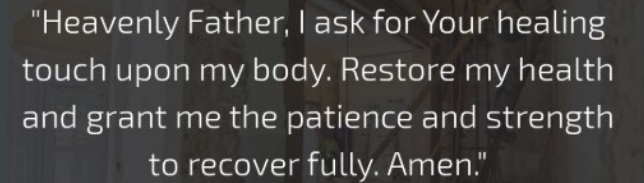
Week Complete – Keep Going

You're doing great! Keep trusting and believing that what you're fasting for has already been given to you. Remember, The Most High's word will never return void or unfulfilled. As you continue each day, keep seeking HIS face, just as Matthew 6:33 reminds us: *"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."*


# Week 3: Walking in Spiritual Renewal & Transformation

## Day 15 of 21

- **Day 15: Hunger for Righteousness**
- **Fasting Type:** Water Fast or Liquids Only.
- **Scripture:** Matthew 5:6  
– Those who seek righteousness will be filled with God's presence.
- **Prayer Focus:** Ask for a greater desire to live a holy life.



"Heavenly Father, I ask for Your healing touch upon my body. Restore my health and grant me the patience and strength to recover fully. Amen."



USE YOUR GOD-GIVEN  
**AUTHORITY**  
TO BELIEVE GOD'S WORD,  
DEFEAT THE ENEMY,  
SPEAK WORDS  
OF FAITH AND EXPECT  
CHANGE IN YOUR LIFE!

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## Week 3: Walking in Spiritual Renewal & Transformation Day 16 of 21

- **Day 16: God's Power and Authority**
- **Fasting Type:** Daniel Fast or Partial Fast.
- **Scripture:** Luke 10:19 – Jesus has given us authority over the enemy.
- **Prayer Focus:** Pray for spiritual boldness and confidence.

## Week 3: Walking in Spiritual Renewal & Transformation

### Day 17 of 21

- **Day 17: Walking in Purpose**
- **Fasting Type:** Liquids Only or One Meal a Day.
- **Scripture:** Ephesians 2:10 – We were created for good works that God prepared for us.
- **Prayer Focus:** Seek clarity on God's purpose for your life.

God had a PURPOSE for your life before you ever had a plan for yourself. Sometimes your plans have to fail, so God's purpose can prevail.

## Day 18: Spiritual Discernment

- Fasting Type:** Continue chosen fasting plan.
- Scripture:** Proverbs 3:5-6 – Trusting in the Lord brings clarity and direction.
- Prayer Focus:** Pray for wisdom and discernment in decision-making.



**Week 3:** Walking in Spiritual Renewal & Transformation



Day 18 of 21

# Week 3: Walking in Spiritual Renewal & Transformation Day 19 of 21

## Day 19: A Heart of Gratitude

**Fasting Type:** Partial Fast or Liquids Only.

**Scripture:** 1 Thessalonians 5:18 - Give thanks in all circumstances.

**Prayer Focus:** Cultivate a spirit of gratitude in all aspects of your life.

inspire  
give friendship  
wisdom COMMUNITY  
GRACE HEALING humility  
receive abundance CARE  
LOVE UNCONDITIONAL  
**GRATITUDE**  
JOY compassion RESPECT  
kindness ONENESS SOUL  
appreciation blessings  
CONNECT feel generosity  
family HEART all that is  
intention PEACE  
SHARE

# Week 3: Walking in Spiritual Renewal & Transformation

## Day 20 of 21

**Day 20: Fresh Anointing**

**Fasting Type:** Daniel Fast or Water Fast.

**Scripture:** Acts 1:8 – The Holy Spirit empowers us for God's work.

**Prayer Focus:** Ask for a fresh outpouring of the Holy Spirit.



*Pray for a  
fresh  
anointing!*

# Week 3: Walking in Spiritual Renewal & Transformation

## Day 21 of 21

Today  
is a new  
beginning

Day 21: A New  
Beginning

**Fasting Type:**  
Water Fast or  
Liquids Only.

**Scripture:** 2  
Corinthians 5:17 - In  
Christ, we are made  
new and given a  
fresh start

The background of the slide features a close-up of a hand with fingers spread, reaching upwards towards a bright, glowing sun. A large, semi-transparent red circle is positioned on the left side of the image, partially overlapping the hand and the sun. The overall atmosphere is one of hope and spiritual aspiration.

### Testimony Time:

Through a 21-day fast, I have experienced incredible breakthroughs. Generational curses have been broken, and burdens that weighed on my family bloodline have been lifted. During this time, I also received a promotion at my job, a blessing I had been praying for. One of the most powerful moments came when I fasted and prayed for my son, asking God to shorten his jail time. Just a week later, I received a call confirming that his Federal time will expire in November 2025. This journey of fasting and prayer has truly shown me the power of faith and obedience.



Congratulations!!

Completing 21 days of fasting and prayer is an incredible journey. I hope it has brought you clarity, strength, and a sense of peace. Here's to embracing this fresh start with an open heart and mind! How are you feeling after this transformative experience?