

21 DAYS OF FASTING

**DIVINE ORDER:
THE EXCELLENT WAY**



PREDESTINED MINISTRIES

21-Day Fast | January 1-21, 2026

“Divine Order: The Excellent Way”

“Let all things be done decently and in order.” — 1 Corinthians 14:40 “An excellent spirit was in him.” — Daniel 6:3

Why We Fast

Fasting is not a diet—it’s a declaration. We fast to: - Prioritize God above physical appetite - Break spiritual strongholds - Increase sensitivity to the Holy Spirit - Start 2026 with divine alignment

Fasting Options

Choose the level that works for your health situation:

Type	Description
Full Fast	Water only (consult doctor)
Partial Fast	Skip 1-2 meals daily OR sunrise to sunset

Note: If you have medical conditions, consult your doctor before fasting.

The 21-Day Journey

PHASE 1: FOUNDATIONS (Days 1-7)

Building the base. Body adjusting. Spirit awakening.

Day	Focus	Scripture
1	The Reset Begins	Matthew 6:33
2	Quieting the Noise	Psalms 46:10
3	The Hunger Battle	Romans 6:13
4	Weakness Becomes Strength	2 Corinthians 12:9
5	Spiritual Senses Awakening	Jeremiah 33:3
6	Detoxing Soul and Body	Psalms 51:10
7	First Week Milestone	Hebrews 12:1

PHASE 2: BREAKTHROUGH (Days 8-14)

Warfare intensifying. Strongholds breaking. Clarity emerging.

Predestined Ministries 2026 | 21 Days of Prayer and Fasting

Day	Focus	Scripture
8	The Warfare Intensifies	Ephesians 6:12
9	Hearing God's Voice	John 10:27
10	Breaking Stubborn Strongholds	2 Corinthians 10:4
11	Renewed Mind	Romans 12:2
12	Heart Purification	Psalms 24:3-4
13	Divine Connections	Ecclesiastes 4:9
14	Two-Week Milestone	Isaiah 40:31

PHASE 3: TRANSFORMATION (Days 15-21)

Vision solidifying. Commission receiving. Excellence launching.

Day	Focus	Scripture
15	Vision for 2026	Habakkuk 2:2
16	Priorities Realigned	Matthew 6:33
17	Spiritual Disciplines	Luke 8:15
18	Fresh Commissioning	Luke 4:14
19	Warfare for the Year	Ephesians 6:13
20	Testimony Time	Revelation 12:11
21	The Finish Line	Daniel 6:3

Daily Practice

Morning: - Read the day's Scripture - Pray the day's focus - Declare: "God, You come first today."

Throughout the Day: - Every hunger pang = prayer prompt - Journal what God reveals - Stay hydrated

Evening: - Review what God showed you - Confess and release anything He exposed - Thank Him for His faithfulness

Practical Tips

1. **Prepare your body** - Reduce caffeine and sugar before Day 1
2. **Drink water** - Stay well hydrated throughout
3. **Rest** - Your body needs extra rest during fasting
4. **Avoid food triggers** - Stay away from cooking shows, food courts
5. **Have an accountability partner** - Fast with someone
6. **Keep a journal** - Document what God shows you

What to Expect

Days 1-3: Hunger, headaches, low energy (normal detox) **Days 4-7:** Body adjusts, spiritual sensitivity increases **Days 8-14:** Opposition may increase, breakthroughs begin **Days 15-21:** Vision clarity, fresh commissioning, transformation

Breaking the Fast (Day 22+)

Don't rush back to normal eating: - **Day 22:** Light foods—broth, fruit, vegetables - **Day 23-24:** Add small portions of regular food - **Day 25+:** Gradually return to normal eating

2026 Commitment

I commit to "Divine Order: The Excellent Way."

Let all things be done decently and in order. Let an excellent spirit be in me.

Signed: _____ **Date:** _____

Daily Teachings Available | Join us for nightly teaching sessions throughout the fast.

"Divine Order: The Excellent Way" | 1 Corinthians 14:40 | Daniel 6:3