

21-Day Daniel Fast

Vision: *Alignment • Authority • Awakening*

Purpose: To realign with God's will, walk in spiritual authority, and awaken purpose, purity, and power.

Daniel Fast Guidelines (Summary)

Eat:

- Fruits, vegetables
- Whole grains, legumes
- Nuts, seeds
- Water, herbal teas

Avoid:

- Meat, dairy, eggs
- Sugar, sweeteners
- Leavened bread
- Fried/processed foods
- Caffeine & alcohol

Spiritual Focus:

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” – Matthew 4:4

Daily Prayer Rhythm (Suggested)

- **Morning (Consecration)** 30 min
- **Midday (Alignment Check)** 10 min
- **Evening (Reflection & Surrender)** 20 min

WEEK 1: ALIGNMENT

Theme: Returning to God's Order, Voice, and Will

Day 1 – Separation & Consecration

Scripture: Daniel 1:8

Prayer Focus: Setting your heart to seek God

Declaration: *I choose holiness over habit.*

Day 2 – Repentance & Cleansing

Scripture: Psalm 51:10

Prayer Focus: Repentance, humility

Declaration: *Create in me a clean heart.*

Day 3 – Surrendered Will

Scripture: Romans 12:1–2

Prayer Focus: Laying down personal agendas

Declaration: *My life is an offering.*

Day 4 – Hearing God Clearly

Scripture: John 10:27

Prayer Focus: Sensitivity to God's voice

Declaration: *I hear and obey the Lord.*

Day 5 – Realigning Identity

Scripture: 1 Peter 2:9

Prayer Focus: Identity in Christ

Declaration: *I am who God says I am.*

Day 6 – Order in Life & Spirit

Scripture: Amos 3:3

Prayer Focus: Alignment in relationships, priorities

Declaration: *My life agrees with heaven.*

Day 7 – Rest & Renewal

Scripture: Matthew 11:28

Prayer Focus: Sabbath rest, gratitude

Declaration: *I rest in God's design.*

WEEK 2: AUTHORITY

Theme: Walking in Power, Obedience, and Dominion

Day 8 – Authority in Christ

Scripture: Luke 10:19

Prayer Focus: Spiritual authority

Declaration: *I walk in Kingdom authority.*

Day 9 – Power of Obedience

Scripture: Deuteronomy 28:1

Prayer Focus: Obedient living

Declaration: *Obedience releases power.*

Day 10 – Overcoming Fear

Scripture: 2 Timothy 1:7

Prayer Focus: Boldness

Declaration: *Fear has no hold on me.*

Day 11 – Authority Over the Flesh

Scripture: Galatians 5:16

Prayer Focus: Discipline and self-control

Declaration: *My spirit leads my body.*

Day 12 – Spiritual Warfare

Scripture: Ephesians 6:12

Prayer Focus: Prayer, armor of God

Declaration: *I stand firm in victory.*

Day 13 – Authority in Speech

Scripture: Proverbs 18:21

Prayer Focus: Words and declarations

Declaration: *My words align with heaven.*

Day 14 – Victory & Thanksgiving

Scripture: 1 Corinthians 15:57

Prayer Focus: Gratitude and praise

Declaration: *Thanks be to God for victory.*

WEEK 3: AWAKENING

Theme: Revival, Purpose, and Activation

Day 15 – Spiritual Awakening

Scripture: Ephesians 5:14

Prayer Focus: Revival fire

Declaration: *I awaken to God's call.*

Day 16 – Fresh Fire

Scripture: Acts 2:3

Prayer Focus: Holy Spirit infilling

Declaration: *I burn with holy fire.*

Day 17 – Purpose & Calling

Scripture: Jeremiah 1:5

Prayer Focus: Destiny clarity

Declaration: *I walk in divine purpose.*

Day 18 – Compassion & Love

Scripture: Matthew 9:36

Prayer Focus: God's heart for people

Declaration: *I love as Christ loves.*

Day 19 – Activation of Gifts

Scripture: 1 Corinthians 12:7

Prayer Focus: Spiritual gifts

Declaration: *My gifts glorify God.*

Day 20 – Commissioned to Go

Scripture: Matthew 28:19

Prayer Focus: Evangelism, impact

Declaration: *I am sent and empowered.*

Day 21 – Divine Alignment Sealed

Scripture: Joel 2:28

Prayer Focus: Outpouring & dedication

Declaration: *I step into a new season.*