



21 Day DANIEL FAST

JANUARY 11TH - FEBRUARY 1ST

2026 FASTING & PRAYER GUIDE



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Dr. John R. Adolph

Fasting and Prayer Guidelines
Sunday, January 11th at 6:00 pm - Sunday, February 1st at 6:00 pm 2025

Welcome to the 2026 Daniel Fast!

As we embark on 21 days of fasting, prayer, and intentional pursuit of God, we do so with great expectation. Each year, the Lord uniquely meets us, but this year, we believe He desires to take us deeper in discipleship, stronger in faith, and higher than we've ever gone before.

Whether this is your first fast or you are returning with renewed passion, know this: God sees your sacrifice, honors your commitment, and delights in your desire to draw near. As a church family, we unite our hearts to seek His will, surrender distractions, and make room for the supernatural.

May these next 21 days awaken your spirit, strengthen your walk, and position you for the extraordinary things God has prepared for you.

What Is Fasting?

Fasting is a spiritual discipline rooted throughout Scripture. It is the voluntary surrender of food or another form of personal pleasure, for a set period, to focus more deeply on God.

Biblically, fasting is never about starving the body; it is about feeding the soul. When we deny ourselves physically, our spiritual senses sharpen. We become more aware of God's voice, more sensitive to His leading, and more aligned with His purpose.

Last year's guide reminded us that fasting "is intentionally denying pleasure to the flesh to gain a spiritual result." This remains true today. Fasting is an act of worship—an offering of our time, appetite, and attention as we seek a more intimate walk with the Lord.

Why Fast?

We fast for many biblical reasons, but at the core, we fast because we desire God more than we desire anything else.

As a church body, fasting allows us to:

- Clear space for prayer. The moments we would spend eating become opportunities to seek God's will.
- Demonstrate spiritual hunger. Sacrifice reveals the seriousness of our pursuit. God honors diligence, faith, and discipline.
- Invite God's power into our lives. Fasting breaks strongholds, sharpens discernment, and strengthens spiritual authority.
- Align with God's agenda. We fast to say, "Lord, Your Kingdom come. Your will be done."

Last year's guide emphasized praying for our church's mission, leadership, and core values. This year, we continue that commitment—seeking transformation not only in our church, but in our homes, finances, relationships, and spiritual growth.

The Importance of Fasting

Throughout Scripture, God's people fasted in pivotal moments before battles, before decisions, before stepping into the unknown, and before receiving divine instruction.

Some key biblical examples included in last year's guide (pages 2–3) remind us that:

Fasting Guide 2025

- Moses fasted before receiving the Ten Commandments.
- Daniel fasted to gain understanding and guidance.
- Nehemiah fasted before rebuilding what was broken.
- Jesus fasted in preparation for ministry.
- The early church fasted before appointing leaders and launching assignments.

Fasting prepares the believer for a breakthrough.

It cultivates clarity, increases spiritual resilience, and sets the stage for God to move in unimaginable ways.

Types of Fasting

To ensure every believer can participate meaningfully, here are four common types of fasts.

1. Absolute Fast (Liquids Only): A complete fast from all solid food, consuming only liquids.
2. Selective Fast (Daniel Fast) Abstaining from meats, sweets, breads, processed foods, and sugary drinks. The Daniel Fast consists primarily of water, whole grains, fruits, vegetables, nuts, and legumes.
3. Partial Fast - Fasting for a portion of the day (such as 6 am–6 pm) or eliminating specific foods for the duration.
4. 4. Soul Fast - Abstaining from non-food habits that distract from spiritual growth, such as television, social media, unnecessary phone usage, or entertainment. Choose the fast that aligns with your health, spiritual goals, and personal convictions.

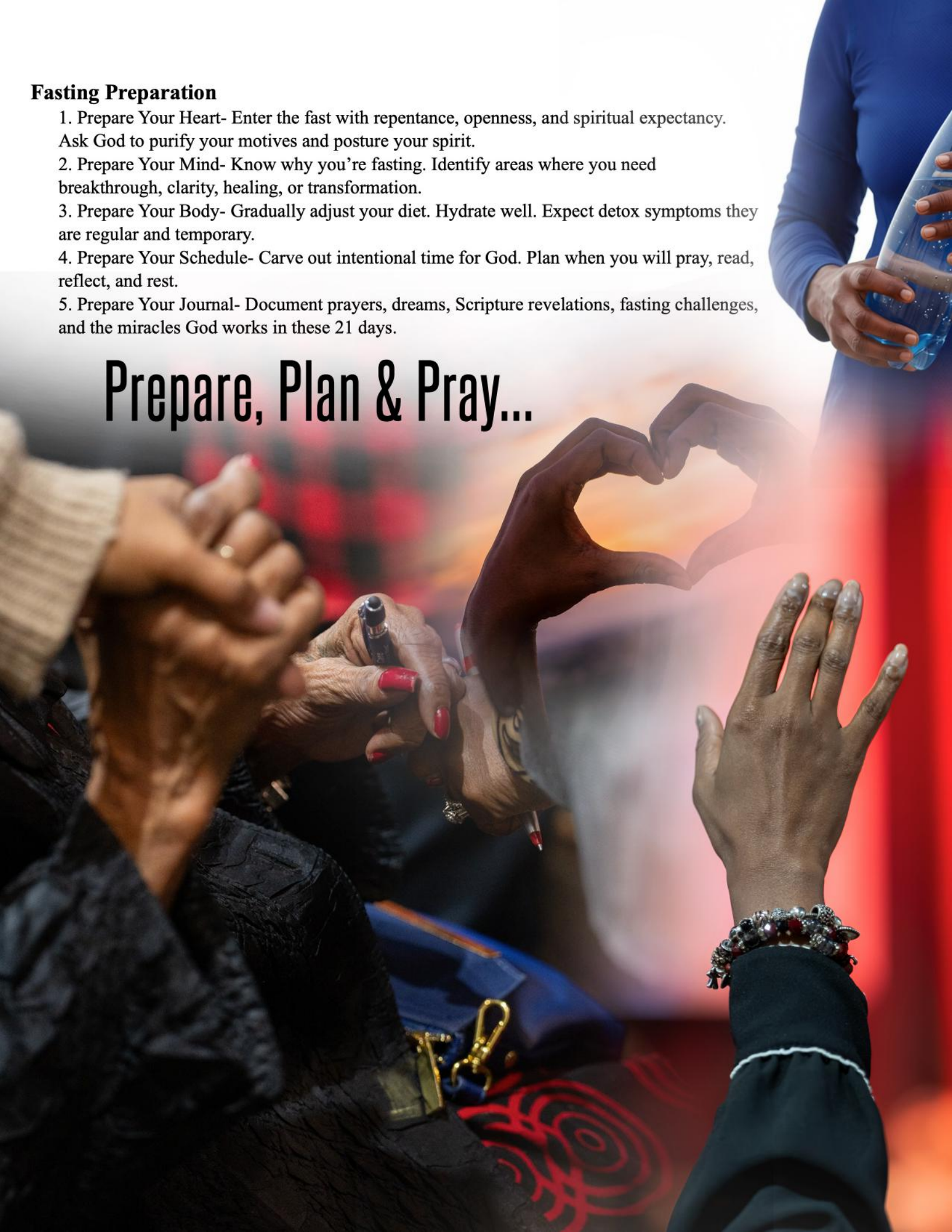
Fasting Guidelines

- Share your fast only when necessary. Let this be a personal journey between you and God.
- Prioritize your spiritual atmosphere. Avoid negativity, conflict, gossip, and draining environments.
- Establish accountability. Invite a trusted believer to pray with and encourage you.
- Increase devotional practices. Spend more time in Scripture, worship, meditation, and reflection.
- Remain positive and prayerful. Fasting is not a burden; it is a privilege.
- Journal your experience. Note prayers, revelations, struggles, victories, and God's faithfulness.

Fasting Preparation

1. Prepare Your Heart- Enter the fast with repentance, openness, and spiritual expectancy. Ask God to purify your motives and posture your spirit.
2. Prepare Your Mind- Know why you're fasting. Identify areas where you need breakthrough, clarity, healing, or transformation.
3. Prepare Your Body- Gradually adjust your diet. Hydrate well. Expect detox symptoms they are regular and temporary.
4. Prepare Your Schedule- Carve out intentional time for God. Plan when you will pray, read, reflect, and rest.
5. Prepare Your Journal- Document prayers, dreams, Scripture revelations, fasting challenges, and the miracles God works in these 21 days.

Prepare, Plan & Pray...



SECTION I

Week One DAY 1: THE GROUP ENCOUNTER

THERE'S NOTHING LIKE LOVING ME!

Scripture Lesson: St. Matthew 22:39

Today's Subject: LOVING ME AND LOVING IT!

KEY POINTS FROM TODAY'S LESSON

Point 1

Point 2

Point 3

Here's What I'm Praying For Right Now:

SECTION I

Week One | DAY 2: “Mirror Talk”

STRAIGHT FROM THE BOOK

**“And the second is like unto it, Thou shalt love thy neighbour as thyself.”
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

When Jesus said this, He revealed that love begins with reflection. The mirror of the soul shows how you truly see yourself. Many people avoid self-reflection because it reveals both beauty and brokenness. But Jesus’ words invite us to see ourselves through God’s mirror not the world’s. His love defines your worth, not your mistakes or people’s opinions. When you understand that, your reflection becomes revelation. You stop seeing your flaws and start seeing His favor.

PASTOR PUTS IT LIKE THIS

Some people avoid mirrors because they don’t like what’s looking back; not just physically, but spiritually. But let me share something life-changing with you, you can’t fix what you won’t face! You will never conquer anything that you refuse to confront. Look in that mirror today and tell yourself, “God made me on purpose, for a purpose.” The mirror ain’t your enemy; it’s your ministry tool. Love who you see because that’s the person God is using to change the world.

THINK ABOUT IT FOR A MOMENT

- What do you see when you look at yourself through God’s eyes?
- “You can’t heal what you chose to hide.”
- True self-love starts with honest self-reflection.

PRAY ABOUT IT

Lord, help me to see myself the way You see me: redeemed, renewed, and radiant in Your image. Heal my self-image and restore my confidence in You.

In the name of Jesus, Amen!

SECTION I

Week One | DAY 3: “No More Self-Sabotage”

STRAIGHT FROM THE BOOK

**“And the second is like unto it, Thou shalt love thy neighbour as thyself.”
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

Loving yourself means refusing to partner with your own destruction. Jesus never taught self-pity or self-sabotage, He taught self-respect and discipline. Every time you doubt your value, you agree with the enemy's lie. Every time you talk yourself out of what God called you to do, you're sabotaging your own purpose. Jesus came to free us from self-defeat by showing us how to walk in divine identity.

PASTOR PUTS IT LIKE THIS

You can't keep saying, “I'm not enough” and expect to win! You can't keep saying “I'm kicking, but not high” and expect to come out on top. You can't keep saying “I can't” and expect to live a life of things done well. At some point, you have to stop killing yourself with negative views and satanic lies. Some of us have been our own worst enemy. The devil doesn't have to fight hard when we're beating ourselves up. Stop calling yourself “less than” when God calls you “chosen”. You've got to quit digging graves for dreams that God's still breathing on. Speak life to yourself! That's self-love in action.

THINK ABOUT IT FOR A MOMENT

- What's one area of your life where you've been sabotaging your success?
- “Stop setting yourself on fire to keep others warm.”
- Victory starts with agreement! Agree with God about who you are.

PRAY ABOUT IT

Lord, break the cycle of self-sabotage in my life. Teach me to walk in confidence, courage, and clarity. I believe what You say about me.

In the name of Jesus, Amen!

SECTION I

Week One | DAY 4: "Learning to Forgive Yourself"

STRAIGHT FROM THE BOOK

**"And the second is like unto it, Thou shalt love thy neighbour as thyself."
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

Jesus never condemned the broken; He restored them. He told the woman caught in sin, "Go and sin no more," not "Live in guilt forever." Loving yourself includes forgiving yourself. Grace isn't just something we extend to others; it's something we must receive ourselves. The cross wasn't just for your neighbor; it was for you too. Jesus never said "forgive yourself." However, He did say, ".... love thy neighbour as thyself." With this in mind, it is imperative to realize that you cannot have one without the other. To love is to forgive.

PASTOR PUTS IT LIKE THIS

You can't keep beating yourself up for what Jesus already paid for. You're carrying guilt that grace has already covered. Some of us keep reliving yesterday like we can rewrite it. You can't! But you can start a new page today. Forgive yourself for being flawed, and thank God for being faithful. When you let go of guilt, you make room for growth. When you get past your failures, you position your life for progress that is yet **(in the)** future. In short, get over it and move on!

THINK ABOUT IT FOR A MOMENT

- What would it look like to forgive yourself completely?
- "Don't trip over what's behind you."
- Grace means you can get up without guilt.

PRAY ABOUT IT

Lord, thank You for forgiving me when I couldn't forgive myself. Teach me to walk free from shame and full of grace.

In the name of Jesus, Amen!

SECTION I

Week One | DAY 5: "Boundaries Are Holy"

STRAIGHT FROM THE BOOK

**"And the second is like unto it, Thou shalt love thy neighbour as thyself."
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

Jesus loved everyone, but He didn't please everyone. He healed multitudes but still withdrew to pray. He set holy boundaries because He understood His purpose. Loving yourself means protecting your peace, your time, and your spirit. You can't save people you're called to serve if you're always running on empty. Boundaries are not selfish, they're sacred.

PASTOR PUTS IT LIKE THIS

Some people think "being nice" means saying "yes" to everything, this is not true! Even Jesus said "no" sometimes. You can't pour from an empty cup. Set some boundaries, and don't apologize for them. You're not being mean; you're being wise. Love yourself enough to rest, recharge, and say "no" when God says, "not now." Here's a great remedy a wise man once taught me pertaining to rest on the regular: one day a week rest, one week a month rest, and one month a year rest. God will honor it and you will discover that you needed it.

THINK ABOUT IT FOR A MOMENT

- What boundaries do I need to set for my mental and spiritual health?
- "No" is a holy word when it protects your peace.
- Peace is proof that you're prioritizing God's order.

PRAY ABOUT IT

Lord, give me the wisdom to set healthy boundaries and the courage to keep them.
Help me guard my peace and protect my purpose.

In the name of Jesus, Amen!

SECTION I

Week One | DAY 6: "You're Worth It"

STRAIGHT FROM THE BOOK

**"And the second is like unto it, Thou shalt love thy neighbour as thyself."
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

Jesus left Heaven for you. He gave up the golden streets of glory for the dusty streets of Galilee for you. He gave up the praises of angels for the curses of men for you. He became sin for you. He became a prisoner so that you could go free. He gave up Heaven and went to hell, so that you could miss going to hell and live eternally with Him in Heaven! He thought you were worth the nails, worth the cross, worth the resurrection. That means your worth isn't up for debate. Self-love rooted in Christ means understanding your value in God's eyes. You are worth loving, worth healing, worth growing. Jesus didn't die for discounts, He died for destiny. He didn't pay half price. He paid the full price!

PASTOR PUTS IT LIKE THIS

Stop acting like you're on the clearance sale rack when God says you're couture! You're not a mistake; you're a masterpiece. Walk like it. Talk like it. Treat yourself like someone Jesus died for because He did! Don't let people who don't know your value put a price tag on your worth. When God made you, He broke the mold.

THINK ABOUT IT FOR A MOMENT

- Do I see myself as valuable to God?
- "You are fearfully and wonderfully made and not cheaply and carelessly assembled."
- Self-worth is not arrogance; it's awareness.

PRAY ABOUT IT

Lord, thank You for reminding me that I'm worth loving and worth saving. Help me live like someone You died for.

In the name of Jesus, Amen!

SECTION I

Week One | DAY 7: "I'm Still Becoming"

STRAIGHT FROM THE BOOK

**"And the second is like unto it, Thou shalt love thy neighbour as thyself."
(Matthew 22:39, KJV)**

JESUS SAID IT BEST

Jesus often spoke about growth. His lessons often talked about seeds, vines, and branches because love is a process. You don't become confident overnight. You grow in grace. Loving yourself includes patience with your process. God is still shaping you, developing you, and maturing your faith. Jesus doesn't demand perfection; He desires **progress**. This is evident because He did not fire any of His disciples who never got it right. He was patient with them. He forgave them. He worked with them and on them at the same time. He loved them.

PASTOR PUTS IT LIKE THIS

You're a work in progress, not a piece of junk! Don't rush the recipe God's cooking up in your life. The best dishes take time, and likewise, so does destiny. Stop comparing your chapter two to somebody's chapter twenty. God's still working on you, and that's a good thing. Celebrate your growth and trust the process.

THINK ABOUT IT FOR A MOMENT

- Where can I celebrate progress instead of perfection?
- "Be patient with yourself, God's not done yet."
- You are becoming who God already saw.

PRAY ABOUT IT

Lord, thank You for not giving up on me. Help me to love myself while You finish what You started in me.

In the name of Jesus, Amen!

SECTION 1 - *Week Two*

DAY 1: THE GROUP ENCOUNTER

THERE'S NOTHING LIKE LOVING ME!

Scripture Lesson: Genesis 1:27

Today's Subject: HAND CRAFTED BY THE FINEST!

KEY POINTS FROM TODAY'S LESSON

Point 1

Point 2

Point 3

Here's What I'm Praying For Right Now:

SECTION I

WEEK Two | DAY 2: “Stamped by Heaven”

STRAIGHT FROM THE BOOK

“So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:27, KJV)

JESUS SAID IT BEST

Jesus said, “Render unto Caesar the things that are Caesar’s, and unto God the things that are God’s.” Coins carried Caesar’s image, and you are made to carry God’s image. That means you belong to Him! His stamp on your life makes you valuable beyond measure. When life tries to devalue you, remember this: your worth comes from whose image you bear, not what season you’re in.

PASTOR PUTS IT LIKE THIS

Ever notice how a one hundred bill doesn’t lose value just because it’s been crumpled? You can step on it, wrinkle it, even drop it in the mud, but it’s still worth the same! That’s you. You’ve been through stuff, but you’re still stamped by Heaven. Your value doesn’t decrease because of life’s damage. You still belong to God, and He still plans to use you.

THINK ABOUT IT FOR A MOMENT

- What has tried to make me forget my value?
- “Life may bend you, but it can’t break your worth.”
- The image of God is permanent, not erasable.

PRAY ABOUT IT

Lord, thank You for the reminder that I am stamped with Your image. Let me never forget who I belong to.

In the name of Jesus, Amen!

SECTION I

WEEK Two | DAY 3: “The Real Glow Up”

STRAIGHT FROM THE BOOK

“So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:27, KJV)

JESUS SAID IT BEST

The world defines a “glow up” by looks, likes, and luxury. But Jesus defines transformation from the inside out. When your heart reflects His image, your whole life shines differently. You can’t fake that kind of glow. It’s the light of the Lord radiating through your spirit. Real confidence doesn’t come from filters or followers; it comes from faith in the person of Jesus Christ, Son of the living God.

PASTOR PUTS IT LIKE THIS

Everybody loves a glow up! But let’s be real, the best kind ain’t cosmetic, it’s Christmatic! When God lights you up, no one can dim your shine. You can wear designer clothes, but nothing looks better than peace. You can drive a nice car, but nothing rides smoother than grace. Let God do His makeover on your mind, and watch how your soul glows.

THINK ABOUT IT FOR A MOMENT

- What part of me needs a spiritual “glow up”?
- “Let your light so shine...” (Matthew 5:16)
- Beauty fades, but the image of God doesn’t.

PRAY ABOUT IT

Lord, let Your light shine through me. Give me a glow that makeup can’t match and filters can’t fake.

In the name of Jesus, Amen!

SECTION I

WEEK Two | DAY 4: “Built Different”

STRAIGHT FROM THE BOOK

“So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:27, KJV)

JESUS SAID IT BEST

Jesus was both divine and human. He is fully God and completely human. This hypostatic union teaches us something powerful: we’re made to live in two realms at once. You’re physical, but you’re also spiritual. You were built differently. When you understand that divine design, you stop settling for surface-level living. You were born with greatness wired into your soul because you reflect the greatness of your Creator. There is nothing mediocre or ordinary about you. Extraordinary! This is a great term that defines the totality of what God made when He engineered your very existence.

PASTOR PUTS IT LIKE THIS

When people say, “you’re built different,” take that as a compliment! God didn’t make you average. You’ve got divine DNA running in your veins. That’s why some people can’t handle your energy, your effort, and your excellence. You carry Heaven’s blueprint. Stop trying to blend in when you were built to stand out. Stop trying to copy other people when you were made to be an original. Let the God in you shine unapologetically.

THINK ABOUT IT FOR A MOMENT

- Am I living up to the divine design God put in me?
- “Normal is overrated; however, holy is powerful.”
- You’re not basic; you’re blessed.

PRAY ABOUT IT

Lord, thank You for making me unique and extraordinary in Your image. Help me walk boldly in my divine design.

In the name of Jesus, Amen!

SECTION I

WEEK Two | DAY 5: "Royal Bloodline"

STRAIGHT FROM THE BOOK

"So God created man in his own image, in the image of God created he him; male and female created he them." (Genesis 1:27, KJV)

JESUS SAID IT BEST

Jesus called God "Our Father," introducing us to our spiritual heritage. Think about that for a moment. Okay, let's look at it from a different angle. Imagine that in creation, you had to come through an assembly line before you could be born, wired with everything that would be needed for you to be what God wanted you to be. Now imagine that your prototype is Jesus Christ! In other words, if God is King, that makes you royalty. You don't need a crown to be royal. You were born into a heavenly bloodline. Your identity in Christ gives you access to authority, favor, and inheritance. Loving yourself means remembering where you come from and who your Father is.

PASTOR PUTS IT LIKE THIS

You're not just from your mama's side or your daddy's side, you're from the side of the Most High! This should cause you to rejoice! Royalty runs in your blood. Stop acting like a peasant when you're the King's kid. Walk like it. Talk like it. Pray like it. And, have the audacity to live like it! You're covered in royal grace and you are wired with a heavenly swag.

THINK ABOUT IT FOR A MOMENT

- How does knowing I'm royal change how I see myself?
- "You can't walk in power while thinking in poverty."
- Remember who your Daddy is! He is the King of Kings!

PRAY ABOUT IT

Father, thank You for adopting me into Your royal family. Help me to walk with Kingdom confidence every day.

In the name of Jesus, Amen!

SECTION I

WEEK Two | DAY 6: "Handle With Care"

STRAIGHT FROM THE BOOK

"So God created man in his own image, in the image of God created he him; male and female created he them." (Genesis 1:27, KJV)

JESUS SAID IT BEST

If you're made in God's image, that means you're sacred. Every part of you: body, soul, and spirit, deserves care and respect. Jesus valued the temple of the body and often rested, ate, and cared for Himself to keep His assignment strong. In this stead, Jesus took the time for self-care which reflected His love for Himself. Here's what we gain from observing the life of our Lord Jesus Christ, loving yourself means taking care of yourself: physically, mentally, emotionally, and spiritually. To love yourself is to love God's greatest possession on earth, you!

PASTOR PUTS IT LIKE THIS

Listen, you can't pray your way out of what rest will fix! Even Jesus took naps. You can't be everything for everybody. To be available is one thing, but to be convenient is another. Don't feel guilty for taking care of yourself. That's not weakness; that's wisdom. Treat yourself like a temple, not a trash can. Eat better, think better, live better because the God who lives in you deserves the best version of you possible.

THINK ABOUT IT FOR A MOMENT

- What's one way I can take better care of myself this week?
- "Self-care is soul-care."
- Rest is holy, not lazy.

PRAY ABOUT IT

Lord, help me to handle myself with care, as Your creation made in Your image. Teach me to protect my peace and nurture my temple.

In the name of Jesus, Amen!

SECTION I

WEEK Two | DAY 7: “Two Peas In a Pod”

STRAIGHT FROM THE BOOK

“So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:27, KJV)

JESUS SAID IT BEST

When God created humanity, He made two: male and female, with equal dignity, equal beauty, and equal worth. The Father created no duplicates, but He did create compatibility. He designed us to reflect His image not in isolation, but in community, connection, and in healthy relational constructs that remind the world of who He is.

Jesus affirmed this unity when He taught about marriage, friendship, forgiveness, and love. He consistently showed that people were designed to walk together. In the kingdom, no one becomes their best self alone. Growth happens in kingdom partnerships, friendships and Christ-centered collaborations. In short, healing happens in community. Strength is found in unity.

PASTOR PUTS IT LIKE THIS

God didn't create you to go through life as a solo project, but He made you to connect. “Two peas in a pod” isn't just a cute phrase; it's a picture of God's design. Men and women weren't made to compete, compare, or tear each other down. They were made to complement each other and bring out the best in one another.

THINK ABOUT IT FOR A MOMENT

- How have I honored (or dishonored) the God-image in others?
- “Unity is God's design, division is the devil's distraction.”

PRAY ABOUT IT

Lord, thank You for creating me in Your image and surrounding me with people who also reflect Your glory. Teach me to honor others as You honor them. Help me celebrate differences, walk in unity, and recognize Your presence in every person You've made.

In the Name of Jesus, Amen!

SECTION 1 - *Week Three*

DAY 1: THE GROUP ENCOUNTER

THERE'S NOTHING LIKE LOVING ME!

Scripture Lesson: Psalms 139:14

Today's Subject: I'M ONE OF A KIND!

KEY POINTS FROM TODAY'S LESSON

Point 1

Point 2

Point 3

Here's What I'm Praying For Right Now:

SECTION I

WEEK Three | DAY 2: "Built For This"

STRAIGHT FROM THE BOOK

**"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
(Psalm 139:14, KJV)**

JESUS SAID IT BEST

Life can make you question your strength, but Jesus reminds us that we're built by divine design. Every struggle you've survived is proof of the craftsmanship of God. He didn't just make you beautiful, He made you durable. Being fearfully and wonderfully made means you've got Heaven's hardware built into your soul. When Jesus said, "In this world you'll have tribulation, but be of good cheer," He was saying, "You're built for this."

PASTOR PUTS IT LIKE THIS

You've been through hell and came out holy! You've been knocked down, but not knocked out. That's proof that you're built different. Some people would've lost their mind if they went through what you did. But you're still standing, still worshiping, still winning. That's God's construction at work. You're living, breathing evidence that Heaven knows how to build survivors.

THINK ABOUT IT FOR A MOMENT

- What have I survived that shows God's strength in me?
- "Tough times reveal divine design."
- You're not fragile, you're fortified.

PRAY ABOUT IT

Lord, thank You for making me strong in You. Remind me that I'm built to endure and equipped to overcome.

In the name of Jesus, Amen!

SECTION I

WEEK Three | DAY 3: “God’s Work In Progress”

STRAIGHT FROM THE BOOK

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

(Psalm 139:14, KJV)

JESUS SAID IT BEST

Jesus didn’t pick perfect people, He picked people He would walk through a process. Peter had a temper, Thomas had doubts, and James had ambition, but Jesus still used them. Being fearfully and wonderfully made doesn’t mean you’re flawless. However, it does mean that you’re forming. God’s still sculpting your character and maturing your mind. Progress is proof that His hands are still on you.

PASTOR PUTS IT LIKE THIS

Let me bless you: you’re not a failure, you’re a fixer-upper! God’s not done working on you yet. Every day He’s sanding off the rough edges and adding polish to your purpose. Don’t judge yourself mid-process. You might be “under construction,” but the end result is going to be breathtaking. Stay on the Potter’s wheel! He knows what He’s shaping.

THINK ABOUT IT FOR A MOMENT

- Where do I see God still working in me?
- “Process doesn’t mean punishment, it means purpose.”
- Don’t quit while God’s still crafting.

PRAY ABOUT IT

Lord, thank You for being patient with me while You shape me. I trust Your process even when I can’t see the progress.

In the name of Jesus, Amen!

SECTION I

WEEK Three | DAY 4: "I'm the Evidence"

STRAIGHT FROM THE BOOK

**"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
(Psalm 139:14, KJV)**

JESUS SAID IT BEST

Every healed scar, every answered prayer, every closed door that turned into a blessing, that's evidence. You're living proof that God is still creating masterpieces from messes. Jesus told His disciples, "let your light so shine before men," because your life is supposed to be visible evidence of His power. When people see you, they should see grace in motion.

PASTOR PUTS IT LIKE THIS

When you look back over your life and realize you made it out of stuff that should've taken you out, you've got to say, "I'm the evidence!" You're the receipt that grace paid it all. You're the proof that mercy still works. Stop hiding your story, somebody needs to see what survival looks like when God's in it.

THINK ABOUT IT FOR A MOMENT

- What parts of my life prove God's power is real?
- "Your testimony is somebody else's survival guide."
- Don't hide your evidence, put it on display.

PRAY ABOUT IT

Lord, thank You for making my life a living testimony. Help me to share my story with boldness so others can see Your hand on me.

In the name of Jesus, Amen!

SECTION I

WEEK *Three* | DAY 5: “Flaws and All”

STRAIGHT FROM THE BOOK

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

(Psalm 139:14, KJV)

JESUS SAID IT BEST

When Jesus called people to follow Him, He didn't wait for them to get perfect first. He embraced their flaws and still gave them a future. Loving yourself “flaws and all” means seeing your imperfections as opportunities for grace. Keep this in mind, Jesus never said or spoke the term grace, not once! Instead of speaking it, He was so full of it He made it impossible for you to miss. God's beauty shows up best through broken people who must have grace to survive. The cracks in your story let His light of grace shine through.

PASTOR PUTS IT LIKE THIS

We all got something! Don't let your flaws make you forget your favor. Even your struggles serve a purpose. Diamonds shine because of pressure. Stop apologizing for being human, God already factored in your flaws when He called you. You may not be perfect, but you're perfectly placed in His plan. In other words, do not try to model perfection, show the world redemption and boast openly on the grace of God and what it produces.

THINK ABOUT IT FOR A MOMENT

- Can I thank God even for the parts of me I don't like?
- “Grace looks good on me.”
- Perfection is overrated; authenticity is anointed.

PRAY ABOUT IT

Lord, thank You for loving me, flaws and all. Help me to see beauty where I used to see brokenness.

In The Name of Jesus, Amen!

SECTION I

WEEK Three | DAY 6: "Made For More"

STRAIGHT FROM THE BOOK

**"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
(Psalm 139:14, KJV)**

JESUS SAID IT BEST

Jesus said, "greater works shall ye do." That means there's more in you than what you've seen. Being fearfully and wonderfully made means God packed your potential with purpose. Potential is best defined as what you could do that you haven't done yet. Potential is untapped strength, unused victory and unwon battles! Don't settle for small thinking or safe dreams. The same God who designed galaxies designed you, so dream big, love hard, and walk tall.

PASTOR PUTS IT LIKE THIS

You were made for more than just bills, breaks, and burnout! You were made to build, bless, and believe. There's greatness sitting inside you like uncashed checks. Stop living beneath your birthright. God didn't make you basic, He made you boundless. Step into your "more" with boldness and faith.

THINK ABOUT IT FOR A MOMENT

- What "more" is God calling me toward right now?
- "You're not done, you're developing."
- Don't shrink for people who fear your future.

PRAY ABOUT IT

Lord, thank You for making me for more. Ignite my passion, fuel my purpose, and push me into every promise You've written with my name on it.

In the name of Jesus, Amen!

SECTION I

WEEK Three | DAY 7: “God’s Masterpiece”

STRAIGHT FROM THE BOOK

**“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”
(Psalm 139:14, KJV)**

JESUS SAID IT BEST

When Jesus came, He showed us what divine design looks like in flesh: intentional, excellent, and holy. God doesn’t do random, He does remarkable! Every feature of your life was crafted with care. Being “fearfully and wonderfully made” means God put reverence and wonder into your creation. Here’s the great news of the day: you’re not just another face in the crowd, you are evidence of God’s divine design.

PASTOR PUTS IT LIKE THIS

You’re not a factory product, you’re fine art! God handcrafted you. That’s why no one else can do you like you do you. You’re a one of one! You’re not a cheap duplicate, you’re a priceless original. Stop trying to copy somebody else’s style when God already gave you your own signature. You’re the remix God was excited to release! Stand tall and own your design!

THINK ABOUT IT FOR A MOMENT

- What makes me unique in God’s plan?
- “You’re not an accident, you’re an assignment.”
- Confidence starts when you stop apologizing for being you.

PRAY ABOUT IT

Lord, thank You for making me Your masterpiece. Help me to see myself through Your creative eyes and not through comparison.

In the name of Jesus, Amen!

CLOSING REFLECTION & FINAL ENCOURAGEMENT

You Made It, And God Is Just Getting Started

As we conclude this 21-day journey of fasting, prayer, reflection, and intentional transformation, take a moment to breathe, pause, and praise God for what He has done in you. This fast was not simply an exercise in discipline, it was a divine encounter. Every prayer whispered, every sacrifice made, every scripture read, every tear shed, and every moment of revelation was seen, heard, and honored by the Father.

Fasting does not end your journey; it activates it.

Your hunger has moved heaven. Your discipline has reordered your steps. Your surrender has strengthened your spirit. The seeds planted over these 21 days will continue to grow long after this fast is over.

You are not leaving these 21 days the same way you entered.

You have been stretched.

You have been strengthened.

You have been sculpted.

You have been awakened.

And most importantly, you have been reminded of who you are in God.

You are loved.

You are chosen.

You are crafted with intention.

You are worth the sacrifice Jesus made.

You are God's artwork, God's investment, God's masterpiece in motion.

Let the truths you have discovered in this guide carry you into the rest of the year with confidence and clarity. Continue loving yourself the way God loves you. Continue walking boldly in His image. Continue embracing your divine design. Continue growing, releasing, forgiving, evolving, and becoming.

This fast may end today, but your transformation continues.

Carry these practices forward. Keep God first in your decisions, desires, relationships, work, and worship. Remain sensitive to His voice, committed to His Word, and anchored in your identity.

And remember this: The God who met you in these 21 days

will walk with you through the next 21 weeks, the next 21 months, and the next 21 years.

He is not finished. He is faithful.

And He delights in the "you" that you are becoming.

Final Prayer

Father, thank You for every person who has journeyed through these 21 days.

Thank You for renewing minds, healing hearts, strengthening spirits, and reclaiming identities. Seal every revelation, every breakthrough, every quiet moment of conviction, and every spark of transformation in Your power. As we step forward, let us walk boldly in who You created us to be fearfully, wonderfully, intentionally, and beautifully made.

Let the fruit of this fast nourish our families, our ministries, our workplaces, our relationships, and our future.

Continue the work You started in us, and let Your glory be revealed in everything we do.

In the name of Jesus

Amen.





Sunday Worship

8AM & 10AM

**MEETING THE NEEDS
OF THE**

Total Person!



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