

Better Life

21 DAY DANIEL FAST BREAKTHROUGH GUIDE

#BREAKTHROUGH22



Pastors

A.L. & LASHELLE BLUE



Better Life

21 DAY BREAKTHROUGH FAST

PASTORAL BREAKTHROUGH MESSAGE

Pastor LaShelle & I are in **HIGH** expectation of **BREAKTHROUGH** to and for BETTER to occur in your life during these 21 days of fasting and beyond. We **DECLARE** that as you surrender your senses (flesh) & allow the spirit of God to be extracted through you, that you will see and be the embodiment of **BREAKTHROUGH** that will change the course and trajectory of your life forever.



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21 DAY BREAKTHROUGH FAST

Spiritual Benefits:

Fasting brings you closer to God

Fasting makes you more sensitive to God's voice

Fasting helps break bad habits or even addictions

Fasting shows us our weakness and allows us to rely on God's
strength

Fasting helps develop or increase spiritual discipline



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21 DAY BREAKTHROUGH FAST

Mental and Emotional Benefits:

Fasting relieves anxiety and nervousness

Fasting can increase peace and shalom

Fasting clears your mind of negative thoughts and feelings

Fasting can help heal relationships in your life that have been stressful

Fasting decreases brain fog

Fasting helps increase your ability to trust God

Fasting clears out toxins that can make you feel sluggish or depressed



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Physical Benefits:

Fasting helps break addictions to sugar

Fasting supports the body's detoxification

Fasting one lose weight

Fasting promotes healthy energy levels

Fasting improves skin health

Fasting supports healthy inflammation response and promotes joint
comfort

Fasting promotes healthy hormonal balance



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Food Focus:

The Daniel Diet Is a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein.

This fast is based on the account in Daniel 10, "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10: 2-3



DAY

1

21 DAY BREAKTHROUGH FAST

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Scripture: Hebrews 6:9

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: You are what you think. Our thoughts are the fuel for our mind. Our thoughts fuel our dreams and aspirations or they can bind us from accomplishing them.



**DAY
2**

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21 DAY BREAKTHROUGH FAST

Scripture: Proverbs 23:7

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life



DAY
3

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21 DAY BREAKTHROUGH FAST

Scripture: Romans 12:2

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: A man is literally what he thinks, his character being the complete sum of all his thoughts. As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought, and could not have appeared without them.



DAY
4

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21 DAY BREAKTHROUGH FAST

Scripture: Philippians 4:8

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Man is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace.



**DAY
5**

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21 DAY BREAKTHROUGH FAST

Scripture: 2 Corinthians 10:3-6

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: By the right choice and true application of thought, man ascends to the Divine Perfection; by the abuse and wrong application of thought, he descends below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master.



DAY

6

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21 DAY BREAKTHROUGH FAST

Scripture: Isaiah 26:3

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Calmness of mind is one of the beautiful jewels of wisdom.



DAY

7

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21 DAY BREAKTHROUGH FAST

Scripture: 2 Timothy 1:7

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Man is the master of thought, the molder of character, and maker and shaper of condition, environment, and destiny



DAY

8

21 DAY BREAKTHROUGH FAST

Scripture: Philippians 4:4-9

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: As a being of Power, Intelligence, and Love, and the Lord of his own thoughts, man holds the key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills.

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**DAY
9**

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21 DAY BREAKTHROUGH FAST

Scripture: Proverbs 4:23

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Man is always the master of his mind, even in his weakest and most abandoned state; but in his weakness and degradation he is the foolish master who misgoverns his household.



**DAY
10**

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21 DAY BREAKTHROUGH FAST

Scripture: Proverbs 16:3

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: When he begins to reflect upon his condition, and to search diligently for the Law upon which his being is established, he then becomes the wise master, directing his energies with intelligence, and fashioning his thoughts to fruitful issues.



DAY

11

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21 DAY BREAKTHROUGH FAST

Scripture: Colossians 3:1-2

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Such is the conscious master, and man can only thus become by discovering within himself the laws of thought; which discovery is totally a matter of application, self-analysis, and experience.



**DAY
12**

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21 DAY BREAKTHROUGH FAST

Scripture: Philippians 2:5

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind.



**DAY
13**

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21 DAY BREAKTHROUGH FAST

Scripture: Jeremiah 33:3

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: Circumstances grow out of thought. Every man knows who has for any length of time practiced self-control and self-purification, for he will have noticed that the alteration in his circumstances has been in exact ratio with his altered mental condition.



DAY
14

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21 DAY BREAKTHROUGH FAST

Scripture: Ephesians 4:22-24

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: The soul attracts that which it secretly harbors; that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its unchastened desires.



**DAY
15**

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21 DAY BREAKTHROUGH FAST

Scripture: Proverbs 16:3

Prayer/ Meditation: 30 minutes minimum

**Journaling: Write out your daily thoughts, experience, discoveries,
breakthroughs and testimonies**

Daily Thought: Circumstance does not make the man; it reveals him to himself



DAY
16

Better Life


21 DAY BREAKTHROUGH FAST

Scripture: Proverbs 3:5

Prayer/ Meditation: 30 minutes minimum

**Journaling: Write out your daily thoughts, experience, discoveries,
breakthroughs and testimonies**

**Daily Thought: Men do not attract that which they want, but that which they
are**



**DAY
17**

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21 DAY BREAKTHROUGH FAST

Scripture: Luke 21:34

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: People who are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound.



**DAY
18**

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21 DAY BREAKTHROUGH FAST

Scripture: Psalm 119:1-176

Prayer/ Meditation: 30 minutes minimum

**Journaling: Write out your daily thoughts, experience, discoveries,
breakthroughs and testimonies**

**Daily Thought: Until thought is linked with purpose there is no intelligent
accomplishment.**



**DAY
19**

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21 DAY BREAKTHROUGH FAST

Scripture: 1 Peter 1:13

Prayer/ Meditation: 30 minutes minimum

**Journaling: Write out your daily thoughts, experience, discoveries,
breakthroughs and testimonies**

**Daily Thought: Self-control is strength; Right Thought is mastery; Calmness is
power.**



**DAY
20**

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21 DAY BREAKTHROUGH FAST

Scripture: Psalm 90:12

Prayer/ Meditation: 15 minutes minimum

Journaling: Write out your daily thoughts, experience, discoveries, breakthroughs and testimonies

Daily Thought: "Gifts," powers, material, intellectual, and spiritual possessions are the fruits of effort; they are thoughts completed, objects accomplished, visions realized.



**DAY
21**

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21 DAY BREAKTHROUGH FAST

Scripture: Jeremiah 29:11

Prayer/ Meditation: 30 minutes minimum

Journaling: Write out you what you gained, learned and experienced throughout the fast.

Discovery Day: Revisit your Manifestation 5 list and update it as necessary, write out the items that have been bound and loosed from or in your life during the fast.