



# THE **A**GAPE ADVANTAGE

**A 21 DAY FAST**

*Year of Freedom*

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*Hi, friends! I'm so excited that you've decided to join our community for the 21-day fast to love your best life! For the past five years, I have been participating in the 21-day Daniel Fast and this will be the sixth year that I have participated. Each year has been a truly life changing experience for me and I always look forward to the next one.*

The Daniel Fast is something that not only helps you connect with God but also has great health benefits! It is based on the Biblical account of the prophet Daniel and how he fasted from meat, wine, and other rich foods while praying to God. Your diet will consist of vegetables, fruits, legumes, seeds, nuts, whole grains, healthy fats, and a lot of water.

During the Daniel Fast, we cleanse our bodies of anything that is unhealthy and choose to have a diet that is plant-based and full of nutrients. Even still, the diet is not the best part of the Daniel Fast. The main benefit we receive from Daniel Fast is a deeper connection with God. Fasting is a form of gratification and sacrifice, focusing on Him, opening your heart to Him, listening to Him, and receiving from Him. Each year, I have felt my faith grow stronger as a result of fasting, and so I continue to devote myself to this ritual year after year. I am looking forward to this year's fast. I hope you all are too!



# Year of Peace Note

## *Let's get real.*

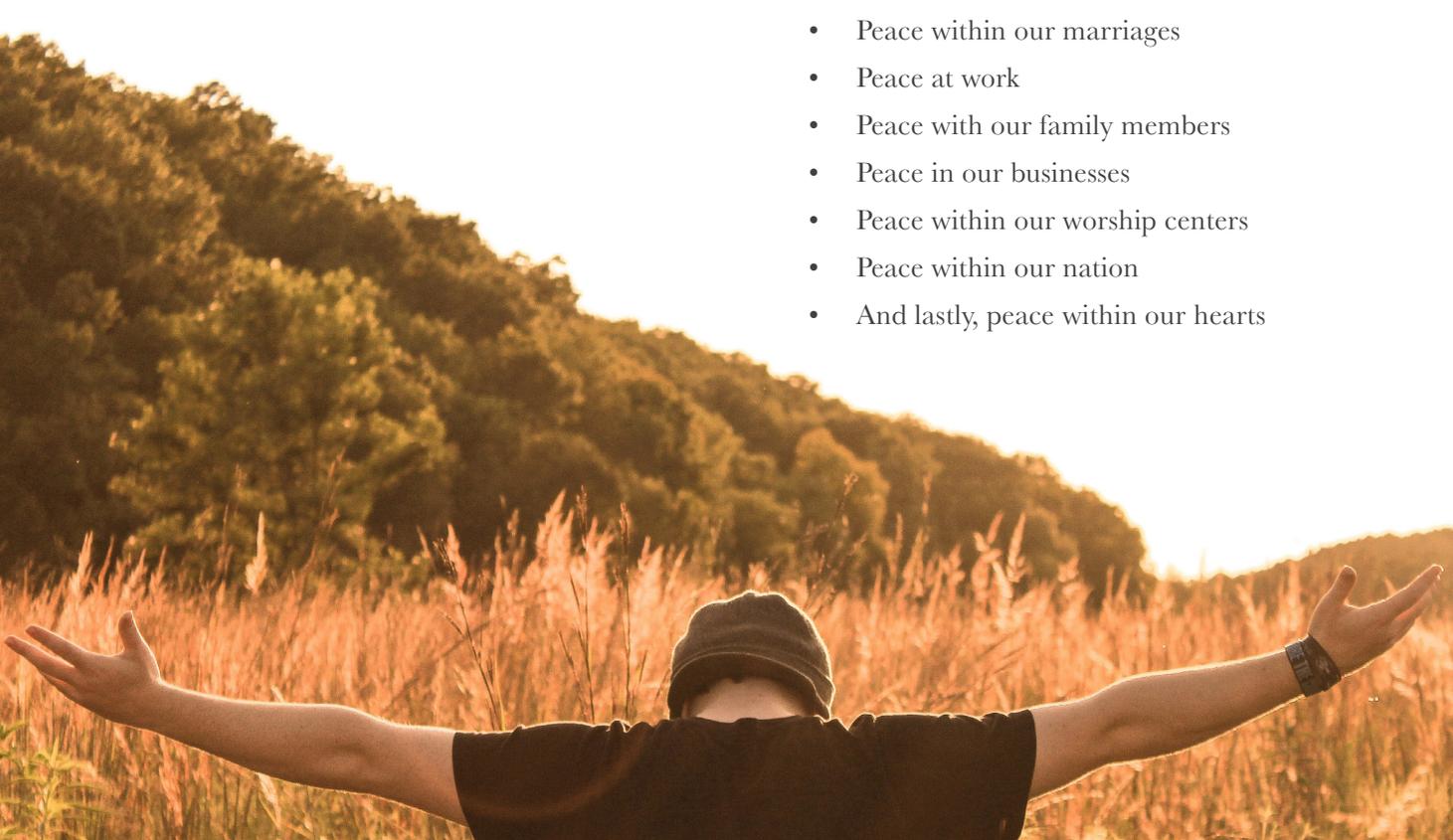
After what we experienced in 2020, many of us are searching for a new beginning. Last year brought a lot of transitions and many of us experienced life-changing events like layoffs, divorces, sickness, political polarization, civil unrest, and even the death of a loved one. If you are anything like me, last year has left you feeling anxious, in doubt, and a bit confused. Unfortunately, this negative energy can carry over into other aspects of our lives and manifest as a decrease in finances, weight gain, homelessness, and worse.

Every year God places a word in my spirit to guide my year. As I began to pray and reflect on the “word” for this year, I kept hearing the word “peace”. Yes, this has been my word for prior years, and yes, it also happens to always be the word my daughter selects for me every year, but I think it’s appropriate.

I truly believe that this year will be the Year of Peace. Despite all the unhappy memories last year may have brought, I’ve got some good news for you: 2021 will be a different year for all of us! We do not need to bring the baggage from 2020 to 2021. Our Creator wants us to prosper, to be free, and to have an abundant life. Right now, we can make the decision to surrender to Him and co-create a life you absolutely LOVE with Him!

## *As we embark on this journey together, I claim the following:*

- Peace within ourselves
- Peace within our relationships
- Peace within our marriages
- Peace at work
- Peace with our family members
- Peace in our businesses
- Peace within our worship centers
- Peace within our nation
- And lastly, peace within our hearts



# Prayer for God's Peace

*Dear Lord,*

*I am a firm believer that love is a key ingredient to bringing peace and healing to any relationship. With the way Christ loves us, we can begin to see shifts in the universe, and I know shifts must first start with our hearts. This year, I pray that you will prune our hearts and let our hearts be focused on you.*

*Show us how to love more deeply, just as you love us. Develop within us a renewed mindset so that we can heal and rebuild our lives into the masterpieces you have destined for them to be. Thank you in advance for meeting us where we are in this time of fasting and prayer. Our hearts are open and receptive to you.*

*Amen.*

# Introduction Story

## *Hi Friends!*

Before we dive into this journey together, I believe it's important for me to share my own fasting story with you. Many people have shared that they have or had a praying grandmother. My sister often says that our grandmother prayed for us so much as children that we have prayers on reserve for years! But at some point in my life, I realized I may have used all those up! Lol. I realized I needed to start praying on my own.

As I began to evolve as a person, one thing I knew that I truly wanted was to deepen my relationship with God. It seems that many of us yearn for this during our moments of deep adversity—often referred to as “rock bottom”. For me, my “rock bottom” moment occurred around the birth of my daughter. By the time she arrived, I had ended the relationship with her father, lost my job, and was unable to find stable housing for months—we were basically homeless.

This was an extremely emotional and difficult time in my life. I was anxious about everything. This is not how I imagined stepping into motherhood would look for me. I knew I had to do something. I knew I wanted to be a good mother to my daughter. Her birth and the circumstances surrounding it forced me to reevaluate my life and assess all my relationships. Not just with others, but also with myself. I was forced to look deep within.

If I'm being honest, I forced myself to look in the mirror. At that time, I thought to myself, I like myself, but I don't really love myself.” It was in that moment that God showed me why I felt that way and it took my life and prayer life to a new level. I slowly began to grow as a person, and yet I felt that something was still missing.

In 2016, I decided to become more intentional about my prayer life by implementing fasting into my routine. This was when my life changed drastically. It was through the combination of prayer and fasting that I was able to review my inner thoughts. I was able to understand why I had a low self-esteem, why I was still angry, why I was feeling tension in my spiritual growth journey, and why my relationships were not intact. During this time of fasting, He reminded me that there was a key to fixing all those broken pieces. It's been five beautiful years, and I've never looked back.

I have no idea where you are in your journey. All I know is that many of us go to sleep every single night with some form of struggle. Some of us are dealing with our own backstories, baggage, or even present turmoil. Most of these are rooted in unresolved issues from our childhood and manifest in a number of ways—it could be addictions, parental issues, health struggles, physical ailments, broken heartedness, adulterous behavior, bitterness, or even maintaining your own closet of unwieldy skeletons. Again, I don't know what your story is. What I do know is that God's promise is true. From here on, moving forward, I declare peace in your life. I can't wait to dig in for the next 21 days so that you can learn to love your best life!

Love, Lereca

**IT STARTS WITH THE HEART.**

**Welcome to the Agape Advantage.**

GETTING STARTED

# The Overview

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This 21-Day fast consists of three components — The Divinity, The Diet, and The Discipline. Read this section carefully and thoroughly.

# The Divinity

**THIS IS THE QUALITY OR STATE OF BEING THAT *seeks to predict future events or discover hidden knowledge.* WE ARE PARTICIPATING IN THIS FAST BECAUSE WE ARE SEEKING GOD'S GUIDANCE FOR OUR PURPOSE AND FOR THE FUTURE. THIS IS IMPORTANT BECAUSE WE ARE *aiming to strengthen our relationship with God through continuous prayer and sacrifice.***



# The Divinity

## *What is Fasting?*

Fasting is a discipline that requires prayerful posture that will help you build a closer connection with God. Fasting is about bringing the matters of your heart to GOD and asking the Holy Spirit to move in your life.

Fasting requires you to give up something you seek satisfaction in working on being satisfied and focusing on GOD. According to the Bible, fasting means to reduce or eliminate your intake of food for a specific purpose.

The Bible gives us clear instructions on how to fast:

*“When you fast, do not look swollen like the Hypocrites, for they make faces unattractive so that people will see them fasting. I tell you the truth, they have their reward. When you fast, put oil on your head and wash your face, so that it will not be obvious to others when you are fasting, but only to your father who is in secret. And your father who is in secret will reward you.”*

*Matthew 6: 16-18.*

# The Divinity

*There are four types of fast that people often embark on.*

## 1 - THE COMPLETE FAST

Do not consume any food or water. The complete fast is only recommended for a short period of time.

## 2 - THE PARTIAL FAST

Also known as intermittent fasting or the Daniel Fast. Typically you only eat one time per day or you only eat fresh fruits and vegetables. This fast is often effective twice per year.

## 3 - THE ROTATIONAL FAST

Similar to a type of intermittent fast in which you rotate the days of the week that you will not consume certain types of foods on a specific day.

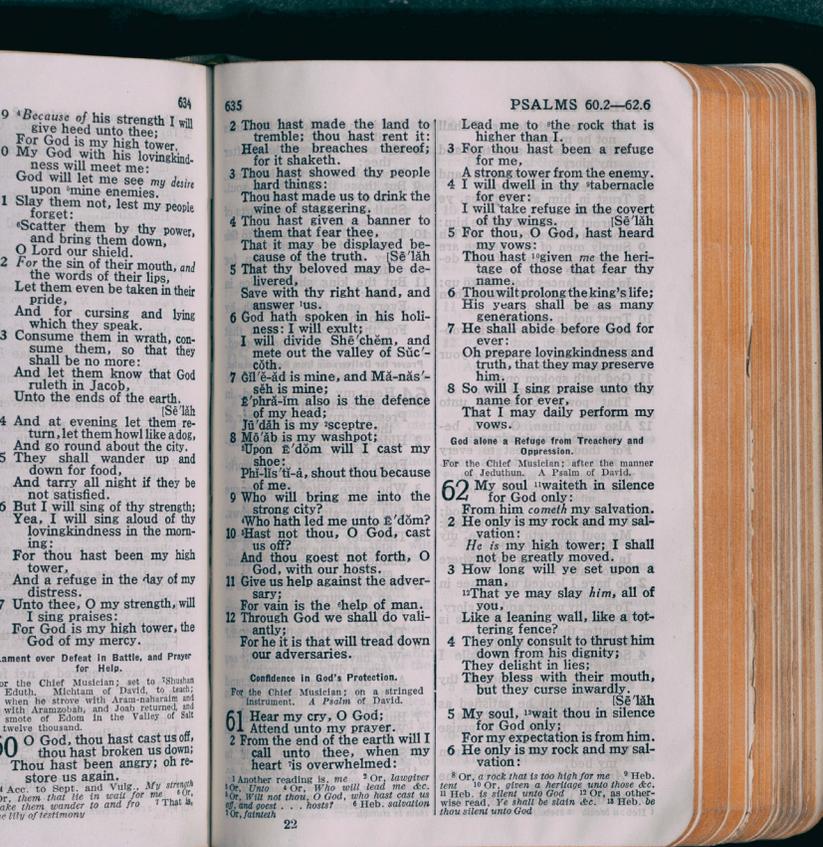
## 4 - THE SOUL FAST

A fast that focuses on studying the soul, the practice of fasting, and living with authenticity. A transformation expedition that leads to an inward journey of great health, happiness, and success as you learn to live from the inside and outside.

WHEN YOU FAST YOUR  
HEART WILL CHANGE  
AND YOU WILL  
BECOME CLOSER TO  
GOD AND YOU WILL  
HEAR HIS VOICE.

# Scriptures to Focus on During the Next 21 Days

Each day during the Daniel Fast, we will be focusing on a certain scripture on the Bible. For each scripture, a certain theme will be focused on and can range from our love



# The Diet

*In this section, we will be discussing fasting and the diet that we should be following throughout the 21-day fast.*

The fast, in addition to being part of the process of surrendering yourself to God and asking for His guidance in moving your life forward, is also something that improves your overall health and wellbeing. This diet is an important element to the process of deepening your relationship with Him as it involves sacrificing the food you find satisfaction in and devoting your time and effort to God. With the sacrifice of your satisfaction from the food you consume, you are finding satisfaction on the guidance from God as you pray to him.

The focus of this fast is to take away the satisfaction brought to us by food so that we can look for the satisfaction in God. We are sacrificing our desires to build a deeper connection with Him through prayer and fast. This diet is essential to the process of surrendering ourselves to Him and we should follow this strictly to reap the blessings He can provide us.



# The Diet

## *Why Fast?*

There are so many reasons why one should fast. In addition to having a spiritual connection with God, there are many health benefits associated with fasting. There are many reasons God calls His people to fast. If there is something you've been praying about and you've been wanting to hear from God and gain some clarity in that one thing, then this is a reason to fast. Additionally fasting demonstrates your obedience in your commitment to God. He will show you Himself and bring you closer to the Holy Spirit. He changes your heart and increases your prayer life and faith. Fasting helps in releasing God's Supernatural power in your life.

*If God has not called you to fast, then do not do it. An order for fasting to be effective must be willed by GOD. Anything led by God will yield the best outcome in your life. God not only wants you to live your life, He wants you to love your life.*

# The Diet

## VEGETABLES

All fresh, frozen, dried, or canned vegetables. These may include but are not limited to:

- Alfalfa sprouts
- Artichokes
- Asparagus
- Beans
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Edamame
- Eggplant
- Garden cress
- Garlic
- Ginger root
- Jicama
- Legumes
- Lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Radishes
- Squash
- Sweet potatoes
- Turnips
- Watercress
- Yams

## FRUITS

All fresh, frozen, dried, or canned fruits. These may include but are not limited to:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Watermelon

## WHOLE GRAINS

All whole grains and legumes. These may include but are not limited to:

- Barley
- Brown rice
- Buckwheat
- Bulger
- Corn
- Grits
- Millet
- Oats
- Quinoa
- Popcorn
- Whole wheat
- Wild rice
- Black beans
- Black eyed peas
- Chickpeas
- Peas
- Cannellini beans
- Dried beans
- Kidney beans
- Lentils
- Pinto beans
- Split peas
- White beans

## HEALTHY OILS

All healthy liquid oils. These may include but are not limited to:

- Canola oil
- Grape oil
- Seed oil
- Olive oil
- Peanut oil
- Safflower oil
- Soybean oil
- Sunflower oil
- Sesame oil

## NUTS & SEEDS

All nuts and seeds. These may include but are not limited to:

- Almonds
- Brazil nuts
- Cashews
- Filberts
- Peanuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Also nut butters (i.e. peanut butter)



# The Diet

## FOODS THAT ARE NOT ALLOWED:

- All meat and animal products including but may not be limited to beef, lamb, pork, poultry, and fish.
- All dairy products including but may not be limited to milk, cheese, cream, butter, and eggs
- All sweeteners including but may not be limited to sugar, raw sugar, date sugar, date syrup, honey, syrups, molasses, cane juice, stevia, agave nectar, and artificial sweeteners.
- All leavening agents and all leavened bread including but may not be limited to Ezekiel Bread (contains yeast and honey) and baked goods.
- All refined and processed food products including but may not be limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial flavorings or preservatives.
- All deep fried foods including but may not be limited to potato chips, french fries, and corn chips.
- All solid fats including but may not be limited to shortening, margarine, lard, and foods that are high in fat.
- Beverages including but may not be limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

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Remember to read the labels on prepared foods to ensure that the ingredients comply with the fast.

Visit: [www.flipsnack.com/TheAgapeAdvantage/the-agape-advantage-21-day-fast-recipes.html](http://www.flipsnack.com/TheAgapeAdvantage/the-agape-advantage-21-day-fast-recipes.html) for a list of our favorite fasting recipes.

# The Discipline

FASTING IS THE SACRIFICE YOU ARE MAKING WITHIN THESE 21-DAYS TO *build your relationship with God.* IT REQUIRES A DISCIPLINE IN IGNORING TEMPTATION AND TO CONTINUE FOCUSING ON THE PURPOSE OF THIS FAST. THIS PART OF THE PROCESS REQUIRES THAT YOU FIND THE PURPOSE OF YOUR FAST AND WHAT ASPECT OF YOUR LIFE YOU NEED GOD TO HELP YOU WITH. *Your discipline will help you go through the challenges of this fast and achieve the ultimate goal* OF TAKING YOUR RELATIONSHIP WITH HIM TO THE NEXT LEVEL.

# The Discipline

## Questions to ask yourself

1. Why are you fasting?
2. What areas of your life do you need GOD to intervene?
3. How are you expecting GOD to show up during 2021?
4. What will you be praying for during this fast? Some examples of what you can pray for during your fast are:
  - **FAITH:** You may be praying for a deeper connection with God or to strengthen your faith in Him.
  - **FAMILY:** You may be praying for the happiness, health, and success of your family.
  - **FINANCES:** You may be praying for an increase of finances so that you may support your loved ones and yourself.
  - **FITNESS:** You may be praying for your fitness by becoming healthier or recovering from some type of ailment.
  - **FRIENDS:** You may be praying for the happiness, success, and health of the friends you deeply care for.
  - **FUTURE:** You may be praying for a fruitful future, may it be your wealth, health, or the relationships you have with others.
5. Is there anyone in your life that you need to forgive? If so, write that person's name down. During the fast you will be praying for your relationship (s)?
6. Who else will you be praying for during this fast? Fasting won't be easy, and to fast with people who are close to you and who will support you can make going through the challenges easier. Connect with each other, share recipes, and share your stories with one another.
7. List 21 goals that you'd like to achieve in your lifetime in the form of - I thank GOD for \_\_\_\_\_. Think big! Think big, big! Do not limit yourself here. (Ex. Dream home, husband , promotion, children, wellness, etc.). List down your goals on the table below. If you can't think of 21 goals immediately, that's fine! As you go through your fast, your time with God will often reveal more details about anything you may want in your life. In achieving your goals, you may also not necessarily know how to achieve them during the start of your fast. However, throughout the fast, you may learn from God about how you can be able to achieve these goals. Remember, you are seeking His guidance in achieving what you feel is your purpose for the fast and the goals that you'd want to achieve during your lifetime.

# The Discipline - 21 Goals

MY GOALS	HOW CAN I ACHIEVE THIS GOAL?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	

# Your Prayer Schedule

- Set an **APPOINTMENT** with **GOD** at the same time daily.
- Select a **SPECIFIC LOCATION** in your home.
- Begin your appointment with **WORSHIP AND PRAISE**.
- Ask **GOD** to **REVEAL HIS PROMISE** to you through his word.
- Read the scripture of the day and **MEDITATE** on the words.
- Pray for **GOD** to blow your mind during this time of fasting.  
Ensure your posture is one that shows a **HUMBLE SUBMISSION** to **GOD**.

# Your Prayer Schedule

Develop a weekly schedule where you can plan out your weekly schedule according to your usual schedule (time for work, family and friends, eating, and sleeping). You may have to adjust your schedule to be able develop your prayer schedule. Within this table, plan out the location where you can focus on prayers during your appointments with God.

Ensure that your appointment with God is at a time where you are always available, during your free time before or after work. Feel free to include any meal plans. This can make your fast easier as you'll know exactly what meal you'll be having during the week and that they follow the guidelines.

## MY WEEKLY SCHEDULE

PRAYER LOCATION:

APPOINTMENT WITH GOD:

MY PURPOSE:

S	M	T	W	T	F	S

# The 21-Day Fast

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## *Daily Questions*

How is GOD speaking to you through this scripture?

How did the Holy Spirit show himself today?

*Notes: As you pray and as you go about your day, consider how He is speaking to you. What messages do you think God is sending you and how do you think you should act upon it? Remember, this fast is meant to deepen your connection with God. During these 21 days, you should be more focused on Him and the purpose of your fast.*

# Day 1

*Philippians 1:3-11*

THEME:  
His Love Abounds

## THANKSGIVING AND PRAYER

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. 8 God can testify how I long for all of you with the affection of Christ Jesus.

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

HOW IS GOD SPEAKING TO YOU  
THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT  
SHOW HIMSELF TODAY?

Day 2

*Psalms 91:15*

THEME:  
He Will Answer

SCRIPTURE:

He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 3

*John 10:27*

THEME:  
Hearing God's Voice

SCRIPTURE:

My sheep listen to my voice;  
I know them, and they follow me.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Day 4

*Corinthians 4:5*

**THEME:**  
Motives of the Heart

**SCRIPTURE:**

Therefore judge nothing before the appointed time; wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of the heart. At that time each will receive their praise from God.

**HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?**

Empty space for reflection on the scripture.

**HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?**

Empty space for reflection on the Holy Spirit's work today.

Day 5

*Jeremiah 33: 3*

THEME:  
See What is Hidden

SCRIPTURE:

Call to me and I will answer you and  
tell you great and unsearchable things you do not know.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Day 6

*Ephesians 5: 11-13,  
John 8:31*

THEME:  
Deeds of Darkness,  
The Truth Shall  
Set You Free

SCRIPTURE:

Have nothing to do with the fruitless deeds of darkness,  
but rather expose them.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 7

2 Peter 3:9

THEME:  
He is Patient

SCRIPTURE:

The Lord is not slow in keeping his promise,  
as some understand slowness. Instead he is patient with you,  
not wanting anyone to perish, but everyone to come to repentance.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 8

*Psalm 32:5*

THEME:  
Guilt is Gone

SCRIPTURE:

Then I acknowledged my sin to  
you and did not cover up my iniquity.  
I said, "I will confess my transgressions to the Lord."  
And you forgave the guilt of my sin.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 9

*James 5:16*

THEME:  
Confessions

SCRIPTURE:

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 10

*Act 3:19*

THEME:  
He Wipes it Away

SCRIPTURE:

Repent, then, and turn to God,  
so that your sins may be wiped out,  
that times of refreshing may come from the Lord,

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Day 11

*Psalm 51:6-7*

THEME:  
He Cleanses Us

SCRIPTURE:

Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 12

*Jeremiah 29:11*

THEME:  
To Prosper You

SCRIPTURE:

For I know the plans I have for you,” declares the Lord,  
“plans to prosper you and not to harm you,  
plans to give you hope and a future.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 13

*Isaiah 1:19*

THEME:  
The GOOD Things

SCRIPTURE:

If you are willing and obedient,  
you will eat the good things of the land.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Day 14

*Lamentations 3 22-23*

THEME:  
Mercy is Bigger

SCRIPTURE:

Because of the Lord's great love we are not consumed,  
for his compassions never fail. They are new every morning;  
great is your faithfulness.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Day 15

*Isaiah 41: 10-12*

**THEME:**  
You Will Not Find Them

**SCRIPTURE:**

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

<sup>12</sup> Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.

**HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?**

Empty space for reflection on the scripture.

**HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?**

Empty space for reflection on the Holy Spirit's work today.

Day 16

*2 Corinthians 5: 17*

THEME:  
All Things New

SCRIPTURE:

Therefore, if anyone is in Christ, the new creation has come.  
The old has gone, the new is here!

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 17

*Matthew 6:33*

THEME:  
Added Unto You

SCRIPTURE:

But seek first his kingdom and his righteousness,  
and all these things will be given to you as well.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 18

*Isaiah 54:17*

THEME:  
Not Prosper

SCRIPTURE:

No weapon forged against you will prevail,  
and you will refute every tongue that accuses you.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 19

*Psalm 37: 4*

THEME:  
Desires of Your Heart

SCRIPTURE:

Take delight in the Lord,  
and he will give you the desires of your heart.

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 20

*Ephesians 3:20-22*

THEME:  
Immeasurably More

SCRIPTURE:

Now to him who is able to do immeasurably  
more than all we ask or imagine,  
according to his power that is at work within us,

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

Day 21

*Chronicles 4:10*

THEME:  
Request Granted

SCRIPTURE:

Jabez cried out to the God of Israel,  
“Oh that you would bless me and enlarge my territory!  
Let your hand be with me, and keep me from harm so that I  
will be free from pain.” And God granted his request

HOW IS GOD SPEAKING TO YOU THROUGH THIS SCRIPTURE?

HOW DID THE HOLY SPIRIT SHOW HIMSELF TODAY?

# Revelations for the Next 21 Days

*Well done on completing the Daniel Fast!*

But it doesn't end here. Constant reflection on whether or not we received our answers and whether we feel a stronger connection with God is an important factor. It is the point of the 21-day fast.

After the fast, the reflections do not end yet. In fact, this should be something we continue to reflect on every day. For the next three days, we will reflect on these scriptures that focus on our self-improvement. We pray for wealth, health, healing, and letting our light shine.

## SCRIPTURES TO REFLECT ON AFTER FAST

### Deuteronomy 8:18

**THEME:** Power to Get Wealth

**SCRIPTURE:** But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

### Jeremiah 33:6

**THEME:** Health and Healing

**SCRIPTURE:** Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

### Matthew 5:16

**THEME:** Keep Shining

**SCRIPTURE:** Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.



THE AGAPE   
ADVANTAGE