

# 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.*