

AGAPE INTERNATIONAL MINISTRIES, INC.



21
DAYS
OF PRAYER
&
FASTING

January 11 - 31, 2026

AGAPE
INTERNATIONAL MINISTRIES, INC.

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FASTING GUIDE

We are so excited that you have chosen to participate with Agape by setting aside 21 days to pray, fast and draw near to God. Fasting is not just an exercise for super-spiritual people. It is actually supposed to be a part of every believer's spiritual life. We have found there is no better way to reset one's spiritual compass and bring about change and discipline in every area of life than through fasting.

As you go through your 21-day fast, we hope you will be encouraged and strengthened by this 21-day Devotional. Each daily devotion is intended to enrich your understanding of the purpose of New Testament fasting and to give you a launching point for your own prayer time. As this is a time of Prayer and Fasting, we invite you to join us each morning from Monday through Friday at 5:30 am on the Prayer Call line at 716-427-1338 PIN: 476389# as we start o each day with 30 min. of powerful prayer. We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May God continue to bless you and enlarge you as you seek Him first.

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes. In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Sam. 31:13; Nehemiah 1:4), at a time of repentance (I Sam 7:6; I Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting. Fasting teaches us to that God's Word nourishes us: Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them.

By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word. Fasting teaches us that doing God's will sustains us: John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us: In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

WHAT IS THE PURPOSE OF FASTING?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, "I humbled my soul with fasting" (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting."

Fasting teaches us that we can go without getting what we want and survive. Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food but in other areas as well. It teaches contentment. (1 Timothy 6:6)

Fasting expresses and deepens our hunger for God. Richard Foster says, “Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God:” (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word. Fasting must always, first and foremost, center on God. It must be about Him.

STEP 1: CLARIFY THE PURPOSE OF YOUR FAST.

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and Godinitiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

STEP 2: SPECIFY THE KIND OF FAST YOU WILL DO.

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts)?
- The type of fast God wants you to undertake - discussed in the Types of Fasts section below.
- What physical or social activities you will restrict?
- How much time each day you will devote to prayer and God’s Word?
- Making these commitments ahead of time will help you sustain your fast
- when physical temptations and life’s pressures tempt you to abandon it.

STEP 3: PREPARE YOUR HEART, MIND, AND BODY FOR FASTING.

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. There are several things you can do to prepare your heart:

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)
- Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

TYPES OF FASTS

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, *Celebration of Discipline*: “As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run.”

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and prayer in itself. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for the scholar to devote his/her entire life to.

ABSTAINING FROM CERTAIN TYPES OF FOODS (MEAT, SWEETS, ETC.) - DANIEL 10:3

This type is a good one for beginners to fasting or those with health needs and special or restrictive diets. Choose to abstain from items like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel’s fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.

ABSTAINING FROM ALL FOOD - ESTHER 4:16; ACTS 9:9

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. Here are some ideas. • Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.

- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.
- Finally, you may progress to a two or three-day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast.

ABSTAINING FROM ENTERTAINMENT - DANIEL 6:18

- The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Think of abstaining from television, recreational technology, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

Daniel Fast Food List

"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

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

Foods You May Eat:

- **Whole Grains:**
Brown Rice, Oats, Barley
- **Legumes:**
Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:**
Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:**
Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- **Liquids:**
Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may drink protein drinks if they do not include dairy products.
- **Others:**
Seeds, Nuts, Sprouts

Foods to Avoid:

- All Refined or Processed Food Products
- All Animal Products (Meat, Dairy, Fish, Etc.)
- Meat (Beef, Poultry, Lamb, Etc.)
- Bread And Other Baked Goods
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives Or Additives
- Refined Sugar
- Sugar of all kinds including Sugar Substitutes
- White Flour And All Products Using It
- Margarine, Shortening, High Fat Products

INTRODUCING THE DANIEL FAST: ***THE SUPERNATURAL SURGE***

SCRIPTURE FOCUS: ISAIAH 60:1-5

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

As we prepare to enter our **21 Days of Daniel Fast**, we do so under the divine theme **The Surge**—a season marked by ***Supernatural Uplift with Restoration, Growth, and Expansion***. A surge is defined as a sudden, powerful, and unstoppable movement—an upward or forward motion like a swelling wave, a rapid increase that interrupts an otherwise stable season. Spiritually, a supernatural surge is like an electrical power surge from heaven: a rapid influx of God’s strengthening, empowering, and miraculous presence released at a divinely appointed moment. Isaiah speaks directly to such a moment when he declares, “Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee” (Isaiah 60:1).

In Isaiah’s day, God spoke this word to a people who felt as though they had been pulled backward emerging from exile, surrounded by darkness, and weary from prolonged struggle. Before the surge of God’s glory could be revealed, there was a season of recession and resistance. *“Darkness shall cover the earth, and gross darkness the people,”* yet God promised a sudden divine interruption— *“but the Lord shall arise upon thee.”* In the natural, before a wave surges forward, the water first recedes. Likewise, life’s storms and setbacks may feel like loss or delay, but they are setting the conditions for God to release a supernatural surge of blessing, favor, and restoration.

In our day, the message remains the same. The storms you have endured are temporary, but they are purposeful. Difficulty prepares you for destiny. The very winds of opposition that seem to be holding you back are the same forces God will use to propel you forward. During this Daniel Fast, we are not merely abstaining, we are positioning ourselves in faith. This is a season to guard your words, maintain a positive posture, and keep your eyes on the Author and Finisher of your faith. What you speak in the storm determines how quickly you step into the surge. We declare that after every challenge comes increase, after every setback comes acceleration, and after every storm comes a **Supernatural Surge**—bringing healing, deliverance, restored strength, and a voice that cannot be silenced.

THE SUPERNATURAL SURGE

DEVOTIONALS

Welcome to **The Supernatural Surge**, a 21-day journey of fasting and prayer, beginning with these first seven foundational days. This sacred time is designed to stir spiritual momentum, sharpen your spiritual awareness, and position you for divine acceleration. A supernatural surge takes place when our obedience meets God's power—releasing breakthrough, clarity, and transformation beyond human effort.

The first seven days set the tone for the entire fast. During this time, you are invited to intentionally quiet distractions, seek God wholeheartedly, and realign your heart with His will. Each devotional is prayerfully written to guide you into deeper intimacy with God, strengthen your faith, and prepare you for the greater work He desires to accomplish throughout the remaining days of the fast.

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Our prayer is that these first seven days will establish spiritual focus, discipline, and expectancy, setting the stage for a powerful move of God over the full 21-day fast. May this season of consecration lead you into renewed strength, deeper faith, and a supernatural surge in every area of your life.

DAY 1

THE SUPERNATURAL SURGE OF GOD

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

Then: The Context of Isaiah's Day

Isaiah prophesied these words to a people emerging from devastation, displacement, and spiritual fatigue. Jerusalem had known loss, exile, and decline, yet God declared a sudden shift: "Arise, shine; for thy light is come." This was not motivational language—it was a prophetic and supernatural announcement that God Himself was re-entering their story with power. Though darkness covered surrounding nations, God promised a divine surge of His glory upon Zion. Much like the rebuilding days under Ezra and Nehemiah, God was signaling that what had been dormant would now accelerate by His Spirit, not human strength.

Now: The Reality of Our Day

Our generation mirrors that moment. We are living in a time marked by moral confusion, spiritual apathy, and global uncertainty. Yet Isaiah's promise speaks directly into this hour: darkness may cover the earth, but the Lord shall arise upon you. This is a supernatural surge—not manufactured revival, but divine movement initiated by God. Just as God elevated Joseph during famine and distinguished Israel in Egypt, He is now positioning His Church to shine with clarity, authority, and supernatural favor while the world searches for hope.

DAY 1

THE SUPERNATURAL SURGE OF GOD

The Surge Released Through Response

Isaiah 60:4–5 reveals what happens when God’s people respond correctly—there is expansion, restoration, and overflow. Sons return, resources are released, and hearts swell with holy expectation. This mirrors the early Church in Acts, who fasted and prayed until the Spirit surged through them, resulting in growth and influence. In this day, fasting and prayer align us with heaven’s timing and posture us for a supernatural surge of glory, provision, and impact—not for comfort, but for Kingdom assignment.

Morning Declarations

- I arise and shine because the glory of the Lord has risen upon me (Isaiah 60:1).
- Though darkness covers the earth, I am distinguished by God’s supernatural light (Isaiah 60:2).
- I am stepping into a divine surge of purpose, authority, and spiritual clarity.
- God’s glory upon my life draws others to Christ through me (Isaiah 60:3).
- This is my appointed season of acceleration and supernatural increase (Habakkuk 2:3).
- I align myself with heaven through fasting, prayer, and obedience.

Evening Declarations

- I rest knowing the Lord is working supernaturally on my behalf (Psalm 121:4).
- What God began in light today will not return to darkness (Isaiah 60:20).
- My faith is strengthened, and my vision is clear as I wait on the Lord.
- I receive divine downloads, direction, and revelation even as I sleep (Job 33:15–16).
- The surge of God’s Spirit continues in my life, family, and church.
- I end this day confident that God’s glory is rising, and His promises are unfolding.

A hand is shown writing in a spiral-bound notebook. The notebook is open to a page with a calendar overlay. The calendar shows days from Monday to Sunday. The text "REFLECTIONS & TESTIMONIES" is written in large, bold, red letters across the center of the notebook page. The background is a textured, light-colored fabric.

REFLECTIONS & TESTIMONIES

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DAY 2

ARISE AND SHINE – THE SURGE OF GOD’S GLORY

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

God is calling His children to arise and shine, even when darkness seems to cover the earth. Just like **Joseph**, who rose from the pit of despair to become the savior of many nations, God is urging us to step into our divine destiny. The surge of God’s glory is a movement that propels His children from limitation to limitless possibilities. Fasting and prayer open the spiritual door to this surge, allowing God to reveal His plans and favor in our lives.

Consider **Esther**, who positioned herself in the palace at the right time to bring deliverance to her people. Her courage and alignment with God’s timing brought a surge of breakthrough for an entire nation. Likewise, fasting prepares our hearts to experience divine light that overcomes darkness and draws blessings, resources, and favor into our lives.

The surge is also a call to action. Darkness may cover the earth, but God’s glory is rising to attract nations, transform lives, and multiply blessings. As the abundance of the seas is promised in Isaiah 60, our fasting and prayer positions us for manifestations beyond imagination. Step forward with boldness and faith –this is your time to shine.

DAY 2

ARISE AND SHINE – THE SURGE OF GOD’S GLORY

Morning Declarations

- I arise today and shine in the glory of the Lord (Isaiah 60:1).
- The darkness of limitation cannot touch me; God’s light surrounds me (Isaiah 60:2).
- I am positioned for the surge of divine favor (Isaiah 60:3).
- My heart is enlarged to receive God’s abundance (Isaiah 60:5).
- Nations, doors, and opportunities are drawn to my light (Isaiah 60:3).
- I walk in the promises of God that are manifesting now (Isaiah 60:1-5).

Evening Declarations

- Lord, I thank You for Your surge in my life today.
- I rest in the assurance of God’s glory rising upon me (Isaiah 60:1).
- I release every fear and embrace Your abundance (Isaiah 60:5).
- Darkness cannot prevail against the light of God in me (Isaiah 60:2).
- I declare that my destiny is aligned with the purposes of Heaven (Isaiah 60:3).
- I close this day in gratitude for the surge that is manifesting in my life.

DAY 3

LIGHT BREAKS THROUGH – THE SURGE OF FAVOR

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

God's surge brings favor and breakthrough. Like David, who rose from being a shepherd boy to the king of Israel, God's light exposes hidden opportunities that others cannot see. Even when circumstances seem impossible, fasting and prayer open the heavens for divine intervention. When you humble yourself, the Lord's glory arises to illuminate paths that were previously invisible.

The story of Daniel in Babylon reminds us that the surge often manifests in hostile environments. Daniel's unwavering devotion brought favor and recognition even in a foreign land. His fasting, prayer, and obedience positioned him for supernatural influence. Likewise, our prayers during this fasting period are preparing us to step into our God-given authority and divine favor.

This surge is a divine magnet for blessings. Like Isaiah 60 says, "Gentiles shall come to your light, and kings to the brightness of your rising." Expect doors to open, resources to flow, and divine connections to come your way. The light of God in your life is not just personal—it is a beacon for others. Receive it and let it shine.

DAY 3

LIGHT BREAKS THROUGH – THE SURGE OF FAVOR

Morning Declarations

- God's favor is surging in my life today (Isaiah 60:1-2).
- My light exposes hidden opportunities (Isaiah 60:3).
- I am recognized and honored in every area of my life (Isaiah 60:3-4).
- I receive divine wisdom and understanding (Isaiah 60:5).
- My fasting and prayer positions me for breakthrough (Isaiah 60:1-5).
- I walk in God's favor in every environment I enter.

Evening Declarations

- Lord, I thank You for surging favor today (Isaiah 60:1).
- I release every limitation and embrace Your abundant blessings (Isaiah 60:5).
- Darkness cannot block the light of God in me (Isaiah 60:2).
- I am a magnet for divine connections and resources (Isaiah 60:3).
- I rest in the surge of God's glory upon my life (Isaiah 60:1-5).
- Tomorrow, I will rise in faith and continue to shine brightly.

DAY 4

OVERFLOWING ABUNDANCE – THE SURGE OF PROVISION

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

The surge brings supernatural provision. Like Elijah, who was fed by ravens and provided for during a famine, God's people are positioned to receive divine resources in unexpected ways. Fasting amplifies our spiritual sensitivity, allowing us to recognize and receive God's provision that surpasses natural understanding.

The story of Joseph in Egypt shows that abundance is often reserved for those who endure trials faithfully. Through fasting, prayer, and obedience, you are preparing to step into God's overflowing supply. As Isaiah 60:5 says, "Then you shall see and be radiant, your heart shall swell with joy." The surge of provision is tied to faith and alignment with God's timing.

Expect your storehouses to overflow. This surge is not just personal—it blesses families, communities, and even nations. When God's glory rises, abundance flows. Receive it in faith, and allow it to multiply for His kingdom purposes.

DAY 4

OVERFLOWING ABUNDANCE – THE SURGE OF PROVISION

Morning Declarations

- God's provision surges into my life today (Isaiah 60:5).
- I am positioned for abundance beyond my expectations (Isaiah 60:1-5).
- I trust God's timing and divine supply (Isaiah 60:1-3).
- My faith unlocks supernatural resources (Isaiah 60:5).
- I walk in divine multiplication (Isaiah 60:3-4).
- Every lack in my life is replaced by God's overflowing supply.

Evening Declarations

- Lord, I thank You for provision beyond my imagination (Isaiah 60:5).
- I rest in the assurance of Your overflowing abundance (Isaiah 60:1-5).
- I release fear, doubt, and worry over finances (Isaiah 60:2).
- I embrace Your supernatural supply in every area of my life (Isaiah 60:3).
- I declare that lack is eliminated from my life (Isaiah 60:1-5).
- Tomorrow, I will rise to see more of Your glory manifest in provision.

DAY 5

DIVINE ALIGNMENT – THE SURGE OF INFLUENCE

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

The surge positions you for divine influence. Like Moses, who led Israel out of bondage, God places His people where their light can impact nations. Fasting and prayer tune your spiritual antenna to hear God's voice clearly and align your decisions with His purposes.

Consider Nehemiah, whose prayers and fasting paved the way for the rebuilding of Jerusalem. His alignment with God's will allowed him to influence kings, officials, and entire communities. Likewise, your fasting period positions you for influence over situations, people, and territories that need God's light.

Isaiah 60 promises that kings and nations will be drawn to your light. Your obedience, humility, and faith act as magnets for divine alignment. Step boldly, speak courageously, and act in faith—the surge of influence is yours.

DAY 5

DIVINE ALIGNMENT – THE SURGE OF INFLUENCE

Morning Declarations

- I am aligned with God's purpose and destiny (Isaiah 60:1-3).
- My life impacts nations and communities for God's glory (Isaiah 60:3-4).
- I walk in divine authority and favor (Isaiah 60:1-5).
- God positions me strategically for influence (Isaiah 60:3).
- I reflect His glory in every environment I enter (Isaiah 60:1).
- My words and actions bring life, blessings, and transformation.

Evening Declarations

- Thank You, Lord, for positioning me for divine influence (Isaiah 60:1-3).
- I release every fear and embrace boldness for Your glory (Isaiah 60:1).
- My life attracts favor, connections, and resources (Isaiah 60:3-4).
- I shine brightly in darkness, drawing others to Your light (Isaiah 60:2).
- I rest in the surge of God's glory in my life (Isaiah 60:1-5).
- Tomorrow, I will rise to shine even brighter in His name.

DAY 6

MANIFESTATION – THE SURGE OF GLORY

Scripture: Isaiah 60:1-5 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. ² For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee. ³ And the Gentiles shall come to thy light, and kings to the brightness of thy rising. ⁴ Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. ⁵ Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

Devotional Reading

Day six of the fast is a day of manifestation. The surge of God's glory is fully revealed in your life when light overcomes darkness. Like Peter and John, who healed the lame man in the temple, your obedience and faith during fasting bring visible results.

Just as Mary experienced the joy of seeing Jesus resurrected, fasting positions you to witness breakthroughs, favor, and miracles that others cannot explain. God's glory rising in your life transforms situations, relationships, and circumstances. Your light becomes a magnet for divine encounters and blessings.

As Isaiah 60 promises, nations will come to your light, and kings to the brightness of your rising. Rejoice and give thanks, your surge is now manifesting. Celebrate, share the testimony, and continue to walk in the glory of God that has been revealed through this fasting period.

DAY 6

MANIFESTATION – THE SURGE OF GLORY

Morning Declarations

- I step into the full manifestation of God's glory in my life (Isaiah 60:1).
- Every darkness in my life is conquered by His light (Isaiah 60:2).
- My heart is enlarged to receive all that God has promised (Isaiah 60:5).
- I walk in miracles, breakthroughs, and divine favor (Isaiah 60:1-5).
- Nations, doors, and opportunities respond to my light (Isaiah 60:3).
- I am a vessel of God's glory and kingdom purposes.

Evening Declarations

- Thank You, Lord, for the surge of Your glory in my life (Isaiah 60:1).
- I celebrate every breakthrough, favor, and blessing today (Isaiah 60:5).
- I walk in continuous light and favor (Isaiah 60:1-3).
- Darkness cannot hinder the plans of God in my life (Isaiah 60:2).
- I give thanks for divine connections, resources, and opportunities (Isaiah 60:3).
- I rest in the assurance that Your glory is continually manifesting in me.

DAY 7

SURGE OF DELIVERANCE

Scripture: Exodus 6:6 – “I will redeem you with an outstretched arm and with mighty acts of judgment.”

Devotional Reading

The children of Israel endured over 400 years of slavery, burdened, oppressed, and seemingly without hope (Exodus 12:40–41). Yet God’s timing is perfect. He raised Moses to lead them into freedom, showing that no situation is beyond His power to change. Even in your life, God can intervene to break every chain that holds you captive. Your deliverance may be closer than you realize.

God demonstrated His power through mighty acts—plagues, miracles, and wonders—that overwhelmed Pharaoh’s authority. What had seemed impossible for generations became reality. Likewise, God can act in your life in ways that defy logic. Every area where you’ve felt stuck—financial struggles, spiritual attacks, or emotional bondage—is within His reach. His outstretched arm is ready to redeem and restore you.

As you fast, trust God to bring freedom where it is needed most. Pray boldly for your breakthrough and believe that what has held you down will be removed. God’s surge brings liberation and hope; surrender your chains to Him and step into your season of freedom.

DAY 7

SURGE OF DELIVERANCE

Morning Declarations

- I am delivered from every chain that has bound me. (Psalm 34:17)
- The Lord fights for me and sets me free from oppression. (Exodus 14:14)
- No weapon formed against me will prosper; I am free in Jesus' name. (Isaiah 54:17)
- God's mighty hand breaks every yoke over my life. (Isaiah 10:27)
- I walk in the freedom Christ purchased for me. (Galatians 5:1)
- I declare liberty over my mind, body, and spirit today. (2 Corinthians 3:17)

Evening Declarations

- I thank God for my deliverance; I am free from every bondage. (Psalm 107:14)
- I rest in the assurance that God fights for me while I sleep. (Exodus 14:13-14)
- The chains of fear and doubt are broken in Jesus' name. (Psalm 118:5)
- I am no longer enslaved by the past; I walk in freedom. (Romans 8:2)
- God's power surrounds me and my household. (Psalm 91:1-2)
- I rejoice in God's salvation and declare His victory over my life. (Psalm 98:1)

