

STAGE: WITNESS

21-DAY WARFARE FAST

COMPLETE GUIDE TO BREAKTHROUGH

Real Testimonies. Radical Transformations.

A Comprehensive Journey Through Prayer, Fasting, and Deliverance

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21-Day Spiritual Warfare Fast

Complete Guide (Full Publication). A Comprehensive Journey Through Prayer, Fasting, and Deliverance.

Kyle Lauriano Ministries — Real Testimonies. Radical Transformation.

Complete Table of Contents

1. Introduction: The Power of the 21-Day Fast
2. Biblical Foundations of Fasting
3. Understanding Spiritual Warfare
4. Pre-Fast Preparation (Days -7 to 0)
5. 21-Day Daily Fast Structure & Food List
6. Week 1: Breaking Through Resistance (Days 1-7)
7. Week 2: Breakthrough Acceleration (Days 8-14)
8. Week 3: Establishment and Overflow (Days 15-21)
9. Breaking the Fast Properly (Days 22-24)
10. Maintaining Your Freedom (The 30-Day Window)
11. Dealing with Common Challenges
12. Real Testimonies of Transformation
13. Spiritual Warfare Prayers and Declarations
14. Daily Scripture Meditation Checklist
15. Final Encouragement

CHAPTER 1 — INTRODUCTION: THE POWER OF THE 21-DAY FAST

Why 21 Days?

The 21-day fast is not arbitrary — it is deeply rooted in biblical precedent and spiritual significance. Twenty-one is God's number for complete breakthrough, divine order, and the removal of ungodly influences.

Throughout Scripture, we see the number 21 appearing in contexts of spiritual transformation and deliverance. Daniel fasted for 21 days and received profound revelation and angelic intervention (Daniel 10:2-13). During his fast, spiritual warfare was happening in the heavenly realms — angels were literally fighting demons to bring Daniel the answer to his prayers.

“And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling. Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me.”

— Daniel 10:11-13 (KJV)

This passage reveals something profound: **Daniel's prayers were heard on day one, but it took 21 days of warfare in the spiritual realm before the breakthrough manifested.** The same principle applies to us today.

What Makes a 21-Day Fast Different?

Unlike shorter fasts, a 21-day commitment accomplishes several critical spiritual objectives:

- **Complete Breaking of Demonic Strongholds:** Demons that resist ordinary prayer must be confronted with sustained fasting and prayer
- **Full Cycle of Spiritual Transformation:** Your body, soul, and spirit undergo complete renewal
- **Divine Order and Perfection:** God brings alignment to areas of your life that have been in chaos
- **Increased Spiritual Authority:** You emerge with supernatural power and clarity
- **Breakthrough in Multiple Areas:** Financial, relational, vocational, health, and spiritual breakthroughs manifest simultaneously

The Daniel Fast Approach: Sustainable and Powerful

This guide uses the Daniel Fast model — a partial fast that is both scripturally sound and physically sustainable. Unlike extreme water-only fasts, the Daniel Fast allows you to:

- Maintain your daily responsibilities (work, family, ministry)
- Sustain physical energy without extreme stress on your body
- Focus spiritual power without being debilitated by hunger
- Complete the full 21 days with God's strength

The Daniel Fast consists of:

- Vegetables, fruits, whole grains, legumes, nuts, seeds
- Water, herbal teas (caffeine-free), natural juices (no added sugar)
- No meat, poultry, fish, seafood
- No dairy products (milk, cheese, eggs, butter)
- No sweets, processed foods, artificial ingredients
- No caffeine, alcohol, or any addictive substances

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself... Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.”

— Daniel 1:8, 12 (KJV)

What to Expect: The Three-Week Journey**Week 1 (Days 1-7): Breaking Through Resistance**

- Physical withdrawal symptoms (hunger, headaches, fatigue)
- Intense spiritual opposition and temptation
- Emotional releases (crying, anger, grief surfacing)
- Increased awareness of the spiritual realm
- This is the hardest week — but also when the most important breaking begins

Week 2 (Days 8-14): Breakthrough Acceleration

- Your body adjusts; hunger subsides significantly
- Spiritual breakthroughs begin manifesting
- Heightened spiritual sensitivity and discernment
- Demonic manifestations may increase (this is good — oppression is weakening)
- Clarity of mind and peace begins to dominate

Week 3 (Days 15-21): Establishment and Overflow

- Complete spiritual elevation and authority
- Supernatural breakthroughs in multiple life areas
- Demonic strongholds completely demolished
- New levels of intimacy with God
- You walk in freedom and power

The Weapon Satan Fears Most

Fasting combined with prayer is the most powerful spiritual weapon believers possess. Jesus Himself stated:

“Howbeit this kind goeth not out but by prayer and fasting.”

— Matthew 17:21 (KJV)

There are demonic powers that will not be broken except through fasting. These include:

- Deeply rooted addictions and habitual sins
- Generational curses and family bondages
- Witchcraft assignments and occult attacks
- Territorial demonic principalities
- Stubborn strongholds of fear, depression, and unbelief

When you fast, you declare to the kingdom of darkness: “I am not fighting in my own strength. I am invoking the power of Almighty God, and you **MUST** flee.”

Who Should Do This Fast?

This 21-day spiritual warfare fast is designed for:

- **Believers facing persistent spiritual oppression** that hasn't responded to regular prayer
- **Those battling addictions** (drugs, alcohol, pornography, gambling, food)
- **People experiencing demonic attacks** (nightmares, fear, anxiety, depression)
- **Intercessors** praying for breakthrough in their families, churches, or communities
- **Anyone seeking deeper intimacy with God** and increased spiritual authority
- **Those called to deliverance ministry** who need heightened spiritual discernment
- **Believers preparing for significant ministry assignments** or life transitions

Medical Disclaimer

Before beginning any fast, consult with your physician, especially if you have:

- Diabetes or blood sugar regulation issues
- Heart conditions or cardiovascular disease
- Thyroid disorders
- History of eating disorders
- Pregnancy or nursing mothers
- Chronic medical conditions requiring regular medication
- Low blood pressure or anemia

This fast is not appropriate for children under 18 without parental supervision and medical clearance.

CHAPTER 2 — BIBLICAL FOUNDATIONS OF FASTING

Fasting Throughout Scripture

Fasting is not merely a spiritual discipline — it is a biblical weapon ordained by God for breakthrough, deliverance, and supernatural intervention. Throughout Scripture, we see God's people fasting at critical moments:

Old Testament Examples

Moses fasted 40 days and 40 nights on Mount Sinai, neither eating food nor drinking water, as he received the Ten Commandments directly from God (Exodus 34:28). His fast was so intense that when he descended, his face shone with the glory of God.

David fasted frequently, including when he interceded for his dying child (2 Samuel 12:16) and when facing injustice and enemies (Psalm 35:13). He wrote, "I humbled my soul with fasting; and my prayer returned into mine own bosom."

Daniel fasted multiple times throughout his life. His most famous fasts include:

- A 10-day fast of vegetables and water for favor and wisdom (Daniel 1:12-16)
- A 21-day fast of mourning, eating no pleasant bread, meat, or wine (Daniel 10:3)

During his 21-day fast, Daniel received one of the most profound revelations in Scripture regarding the end times and spiritual warfare.

Esther called for a 3-day absolute fast (no food or water) when facing the genocidal plot of Haman against the Jewish people (Esther 4:16). The result? Complete deliverance and the destruction of their enemies.

Nehemiah fasted when he heard about the broken walls of Jerusalem, combining fasting with confession and intercession (Nehemiah 1:4). God granted him favor before the king, and the walls were rebuilt in 52 days.

Ezra proclaimed a fast for the Jewish exiles returning to Jerusalem, seeking God's protection for the dangerous journey (Ezra 8:21-23). Not a single person was lost on the journey.

Joel called the entire nation of Israel to corporate fasting and repentance to avert God's judgment (Joel 2:12-13). God responded with restoration and blessing.

New Testament Examples

Jesus Christ fasted 40 days and 40 nights in the wilderness before beginning His public ministry (Matthew 4:1-11, Luke 4:1-13). Immediately after His fast, He was tested by Satan with three powerful temptations — and defeated every one with the Word of God. His fasting equipped Him for spiritual warfare.

Anna the prophetess fasted and prayed night and day in the temple for decades (Luke 2:37). She was rewarded by being one of the first to recognize the baby Jesus as the Messiah.

The early church fasted before making major decisions, commissioning missionaries, and appointing leaders (Acts 13:2-3, 14:23). Fasting was a normal part of their spiritual rhythm.

Paul and Barnabas were sent out as missionaries during a time when the church leaders were fasting and worshiping (Acts 13:2-3). The Holy Spirit spoke during their fast, redirecting the course of Christianity forever.

Jesus' Teaching on Fasting

Jesus didn't say "if you fast" — He said "when you fast" (Matthew 6:16-18). This reveals an important truth: **fasting is not optional for serious believers; it is expected.**

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

— Matthew 6:16-18 (KJV)

Jesus gave three key instructions about fasting:

- **Fast in secret, not for public display:** Your reward comes from God, not from human recognition
- **Don't look miserable:** Present yourself normally; the fast is between you and God
- **Expect God to reward you openly:** What you do in secret, God will honor publicly

The Purpose of Biblical Fasting

According to Isaiah 58:6, God Himself declares the purposes of righteous fasting:

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

— Isaiah 58:6 (KJV)

God's chosen fast accomplishes four critical breakthroughs:

- **Looses the bands of wickedness** — Breaks demonic bondage and sinful patterns
- **Undoes heavy burdens** — Removes oppression, depression, anxiety, and mental/emotional weight
- **Lets the oppressed go free** — Delivers people from spiritual captivity and demonic influence
- **Breaks every yoke** — Shatters generational curses, addictions, and strongholds

When we fast according to God's design, the end result is always **liberation, healing, and salvation.**

Types of Biblical Fasts

Scripture records several types of fasts, each with distinct purposes:

1. Normal Fast — Abstaining from food but drinking water

- Moses' 40-day fast (Exodus 34:28)
- Jesus' 40-day fast (Matthew 4:2)

2. Absolute Fast — No food or water (short duration only)

- Esther's 3-day fast (Esther 4:16)
- Paul's 3-day fast after conversion (Acts 9:9)

3. Partial Fast (Daniel Fast) — Restricting certain foods while maintaining nutrition

- Daniel's 10-day fast (Daniel 1:12)
- Daniel's 21-day fast (Daniel 10:3)

4. Corporate Fast — An entire community fasting together

- Nehemiah and the Jews (Nehemiah 9:1)
- Joel's call to national fasting (Joel 2:15-16)

5. Regular Fast — Fasting on specific days consistently

- Pharisees fasted twice a week (Luke 18:12)
- Early church leaders fasted regularly (Acts 13:2-3)

Why Fasting Works: The Spiritual Mechanics

Fasting works because it accomplishes several spiritual realities simultaneously:

1. Humbles the Flesh

"I humbled my soul with fasting. — Psalm 35:13 (KJV)"

When you deny your physical appetites, you declare that spiritual things matter more than physical comfort. This humility positions you to receive God's grace and power.

2. Sharpens Spiritual Sensitivity

As your physical senses are subdued, your spiritual senses are heightened. You become more aware of:

- God's voice and leading
- Spiritual warfare happening around you
- Demonic influences that were previously unnoticed
- The Holy Spirit's gentle promptings

3. Releases Angelic Activity

Daniel's 21-day fast triggered angelic warfare on his behalf (Daniel 10:12-13). When you fast and pray, heaven mobilizes resources to fight your battles.

4. Weakens Demonic Power

Demons draw strength from the flesh. When you fast, you starve the demonic forces that have been feeding off your carnal nature. They lose their grip, and deliverance becomes possible.

5. Increases Your Spiritual Authority

After fasting, Jesus returned "in the power of the Spirit" (Luke 4:14). **Fasting equips you with supernatural authority over the enemy.** You emerge from the fast with greater discernment, boldness, and power.

The Weapon of Fasting in Spiritual Warfare

Paul wrote:

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”

— 2 Corinthians 10:4-5 (KJV)

Fasting is one of these mighty weapons. It pulls down strongholds that ordinary methods cannot touch.

A **stronghold** is a fortified place of resistance in your life where the enemy has established a foothold. These include:

- Addictions and compulsive behaviors
- Destructive thought patterns and lies
- Generational sins passed down through families
- Occult involvement or witchcraft attacks
- Persistent fear, anxiety, or depression
- Sexual immorality and pornography bondage

Prayer alone may weaken these strongholds. But prayer PLUS fasting demolishes them completely.

CHAPTER 3 — UNDERSTANDING SPIRITUAL WARFARE

The Reality of the Spiritual Battle

Many Christians live in defeat because they don't understand the nature of the war being waged against them. The Bible is clear:

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

— Ephesians 6:12 (KJV)

Your struggle is **not** primarily with people, circumstances, or your own willpower. Your real enemies are:

- **Principalities** — High-ranking demonic rulers over territories, nations, and institutions
- **Powers** — Demons with specific authority and jurisdiction
- **Rulers of darkness** — Demonic forces that enforce Satan's agenda in this fallen world
- **Spiritual wickedness in high places** — Evil spirits operating in the heavenly realms

These entities are **organized, strategic, and relentless**. They have names, ranks, and assignments against you, your family, and your calling.

How Demons Gain Access

Demons cannot simply invade your life without legal grounds. They gain access through:

1. Sin and Disobedience

Persistent, unrepented sin opens doors for demonic oppression. This includes:

- Sexual immorality (fornication, adultery, pornography)
- Substance abuse (drugs, alcohol, smoking)
- Occult involvement (Ouija boards, horoscopes, psychics, witchcraft, séances)
- Hatred, bitterness, and unforgiveness
- Pride, rebellion, and rejection of God's authority

2. Generational Curses

“...visiting the iniquity of the fathers upon the children unto the third and fourth generation. — Exodus 20:5 (KJV)”

Sins committed by your ancestors can create spiritual strongholds passed down through family lines. These manifest as repeated patterns:

- Alcoholism running in families
- Divorce repeating across generations
- Financial poverty cycles

- Mental illness patterns
- Sexual perversion normalized

3. Trauma and Soul Wounds

Severe trauma (abuse, rape, violence, abandonment) can fracture the soul and create openings for demonic attachment. These wounded areas become strongholds where demons establish residence.

4. Curses Spoken Over You

Words carry spiritual power. Curses spoken by authority figures (parents, pastors, spouses) or through witchcraft can attach demonic assignments to your life.

5. Ungodly Soul Ties

Sexual immorality creates soul ties with every partner (1 Corinthians 6:16). These ties allow demonic transfer between individuals. Many deliverance cases involve breaking soul ties from past relationships.

Recognizing Demonic Strongholds in Your Life

How do you know if you're dealing with a demonic stronghold? Look for these signs:

Mental/Emotional Indicators:

- Intrusive, repetitive sinful thoughts that won't leave
- Irrational fears, phobias, or panic attacks
- Chronic depression despite having no medical cause
- Suicidal ideation or self-harm compulsions
- Rage that seems to come from nowhere
- Hearing condemning voices in your mind
- Inability to concentrate during prayer or Bible reading

Behavioral Indicators:

- Compulsive behaviors you cannot stop despite consequences
- Addictions that resist all attempts at recovery
- Sexual perversions or insatiable lust
- Lying, stealing, or violence you feel powerless to control
- Self-sabotage every time breakthrough is near
- Patterns of destruction in relationships, finances, or health

Spiritual Indicators:

- Blasphemous thoughts against God during prayer
- Physical reactions when hearing the name of Jesus (anger, nausea, headaches)
- Inability to worship or feel God's presence
- Extreme resistance to reading the Bible

- Mocking or hatred toward Christians and the church
- Attraction to occult practices or dark spirituality

Physical Indicators:

- Chronic pain or illness with no medical explanation
- Nightmares, night terrors, or sleep paralysis
- Feeling of heaviness or pressure on your body
- Unexplained scratches, bruises, or marks
- Sensing an evil presence in your home
- Objects moving or strange occurrences (poltergeist activity)

If you recognize multiple indicators from this list, you likely have a demonic stronghold that requires deliverance through fasting and prayer.

The Strongman Principle

Jesus taught about the “strong man” in Matthew 12:29:

“Or else how can one enter into a strong man’s house, and spoil his goods, except he first bind the strong man? and then he will spoil his house.”

In deliverance, the **“strong man” is the ruling demon over a particular stronghold**. Under this ruling demon are lesser demons assigned to enforce the stronghold.

For example:

- **Stronghold:** Sexual addiction
- **Strongman:** Spirit of lust (the ruling demon)
- **Lesser demons:** Perversion, shame, secrecy, fantasy, rebellion

You cannot cast out the lesser demons until you first bind the strongman. Fasting and prayer give you the authority to bind and remove the strongman, and then the entire demonic structure collapses.

Why This Fight Requires Fasting

Some demons are so deeply entrenched that they will not leave through normal prayer alone. Jesus explicitly stated:

“Howbeit this kind goeth not out but by prayer and fasting. — Matthew 17:21 (KJV)”

The disciples had tried to cast out a demon from a boy, but they failed. Why? Because they lacked the spiritual authority that comes through fasting.

Fasting accomplishes what ordinary prayer cannot:

- Breaks the demonic legal rights they’ve established through sin
- Starves the demons by denying the flesh they feed on

- Increases your spiritual authority to command them to leave
- Releases angelic reinforcement to fight on your behalf
- Humbles you before God, positioning you to receive His power

The Two Fronts of Spiritual Warfare

When you begin this fast, you will face warfare on **two fronts simultaneously**:

Front #1: Internal Warfare (The Flesh)

Your own body will fight you:

- Hunger and food cravings
- Caffeine withdrawal headaches
- Physical weakness and fatigue
- Irritability and mood swings
- Sleep disturbances

This is normal and expected. Your flesh does not want to be subdued. Press through — by day 7, your body will adjust.

Front #2: External Warfare (Demonic Opposition)

Demons will escalate their attacks because they know you're coming for them:

- Increased temptation to sin
- Opportunities to break your fast will appear everywhere
- Conflict in relationships will intensify
- Doubts about God, the Bible, and your salvation will arise
- Nightmares and spiritual attacks at night
- Financial emergencies or crises demanding your attention

This intensification is actually a good sign — it means the demons are panicking because their strongholds are being weakened.

The Turning Point: Days 8-10

Most people who quit a fast do so in the first week. But **days 8-10 are when the breakthrough begins to accelerate dramatically.**

During these days:

- Your body has adjusted; hunger subsides
- Spiritual sensitivity peaks
- Angelic activity increases on your behalf
- Demonic manifestations become more obvious (because oppression is breaking)
- Clarity, peace, and joy begin to dominate

If you can make it to day 10, you will complete the fast. The hardest part is behind you.

Victory Is Guaranteed

Understand this crucial truth: **The war is already won.** Jesus defeated Satan at the cross (Colossians 2:15). You are not fighting FOR victory; you are fighting FROM victory.

Your 21-day fast is not to earn God's favor or to somehow defeat demons in your own strength. **You are simply enforcing the victory Jesus already purchased for you.**

“And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.”

— Colossians 2:15 (KJV)

Jesus publicly humiliated Satan and every demon at Calvary. They have no legal authority over you. **This fast is you claiming what is already yours: complete freedom, total deliverance, and supernatural authority.**

Walk into this battle with confidence. The outcome is already decided.

CHAPTER 4 — PRE-FAST PREPARATION (DAYS -7 TO 0)

Why Preparation Matters

Jumping into a 21-day fast without preparation is like running a marathon without training — you'll likely fail or injure yourself. Proper preparation:

- Reduces withdrawal symptoms (headaches, irritability, fatigue)
- Increases your likelihood of completing the full 21 days
- Prepares your body physically for the dietary changes
- Prepares your mind and spirit for the warfare ahead
- Sets you up for success instead of discouragement

Medical Clearance (Day -7)

Before you begin, consult your doctor if you have any of the following conditions:

- **Diabetes or blood sugar issues** — Fasting can cause dangerous drops in blood sugar
- **Heart conditions** — Dietary changes affect cardiovascular function
- **Thyroid disorders** — Fasting impacts metabolism and hormone levels
- **History of eating disorders** — Fasting may trigger unhealthy patterns
- **Pregnancy or nursing** — Not appropriate during these seasons
- **Chronic illness requiring medication** — Some medications must be taken with food
- **Low blood pressure or anemia** — Fasting can worsen these conditions

If your doctor advises against fasting, honor that wisdom. You can support the fast spiritually through prayer and worship without the dietary component.

Physical Preparation Timeline

Days -7 to -5: Begin Weaning Off

Coffee and Caffeine:

- If you drink coffee, do NOT quit cold turkey — you'll get severe headaches on day 1 of your fast
- Reduce caffeine intake by 50% during these three days
- If you drink 3 cups daily, reduce to 1.5 cups
- Switch from coffee to green tea (lower caffeine content)
- Start drinking more water to compensate

Sugar:

- Cut sugar intake in half
- No candy, soda, desserts, or sweetened beverages

- Reduce added sugars in coffee/tea
- Start reading food labels and avoiding hidden sugars

Processed Foods:

- Begin eliminating fast food, frozen meals, and packaged snacks
- Cook meals at home using whole ingredients
- Avoid foods with long ingredient lists you can't pronounce

Increase Plant-Based Foods:

- Add more vegetables to every meal
- Eat fruit as snacks instead of chips or cookies
- Incorporate beans, lentils, and whole grains

Days -4 to -2: Complete Elimination**Zero Caffeine:**

- No coffee, energy drinks, or caffeinated soda
- Only water, herbal tea, and natural juices
- Your body needs to be completely free of caffeine addiction before day 1

Zero Added Sugar:

- No sweeteners in beverages
- No desserts or sweets
- Read labels carefully — sugar hides in bread, sauces, and “healthy” foods
- Fresh fruit is your only source of sweetness

No Animal Products (except dairy if needed):

- No meat, chicken, fish, or seafood
- Eggs should be eliminated
- Dairy is optional during this phase — if you need milk in your tea, it's okay for now
- Focus on plant-based proteins (beans, lentils, nuts, tofu)

No Addictive Substances:

- No alcohol or recreational drugs
- No marijuana (even if legal in your state)
- No tobacco or vaping
- No prescription drugs that aren't medically necessary (consult your doctor)

Days -1 to 0: Final Preparation**Grocery Shopping:**

Purchase all the foods you'll need for Week 1:

- Fresh vegetables (carrots, broccoli, spinach, peppers, tomatoes, cucumbers)
- Fresh fruit (apples, bananas, berries, oranges, grapes)
- Whole grains (brown rice, oatmeal, quinoa, whole wheat bread)
- Legumes (black beans, chickpeas, lentils, kidney beans)
- Nuts and seeds (almonds, walnuts, sunflower seeds, chia seeds)
- Herbal teas (caffeine-free: chamomile, peppermint, ginger)
- Natural seasonings (salt, pepper, garlic, olive oil, herbs)

Meal Planning:

Plan simple meals for the first week:

- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Large salad with beans and vegetables
- **Dinner:** Brown rice with steamed vegetables and lentils
- **Snacks:** Fresh fruit, carrot sticks, handful of almonds

Don't overcomplicate it. Simple is better. The goal is not gourmet cuisine — it's spiritual breakthrough.

Spiritual Preparation (Days -7 to 0)

Day -7: Declaration Prayer

Begin by declaring your intention to God:

"Father God, I declare my intention to fast for 21 days. I do this to break demonic strongholds, seek Your face, and walk in complete freedom through Jesus Christ. I am not doing this in my own strength. I am dependent on You for every moment of this journey. I commit this time to You. Prepare my heart, strengthen my spirit, and guard me from the enemy's attacks. In Jesus' name, Amen."

Write this prayer in a journal and date it. This is your covenant with God.

Days -7 to -3: Identify Your Prayer Focus

What are you fasting for? Write a specific list:

Spiritual Breakthrough:

- Deliverance from _____ (name the specific stronghold)
- Freedom from _____ (name the addiction or sin)
- Breaking generational curse of _____

Personal Needs:

- Healing from _____ (physical illness or emotional wound)
- Financial breakthrough in _____
- Restoration of relationship with _____

- Clarity about _____ (major decision or calling)

Intercession for Others:

- Salvation of _____ (name specific people)
- Healing for _____
- Protection over _____
- Breakthrough in _____

Keep this list with you throughout the fast. Pray through it daily.

Days -4 to -2: Consecration and Repentance

Spend extended time in prayer, confessing known sins and asking God to reveal hidden sin:

“Father, search my heart and reveal anything in me that displeases You. I confess my sin of _____ . I repent and turn away from it. Forgive me and cleanse me by the blood of Jesus. I renounce every agreement I’ve made with the enemy. I close every door I’ve opened to demonic influence. I consecrate myself fully to You. In Jesus’ name, Amen.”

Areas to examine:

- Sexual sin (past and present)
- Unforgiveness and bitterness
- Pride and rebellion
- Occult involvement (even “minor” things like horoscopes)
- Lies you’ve believed about God, yourself, or others
- Soul ties with past relationships

Take communion (if appropriate in your tradition) as an act of spiritual cleansing.

Day -1: Final Spiritual Preparation**Fast from media and entertainment:**

- No TV, movies, or streaming
- No social media scrolling
- No secular music

Fill your mind with Scripture:

- Read Psalm 91 aloud
- Read Isaiah 58 aloud
- Meditate on God’s promises

Pray the armor of God (Ephesians 6:10-18):

“I put on the belt of truth, rejecting every lie of the enemy. I put on the breastplate of righteousness, covered by the blood of Jesus. I put on the shoes of the gospel of peace, ready to stand firm. I take up the shield of faith, extinguishing every fiery dart of the devil. I put on the helmet of salvation, protecting

my mind from demonic attack. I take up the sword of the Spirit, which is the Word of God. I pray in the Spirit at all times, staying alert and persistent. In Jesus' name, Amen."

Day 0: The Night Before

Go to bed early. You'll need your strength tomorrow.

Set alarms for your prayer times:

- Morning prayer: 6:00 AM
- Midday prayer: 12:00 PM
- Evening prayer: 6:00 PM
- Night prayer: 10:00 PM

Prepare your first meal (oatmeal or fruit salad) so it's ready in the morning.

Pray one final prayer before sleep:

"Father, tomorrow I begin this journey with You. I cannot do this without You. Strengthen me. Guard me. Give me discipline, focus, and breakthrough. Let this fast bring glory to Your name and complete freedom to my life. In Jesus' name, Amen."

CHAPTER 5 — 21-DAY DAILY FAST STRUCTURE & FOOD LIST

The Daniel Fast Foods

ALLOWED FOODS:

- Vegetables (carrots, broccoli, greens, peppers, all fresh/frozen)
- Fruits (berries, oranges, bananas, apples, melons)
- Whole grains (brown rice, whole wheat, quinoa, oats)
- Legumes (lentils, beans, chickpeas)
- Nuts and seeds (almonds, walnuts, sunflower)
- Water, herbal teas, pure juice (no added sugar)

PROHIBITED: No meat, no dairy, no processed foods, no caffeine, no alcohol

Daily Prayer/Spiritual Structure (For All 21 Days)

- **Early Morning (6AM):** Praise, Scripture reading, Armor of God prayer, Worship
- **Midday (12PM):** Warfare prayers, spiritual declarations, focused binding/loosing
- **Evening (6PM):** Extended prayer for personal deliverance, breakthrough, intercession for others
- **Before Bed (10PM):** Psalm 91 reading, Thanksgiving, prayer covering for protection during sleep

Total: ~3.5 hours/day in focused prayer/worship (can be split into smaller sessions as needed)

CHAPTER 6 — WEEK 1: BREAKING THROUGH RESISTANCE (DAYS 1–7)

Overview

Week 1 is the **hardest week** physically and spiritually. Your body is adjusting, withdrawal symptoms may intensify, and demons are escalating attacks. **THIS IS NORMAL.**

Day 1: Beginning Your Fast

Focus: Surrender and commitment, initial faith declaration

Scriptures to Meditate On: Psalm 91, Isaiah 58:6

Morning Prayer:

“Father God, I begin this 21-day fast to seek Your face and complete freedom. I surrender my flesh and humble myself before You. Transform me completely. I believe You have already prepared victory for me. In Jesus’ name, amen.”

Declaration:

“I AM fasting for breakthrough. I WILL stand firm. I CANNOT and WILL NOT quit. Jesus is with me every moment.”

Evening Reflection: Write in your journal: What is your primary purpose for this fast? What breakthrough are you believing God for?

Days 2–3: Temptation and Warfare Intensification

Focus: Enduring hunger, caffeine withdrawal, first demonic pushback

Expected Physical Symptoms:

- Mild to moderate headaches (from caffeine withdrawal)
- Hunger pangs and food cravings
- Slight irritability or mood changes
- Possible fatigue

Expected Spiritual Attacks:

- Temptation to “just break the fast for one day”
- Doubt: “Is God really with me?”
- Arguments and conflicts with family/friends
- Nightmares or disturbing dreams

Scripture to Declare: Matthew 4 (Jesus’ fasting in wilderness)

Warfare Prayer:

“I bind every spirit of temptation attacking me. I command every assignment meant to make me quit this fast to be broken by the blood of Jesus. I declare that I am stronger than any craving. I refuse to surrender. My God is greater than any opposition. In Jesus’ name, amen.”

Practical Tip: Drink plenty of water with lemon. Chamomile tea helps with relaxation. Stay busy — read Scripture instead of scrolling social media.

Days 4–7: Emotional Release and Breakthrough Beginning

Focus: Emotional reactions (crying, anger, depression) as oppression begins to surface and weaken

What’s Happening Spiritually:

As demons lose their grip on your flesh and your spirit becomes more tuned to God’s presence, **EMOTIONS will be released**. You may cry unexpectedly, feel angry, or experience sadness. This is deliverance happening. Don’t resist it — allow the Holy Spirit to heal these wounded places.

Scripture: 2 Corinthians 10:4-5 (demolish strongholds)

Breakthrough Prayer:

“Thank you, Father, for Your strength. Let all pain and sorrow be transformed into praise. Enable me to persist past the breaking point. Every wound is being healed. Every stronghold is being demolished. I thank You in advance for the freedom that is coming. In Jesus’ name, amen.”

Daily Declarations (Speak Aloud):

- “I am stronger than my cravings”
- “Demons, you WILL flee from me in Jesus’ name”
- “I choose freedom over bondage”
- “My God is my fortress, my strength, my deliverer”

Milestone (End of Week 1): Celebrate Your Perseverance!

You have completed the **HARDEST WEEK**. Most people who quit do so in Week 1. By reaching Day 7, you have proven to yourself — and to the enemy — that you **ARE COMMITTED**.

Your body is adjusting. Your spirit is awakening. **The worst is behind you.**

Declare:

“I survived Week 1. I am not turning back. I am halfway to victory.”

CHAPTER 7 — WEEK 2: BREAKTHROUGH ACCELERATION (DAYS 8–14)

Overview

Week 2 is when **BREAKTHROUGH MANIFESTS**. Hunger subsides dramatically. Spiritual clarity increases. Peace begins to dominate. This is the turning point.

Days 8–10: Spiritual Acceleration and Manifestation

What's Different:

- Hunger almost completely subsides
- Energy increases significantly
- Mental clarity and focus peak
- Spiritual discernment heightens
- First breakthrough experiences begin

What's Happening Spiritually:

Angelic activity intensifies on your behalf. Demonic manifestations become more obvious — which is actually GOOD. When oppression is breaking, demons may manifest more visibly before they're cast out. Don't be afraid — you have spiritual authority over them.

Daily Binding and Loosing Prayer:

In the morning, **BIND** (restrict) oppressive spirits:

"In Jesus' name, I bind every spirit of _____ (name the oppressive spirit: lust, fear, depression, rage, addiction, etc.). You are restricted. You CANNOT operate in my life, my mind, my emotions, my body, or my family. I command you to be silent and inactive. The blood of Jesus Christ is against you. Begone in Jesus' name."

In the evening, **LOOSE** (release) God's blessings:

"In Jesus' name, I loose breakthrough in my mind, emotions, finances, and health. I loose peace, clarity, freedom, and supernatural joy. I loose healing to my wounded places. I loose the glory of God to flow through my life. I loose deliverance to my family and those I intercede for."

Scripture Focus: Psalm 91 (complete protection), Colossians 2:15 (Jesus' victory)

Expected Breakthroughs During Days 8-10:

- Sudden clarity about past sin or ungodly patterns
- Deep emotional healing
- Restored relationships
- Supernatural provision
- Physical healing manifesting

- Dreams of angelic visitation or victory

Journal Prompt: Write what breakthroughs you've experienced so far, no matter how small.

Days 11–14: Consolidation, Deep Encounters, Warfare Victory

What's Happening:

- Supernatural peace dominates
- Angelic protection is palpable
- Your relationship with God reaches new depths
- Demonic opposition weakens dramatically
- Clarity about your calling/future emerges

Deep Intercession Prayer (Days 11-14):

Spend this week interceding POWERFULLY for others:

- Your family members' salvation and deliverance
- Your church's revival and power
- Your community's transformation
- Breaking witchcraft and demonic influence in your region
- Expansion of God's kingdom

"Father God, let Your power flow through me to break demonic strongholds over my family, my church, my city. Release Your Spirit. Save the lost. Deliver the captive. Let revival fire fall. I bind every satanic assignment against this region. I loose the gospel and the power of God. In Jesus' name, amen."

Scripture Meditation:

- Isaiah 58:7-12 (the power of intercession and fasting)
- Joel 2:28-32 (outpouring of the Holy Spirit)
- 2 Corinthians 10:4-5 (pulling down strongholds)

Milestone (End of Week 2)

You are **TWO-THIRDS COMPLETE**. The hard part is finished. You have proven your commitment. Angels are celebrating your faithfulness. The enemy has been decisively weakened. Demons are fleeing.

Declare:

"I am halfway through. Victory is mine. Everything in me is being transformed. I walk in new freedom."

CHAPTER 8 — WEEK 3: ESTABLISHMENT AND OVERFLOW (DAYS 15–21)

Overview

Week 3 is **CELEBRATION WEEK**. Your breakthroughs solidify. Your new freedom becomes permanent. You experience overflow and blessing.

Days 15–17: Speaking Decrees and Personal Declarations

What You're Doing: Declaring your freedom, breaking the remaining vestiges of strongholds, and sealing your deliverance.

Morning Declarations (Speak Aloud, with Authority):

"I declare that I am COMPLETELY DELIVERED from _____ (name your stronghold). I am free. I am whole. I am healed. I walk in victory. I resist the devil, and he flees from me. I walk in my new identity in Christ. The old has passed away; behold, all things have become new. I am the righteousness of God in Christ Jesus. No weapon formed against me shall prosper. Every assignment against me is cancelled by the blood of Jesus. I decree BREAKTHROUGH in my relationships, my finances, my health, my calling. I am victorious. I am free. I am powerful in God. In Jesus' name, AMEN."

Evening Prayer (Days 15-17):

"Father God, let all the wounds, all the trauma, all the damage from years of bondage be completely healed. Restore my soul. Restore my body. Restore my relationships. Let me walk in TOTAL FREEDOM and COMPLETE WHOLENESS. Release restoration blessings upon every area that the enemy stole from me. In Jesus' name, amen."

Scripture Focus:

- John 8:36 (Jesus sets the captives free)
- Isaiah 53:5 (by His stripes we are healed)
- Philippians 4:7 (peace that transcends understanding)

Days 18–20: Overflow to Others

The Focus Shifts: From your personal breakthrough to releasing breakthrough *through* you to others.

What This Means: You've been touched by God's power. Now HEAVEN wants to release that power through your life to others who need deliverance.

Daily Prayer for Overflow:

"Holy Spirit, flow through me to my family, my friends, my church, my city. Release deliverance power. Heal the broken. Free the captive. Save the lost. Let them see Jesus through me. Let my testimony of freedom become their pathway to freedom. Use me to pull others out of darkness and into Your marvelous light. In Jesus' name, amen."

Daily Action:

- Share your testimony with one person
- Pray specifically for one person's deliverance
- Give your time, resources, or support to someone in need
- Intercede for your pastor, church leadership
- Pray for the unsaved in your sphere of influence

Scripture: 2 Corinthians 1:3-4 (comfort others with the comfort you've received)

Day 21: BREAKTHROUGH CELEBRATION & SEALING

This is Your Completion Day.

Morning: Final Declaration

"Father God, I THANK YOU for this 21-day journey. I declare ALL STRONGHOLDS DEMOLISHED. I am COMPLETELY FREE. My future is SECURE in Christ. What the enemy meant for destruction, You have turned to my advantage. I emerge from this fast TRANSFORMED, STRENGTHENED, ANOINTED, EMPOWERED, and VICTORIOUS. In Jesus' name, AMEN."

Midday: Prophetic Declaration

Write out a prophetic statement about your FUTURE — who God is calling you to become, what breakthroughs are coming:

"I prophesy over my life: _____ [Name specific breakthroughs coming] [Declare the calling and destiny God is releasing] [Proclaim freedom, health, provision, relationships restored] [State your new identity and authority in Christ]"

Evening: Communion & Sealing

If possible, take communion as a final act of sealing your deliverance.

"Father God, by the body and blood of Jesus Christ, I seal this fast. Every demonic stronghold is permanently demolished. Every generational curse is permanently broken. I walk in complete freedom, secured by the blood of the Lamb. I am Yours. Sealed. Delivered. Free. In Jesus' name, AMEN."

Final Prayer:

"Jesus, thank You for this 21 days. Thank You for the angels who fought on my behalf. Thank You for the breakthrough. Thank You for the freedom. Thank You for Your faithfulness. I commit to living in the victory You've given me. I will testify of Your power. I will help others find the same freedom. Receive my gratitude and my life as an offering. In Jesus' name, AMEN."

Milestone Achievement

YOU HAVE COMPLETED THE 21-DAY FAST

You are no longer the same person. You have been transformed. You walk in FREEDOM. You have authority over the enemy. You are a living testimony of Jesus Christ's power.

CHAPTER 9 — BREAKING THE FAST PROPERLY (DAYS 22-24)

Why Breaking the Fast Correctly Matters

After 21 days of fasting, your digestive system needs to readjust gradually. Eating heavy foods too quickly can cause digestive distress and negate some of the fast's benefits.

Day 22: Reintroduction Phase

Breakfast:

- Fresh fruit smoothie (fruit + water)
- Herbal tea

Lunch:

- Vegetable broth or light vegetable soup
- Small garden salad with oil and lemon dressing

Dinner:

- Light vegetable soup
- Herbal tea

Snacks: Fresh fruit only

Total Meals: 3 light meals + fruit

Day 23: Expansion

Breakfast:

- Oatmeal with berries and nuts
- Herbal tea

Lunch:

- Large salad with legumes (beans, lentils)
- Whole wheat bread
- Vegetable soup

Dinner:

- Brown rice with steamed vegetables and lentil sauce
- Herbal tea

Snacks: Fresh fruit, nuts

Day 24: Return to Normal (Plant-Based)

Breakfast:

- Whole grain cereal with plant milk, fruit, and nuts
- Herbal tea

Lunch:

- Grain bowl with roasted vegetables and chickpeas
- Leafy green salad

Dinner:

- Quinoa with roasted vegetables and beans
- Fresh fruit

Snacks: Nuts, seeds, fruit

Day 25+: Return to Balanced Diet

After Day 24, you can resume your normal healthy diet. If you choose to add back dairy and lean proteins, do so slowly and mindfully — remembering the spiritual clarity you had during the fast.

CHAPTER 10 — MAINTAINING YOUR FREEDOM (THE 30-DAY WINDOW)

The Critical 30-Day Window

This is **CRUCIAL**: Demons will attempt to return within 30 days of deliverance (Matthew 12:43-45). Your fast wasn't the END of your journey — it was the BEGINNING.

Daily Spiritual Maintenance (Forever)

PRAYER DISCIPLINE:

- **Morning**: Armor of God prayer (Ephesians 6:10-18) — minimum 15 minutes
- **Midday**: Warfare declarations and binding/loosing — minimum 10 minutes
- **Evening**: Extended intercession — minimum 15 minutes
- **Before Bed**: Psalm 91 — minimum 5 minutes

Total Daily Prayer: Minimum 45-60 minutes

SCRIPTURE DISCIPLINE:

- Read Bible daily — minimum 15 minutes
- Memorize key warfare Scripture passages
- Speak Scripture aloud when attacks arise

WORSHIP DISCIPLINE:

- Worship music daily — minimum 15 minutes
- Declare victory daily
- Pray without ceasing

FASTING DISCIPLINE:

- Continue fasting one day per week (even if partial)
- This maintains your spiritual sensitivity and authority
- Weekly fast: Maintain Daniel Fast on designated day OR do modified fast

30-Day Window Daily Prayer

Days 1-10 (Post-Fast):

“Father God, I thank You for complete deliverance. I decree that every demon expelled during my fast is PERMANENTLY BANNED from my life. I seal my freedom with the blood of Jesus. I speak to every demonic spirit: YOU SHALL NOT RETURN. The gates of my life are locked against you. Demons, depart and do not return in Jesus’ name. I bind your return. I loose the Holy Spirit’s protective power over my life. Guard my heart, guard my mind, guard my family. In Jesus’ name, amen.”

Days 11-20 (Consolidation):

“Father, consolidate every breakthrough in my life. Establish my freedom. Strengthen the foundations You’ve laid. Let every truth about my freedom become rooted deeply in my heart and mind. I refuse every lie of the enemy. I declare myself FREE in every way. In Jesus’ name, amen.”

Days 21-30 (Sealing):

“Father, seal my freedom permanently. Let this be a time of absolute permanence and security. Every stronghold remains demolished. Every generational curse remains broken. I walk in my new identity. I am sealed by the Holy Spirit. In Jesus’ name, amen.”

Warning Signs During the 30-Day Window

If you notice ANY of these, IMMEDIATELY return to intensive prayer and warfare:

- Familiar temptations resurfacing
- Depressive thoughts or “old feelings”
- Nightmares returning
- Conflict escalating in relationships
- Compulsions or cravings reappearing

If Any Warning Sign Appears:

Immediately pray:

“I command every spirit attempting to return to STOP in Jesus’ name. You have NO authority over me. You are cast out and BANNED. I bind your power. I seal my freedom. The blood of Jesus is against you. DEPART AND DO NOT RETURN. In Jesus’ name, AMEN.”

CHAPTER 11 — DEALING WITH COMMON CHALLENGES

Challenge #1: “I Don’t Feel Anything Happening”

The Spiritual Reality:

Spiritual warfare is often invisible. Just because you don’t feel breakthrough doesn’t mean nothing is happening. In fact, the GREATEST victories are often the most silent.

Daniel prayed for 21 days and didn’t “feel” anything — until an angel appeared and told him the breakthrough had been happening in the heavenly realms the ENTIRE TIME (Daniel 10:12-13).

What to Do:

- Continue praying and declaring with FAITH, not feelings
- Trust God’s Word, not your emotions
- Remember: Feelings are the LAST thing to change
- Keep a written record of ANY changes — no matter how small
- Persist. Breakthrough is coming.

Challenge #2: Demonic Manifestations (Nightmares, Panic, Condemnation)

What’s Happening:

When oppression is breaking, demons often RESIST LOUDER before they leave. Nightmares, panic attacks, and condemning thoughts may intensify.

This is GOOD. It means the demons are panicking.

What to Do:

- Use written warfare declarations — keep them by your bed
- Immediately upon waking from a nightmare, declare: “In Jesus’ name, I bind that nightmare. My mind is protected. Peace covers me.”
- Speak Psalm 91 aloud when fear arises
- Sleep with Christian worship music playing
- Mark your doorways with a prayer of protection
- Reach out to your prayer partner or pastor for immediate prayer support if panic is severe

Challenge #3: Physical Symptoms (Weakness, Headaches, Dizziness)

When to Be Concerned:

- Extreme weakness despite proper nutrition
- Persistent severe headaches
- Dizziness that doesn’t resolve

- Chest pain or shortness of breath
- Severe digestive distress

What to Do:

- CONSULT YOUR PHYSICIAN immediately
- Don't try to "push through" if something feels seriously wrong
- Adjust your meal plan (eat slightly more if needed)
- Increase water and electrolyte intake
- Get adequate sleep
- Reduce intense exercise

Minor symptoms (slight fatigue, mild headaches) are normal and will pass.

Challenge #4: Family Conflicts and Relationship Attacks**What's Happening:**

As YOUR breakthrough happens, demonic assignments against your family may INTENSIFY before they break. Fights, misunderstandings, and conflicts may spike.

What to Do:

- Pray a hedge of protection around your family
- Bind every spirit of division, strife, and conflict
- Continue interceding for your family members' salvation
- Don't be surprised by resistance — expect it and pray through it
- Avoid major conflicts if possible (don't make big decisions during intense spiritual warfare)

Challenge #5: Financial Crises or Emergencies**Why This Happens:**

Demons use financial distress as a tactic to break your focus and get you to quit the fast.

What to Do:

- Trust God to provide and protect
- Continue the fast (don't use financial stress as an excuse to break it)
- Pray specifically for provision
- Take practical action if needed (e.g., temporary job), but don't let it consume your prayer time
- Remember: God is MORE powerful than any financial crisis

CHAPTER 12 — REAL TESTIMONIES OF TRANSFORMATION

Testimony #1: Deliverance from 15-Year Addiction

“I had been enslaved to pornography and sexual addiction for 15 years. I tried everything — accountability partners, therapy, church programs — but nothing worked. Week 1 of the fast was HELL. The temptations were unbearable. I almost quit multiple times. By Day 8, something shifted. I felt clarity for the first time in YEARS. By Day 21, I was completely free. It’s been 6 months now, and I haven’t struggled once. The chains are GONE.”

— Marcus, Former Addict

Testimony #2: Family Restoration

“My marriage was on the verge of collapse. We hadn’t spoken deeply in years. During the fast, God healed my heart. The unforgiveness I was carrying was lifted. I began interceding for my husband’s salvation instead of condemning him. By the time my fast ended, he came to Jesus. We’re now serving in our church together. The 21-day fast saved my marriage and won my husband’s soul.”

— Jennifer, Restored Wife

Testimony #3: Deliverance from Depression and Suicidal Thoughts

“I was suicidal. The depression was so dark I couldn’t see any reason to live. My pastor recommended the 21-day fast. I didn’t believe it would help, but I was desperate. By Day 10, the darkness lifted. By Day 21, I was ALIVE again. Not just surviving — THRIVING. I now minister to others struggling with depression and tell them: Jesus can heal this. I’m proof.”

— David, Healed from Depression

Testimony #4: Supernatural Financial Breakthrough

“During the fast, I was believing for financial provision. Things were tight. On Day 15, I got a job offer that tripled my salary. On Day 19, a financial door opened I’d been praying about for years. By Day 21, my family’s financial situation was completely transformed. God blessed our faithfulness.”

— Sarah, Financially Blessed

Testimony #5: Healing from Sexual Abuse

“I was sexually abused as a child and carried deep trauma. Nothing healed the wound. During the fast, God’s presence became so powerful I could feel Him healing the broken places. I cried for hours as He touched my deepest wound. By Day 21, I was FREE. Not just free from depression — freed from the shame, the guilt, the trauma. I walk in wholeness now.”

— Lisa, Healed Survivor

Testimony #6: Generational Curse Breaking

*“Alcoholism ran through my family for four generations. My grandfather, father, and older brother — all slaves to alcohol. I was heading down the same path. During my fast, I specifically bound every generational spirit of addiction and declared freedom. I’m now 2 years sober and serving others in recovery. The curse is **BROKEN**.”*

— James, *Generational Overcomer*

CHAPTER 13 — SPIRITUAL WARFARE PRAYERS AND DECLARATIONS

Morning Armor of God Prayer (Ephesians 6:10-18)

Pray this every morning for protection and authority:

"I put on the belt of truth, rejecting every lie the enemy whispers. Truth surrounds me. God's Word is true, and I stand in it."

"I put on the breastplate of righteousness. I am righteous in Christ Jesus. Every accusation is answered by my identity in Him."

"I put on the shoes of the gospel of peace. I am ready to stand firm. I am grounded. The gospel is my foundation."

"I take up the shield of faith. Every fiery dart of the devil is extinguished. My faith is impenetrable. Every attack fails."

"I put on the helmet of salvation. My mind is protected. No demonic voice can access my thoughts. I am secure in my salvation."

"I take up the sword of the Spirit — the Word of God. I declare Scripture with power. My words carry authority."

"I pray in the Spirit at all times, staying alert and persistent, making supplication for all the saints. I wage war in prayer."

"By the blood of Jesus Christ, I am protected, covered, sealed, and empowered. In Jesus' name, AMEN."

Binding Prayer (Restrict Demonic Power)

Use this when you feel under attack or when binding specific spirits:

"I bind every spirit of _____ (name the spirit: lust, fear, depression, rage, addiction, etc.)."

"In Jesus' name, I bind you completely. You are restricted. You CANNOT operate in my life, my mind, my body, my emotions, or my family."

"Your power is broken. Your assignments are cancelled. Your influence is cut off. You are rendered powerless against me."

"The blood of Jesus Christ is against you. Angels surround me to enforce this binding. You MUST obey."

"I command you to be silent and inactive. DEPART from me in Jesus' name."

"I bind every legal ground you claim. Every sin that opened a door to you is forgiven and covered by Jesus' blood."

“You have NO authority. NO power. NO right to remain. BEGONE in Jesus’ name, AMEN.”

Loosing Prayer (Release God’s Blessings)

Use this to declare what you want God to release in your life:

“In Jesus’ name, I loose _____ (name what you want released: breakthrough, peace, healing, provision, clarity, etc.).”

“I command the oppression that has blocked this blessing to BREAK NOW.”

“I loose the supernatural power of God to flow freely in my life.”

“I loose healing to my body. I loose peace to my mind. I loose provision to my finances. I loose restoration to my relationships.”

“I loose the clarity I need to see God’s will. I loose the courage to pursue my calling. I loose the love of Christ to fill my heart.”

“I loose the glory of God to manifest in my life. Angels, release the blessings heaven has for me.”

“Every blessing God promised is now RELEASED and FLOWING.”

“In Jesus’ name, I declare it DONE, AMEN.”

Generational Curse Breaking Prayer

Use this to break curses passed down through your family:

“I renounce and break every generational curse that has passed down through my family line.”

“I break the curse of _____ (alcoholism, sexual perversion, poverty, mental illness, rage, divorce, etc.).”

“In Jesus’ name, I declare this curse is BROKEN. It has NO power over me. It will NOT be passed to my children.”

“I speak BLESSING over my bloodline: abundance, health, peace, wholeness, spiritual power, and salvation.”

“Every generational demon assigned against my family is CAST OUT.”

“I seal my family with the blood of Jesus Christ. We walk in freedom, blessing, and divine protection.”

“In Jesus’ name, this generational curse is permanently broken, AMEN.”

Soul Tie Breaking Prayer

If you’ve had ungodly relationships, use this to break the spiritual connections:

“I renounce and sever every ungodly soul tie.”

“In Jesus’ name, I break my connection to _____ (name the person or people if appropriate).”

“Every demonic attachment through sexual immorality is CUT OFF.”

“I take back all the parts of my soul that were given to this relationship. I retrieve what was stolen. I am made whole.”

“Every spiritual cord connecting me to this person is SEVERED by the power of Jesus Christ.”

“I am cleansed. I am free. I am MY OWN again, belonging only to Jesus.”

“Any demonic influence transferred through this relationship is CAST OUT.”

“In Jesus’ name, this connection is completely broken, AMEN.”

House Cleansing and Protection Prayer

For protection of your home:

“I declare this home to be a stronghold of the Holy Spirit.”

“I bind every unclean spirit attempting to enter these walls. You are FORBIDDEN.”

“I loose the presence and protection of God throughout every room.”

“By the blood of Jesus Christ, I seal all entry points to darkness. Angels, stand guard.”

“Every device of the enemy is EVICTED. Peace reigns. Holiness dwells here.”

“No witchcraft, no curses, no demonic activity can operate in this home.”

“This is HOLY GROUND. This is GOD’S HOUSE.”

“In Jesus’ name, this home is sealed, protected, and sanctified, AMEN.”

CHAPTER 14 — DAILY SCRIPTURE MEDITATION CHECKLIST

Print this and check off each Scripture as you read it daily during your fast and 30-day window:

Week 1 Scriptures (Breaking Through Resistance)

- Daniel 1 (Daniel's faithfulness in fasting)
- Daniel 10:1-13 (21-day fast and spiritual warfare)
- Isaiah 58 (the fast God has chosen)
- Matthew 4:1-11 (Jesus fasting in wilderness)
- Ephesians 6:10-18 (armor of God)
- Psalm 91 (complete protection prayer)
- 2 Corinthians 10:4-5 (pulling down strongholds)

Week 2 Scriptures (Breakthrough Acceleration)

- Colossians 2:15 (Jesus' victory over demons)
- James 4:7 (resist the devil, he flees)
- Romans 8:1-2 (no condemnation in Christ)
- John 8:36 (Jesus sets captives free)
- Exodus 20 (God's covenant and blessings)
- Revelation 12 (war in heaven, Satan's defeat)
- Isaiah 43 (God's redemption and restoration)

Week 3 Scriptures (Establishment and Overflow)

- Isaiah 53:5 (by His stripes we are healed)
- Philippians 4:7 (peace transcending understanding)
- 2 Corinthians 1:3-4 (comfort others with comfort received)
- Joel 2:12-13 and 28-32 (return to God, outpouring of Spirit)
- Isaiah 61 (freedom and restoration)
- Psalm 103 (blessings and healing)
- Luke 4:18 (Jesus came to set captives free)

30-Day Window Scriptures (Maintaining Freedom)

- Matthew 12:43-45 (demons return if house not guarded)
- 1 Peter 5:8-9 (stay alert, resist the devil)
- Deuteronomy 6:6 (hide God's Word in your heart)
- Joshua 1:8 (meditate on Scripture day and night)

- Proverbs 3:5-6 (trust God with all your heart)
- Psalm 119:9-11 (hiding God's Word prevents sin)

CHAPTER 15 — FINAL ENCOURAGEMENT

You Are Not Alone

As you begin this 21-day journey, understand this truth: **You are not fighting this battle alone.**

The Bible says:

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

— Ephesians 6:12 (NIV)

This fight is REAL. But **God is MORE REAL and FAR MORE POWERFUL.**

“And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.”

— Colossians 2:15 (KJV)

Jesus already defeated every demon, every stronghold, every power of darkness. He won. Decisively. Finally. Completely.

Your 21-day fast is not you winning a battle — it’s you CLAIMING a victory that’s already yours.

You Are Capable

You might think: “I could never complete a 21-day fast. I don’t have the discipline. I don’t have the faith.”

But listen: **You ARE capable.**

If you’re reading this, the Holy Spirit has already begun preparing you. God doesn’t call people He hasn’t equipped. He doesn’t ask for something He won’t provide the strength to complete.

“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

— 1 Corinthians 10:13 (NIV)

You have MORE than enough. You have the Spirit of God living in you. You have the blood of Jesus protecting you. You have angels fighting for you.

You are capable. You will complete this fast. You WILL walk in complete freedom.

Your Breakthrough Is Guaranteed

This fast isn’t a “maybe” situation. The Bible promises:

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.”

— Isaiah 58:6-8 (KJV)

When you fast God's way, breakthrough is GUARANTEED. Not maybe. Not possibly. GUARANTEED.

Your light WILL break forth. Your health WILL spring forth. Your righteousness WILL go before you. God's glory WILL reward your faithfulness.

What Comes After

This fast isn't the end — it's the beginning of your new life in freedom.

After you complete these 21 days:

- You will walk in authority over demonic forces
- You will experience supernatural provision and blessing
- You will have clarity about your calling
- You will see your family members come to Christ
- You will minister deliverance to others
- You will live in perpetual victory

Your testimony of transformation will change other people's lives.

As you walk in freedom, others will ask: "What happened to you? You're different. You're free. What did you do?"

That's when you share your story. That's when you tell them about the power of prayer and fasting. **That's when other people find their own path to freedom through your testimony.**

Final Declaration

Before you begin, make this your declaration:

"By the grace of God and the power of Jesus Christ, I WILL complete this 21-day fast. I WILL break every demonic stronghold. I WILL walk in complete freedom. I WILL be transformed. I WILL overcome. I WILL testify of God's faithfulness. My breakthrough is coming. My victory is assured. My future is secure in Christ."

"Starting today, I am DONE with bondage. I am DONE with oppression. I am DONE with living in chains. I choose FREEDOM. I choose JESUS. I choose VICTORY."

"In Jesus' name, I declare it: I am FREE."

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- **Target Audience:** Believers seeking deliverance, spiritual breakthrough, and freedom from demonic oppression
- **Scriptural Foundation:** Daniel 10, Matthew 17:21, Isaiah 58, Ephesians 6, Colossians 2:15
- **Publication Date:** November 2025

Recommended Use:

- Print and keep accessible throughout your 21-day journey
- Share with others seeking deliverance
- Offer as a downloadable resource on kylelauriano.com
- Use as a ministry guide for deliverance counseling

Recommended Website Integration

For kylelauriano.com, this publication can be:

- Offered as a free downloadable PDF on the Resources page (Skeptic, Believer, Disciple, and Witness stages)
- Published as an interactive online guide with daily email reminders
- Featured in the Spiritual Warfare section of the Resources library
- Promoted through The King Is Coming podcast as a flagship deliverance resource
- Shared with testimonies of those who completed the fast
- Used for online group fasts — synchronized community fasting experience

Final Word

You have everything you need to walk in complete freedom.

Your breakthrough is coming. Your transformation is guaranteed. Your victory is assured.

Begin this journey with faith. Complete it with perseverance. Emerge in triumph.

Welcome to the greatest 21 days of your spiritual life.

In Jesus' name, AMEN.

END OF PUBLICATION