



Regina L. Ross

Breakthrough Vision 21-Day Fast

Fasting Toolkit

Breakthrough Vision

21-Day Fast

Hosted by Regina L. Ross

Align with God's direction, clarify your vision for the new year, and accelerate the manifestation of God's promises



During this ***Breakthrough Vision 21-Day Fast***, you will experience a time of fasting and praying that will help you align with God's divine direction for your life, clarify your vision for the New Year, and fuel your faith to believe for breakthrough levels of victory.

Leverage this Fasting Toolkit to help maximize your experience.

Introduction

- Decide what you are fasting *FOR*
 - This particular time of fasting & praying is focused on seeking God for *BREAKTHROUGH VISION & MIRACULOUS MANIFESTATION*! If you don't already know, spend some time identifying the specific area(s) where you desire clarity, divine direction and breakthrough victory.
 - Let me take a moment to unpack *BREAKTHROUGH*. I'm not referring to incremental, steady, small progress that may not be easily discernible. I'm talking about **radical, dramatic, sudden transformation** that is undeniable! We serve a God of the suddenly (see 2 Kings 2:11, Isaiah 48:3; Malachi 3:1; Luke 2:13; Acts 2:2; Acts 12:7) who transforms completely (see Matthew 9:18-30; Mark 8:22-25).
 - It's also important to understand *VISION*! Proverbs 29:18a tells us that *"Where there is no vision, the people perish"*. The Lord instructs the prophet Habakkuk to *"Write the vision down and make it plain on tablets, that he may run who reads it."* (HAB 2:2). God goes on to encourage Habakkuk in verse 3 *"For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry."* As sons and daughters of the Most High God, He wants to speak to us and give us a specific vision for what He desires for our lives so that we may run our individual race with patience as we keep our eyes fixed on Him (see Hebrews 12:1-2).

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- **Decide what you are fasting *FROM***

- This 21-Day Fast is patterned after the Daniel Fast recorded in Daniel 10:2-3. *"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."*
 - Although there are many 'Daniel Fast' guides, we only know from scripture during Daniel's three week fast, he *'ate no pleasant food, no meat or wine'* (Daniel 10:3). This description leaves a lot of room for interpretation, so it's important to decide what your chosen fast will specifically exclude. By doing so, you are making a commitment to the Lord to deliberately turn away from those things during this time of consecration. Some people fast from certain foods such as meat or they choose to fast from certain activities such as social media or watching TV. I believe that God will help you honor whatever specific commitment you make unto Him.
 - I've included in this guide a Daniel Fast Food list that I often use when grocery shopping.

- **During the Fast**

- NOTE: Some people experience physical detox symptoms including headaches, fatigue, and muscle cramps as sugars, caffeine and artificial ingredients leave their bodies during the first few days of fasting. If you experience symptoms that cause you concern, please consult with your health care professional. Fasting should never be harmful to the body!
- Consider setting aside a special time and place to read the Breakthrough Vision Fasting daily devotionals, to pray and journal.
- Use the journaling space in this fasting toolkit or obtain another journal or something that you can use to write down the insights and revelations that you receive as you commune with God during this special time of fasting and praying. God will speak, so expect to hear from Him!
- I've adopted the practice of choosing **MY ONE WORD** for the year instead of a list of New Year's resolutions. Ask God to reveal your ONE WORD (or phrase) during this time of fasting.

I look forward to our journey together!

Regina L. Ross

Daniel Fast Shopping List

ALL VEGETABLES

These can be fresh, frozen, dried, pickled, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower (cauliflower rice), celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peas, pickles, plantains, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, Swiss chard, tomatoes, turnips, watercress, yams, zucchini (zucchini noodles), veggie burgers are an option if you are not allergic to soy.

ALL QUALITY OILS

Including but not limited to avocado, canola, grape seed, olive, peanut, sesame, walnut

ALL FRUIT

These can be fresh, frozen, dried, juiced or canned (no added sugar). Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, pluots, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

ALL LEGUMES

These can be canned or dried. Legumes include but are not limited to black beans, black eyed peas, cannellini beans (white kidney beans), Garbanzo beans (chickpeas), Great northern beans, kidney beans, lentils, lima beans, pinto beans, split peas, lentils, white beans.

ALL WHOLE GRAINS

Including but not limited to whole wheat, amaranth, barley, brown rice, couscous, millet, quinoa, oats, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

BEVERAGES

Black Coffee, Distilled Water, Filtered Water, Spring Water, Unsweetened Tea, 100% Unsweetened Fruit Juice, Unsweetened Plant Milks: Almond Milk, Coconut Milk, Hemp Milk, Rice Milk, Soy Milk

OTHER

Herbs Seasonings / Spices
Soy Sauce, Braggs Liquid Amino All Purpose Seasoning

Natural Sweeteners:

100% honey, 100% Maple syrup

Meat Substitutes:

Tofu; Soy Veggie Patties; Soy Veggie Crumbles

Week 1: Proper Posturing Before the Lord

Day 1 - Humbling Ourselves Before God

✝ Scripture Reading: Daniel 10:1-14

Key verses:

vs 2 "At that time I, Daniel, mourned for three weeks. vs 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."...

vs 12 "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them."

Have you ever faced a challenge, need or desire that was so great that it caused you to earnestly seek the Lord for a miraculous breakthrough? This must have been what Daniel felt when he received a revelation so troubling that it caused him to humble himself before the Lord through fasting and praying.

What earnest desire or need is the focus for this breakthrough fasting challenge for you? Perhaps you feel something pulling at your spirit, but you don't quite know what it is and you want to 'set your mind to gain understanding' from the Lord.

🙏 Prayer Prompts:

- Ask Father God to help you humble yourself before Him and petition Him that He may hear and answer your prayers (see Ezra 8:21,23)
- Ask the Lord to grant your mind understanding during this time of fasting and praying
- Tell God that you know he hears you when you pray, even when you don't see or recognize the answer to your prayers

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Journaling Prompts:

What comes to mind when you think of the phrase "humbling yourself"? Does this bring up a negative connotation? What does the Bible say about us deliberately humbling ourselves before the Lord? James 4:10 encourages *"Humble yourselves before the Lord, and he will lift you up."* How are you committing to 'humble yourself' before God during these next 21-days of deliberately seeking His face? How are you desiring God to 'lift you up' and deliver breakthrough? Write it down. Speak it out!

 **Song of Inspiration:** [Hunger - David & Nicole Binion \(feat. MDSN\)](#)

'Daniel Fast' Recipe

My family likes to partake in some Southern New Year's Day meal traditions, so we've made a few of our favorite dishes "Daniel Fast Friendly".

Black-eyed peas seasoned without meat. Here's a [vegan recipe](#).

Collard greens seasoned without meat. Click this [link](#) for a list of recipes.

Sweet potatoes. You can simply bake them or use one of these recipes that use dairy products: [Butternut Squash Sweet Potato and Peach Bake](#) or [No Sugar Added Sweet Potato Casserole](#) or [Cinnamon Ghee Roasted Sweet Potatoes and Butternut Squash](#)

Hot-water cornbread (makes about 15)

Ingredients

- - 2 Cups Self Rising Cornmeal
 - 1 Cup HOT Water

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Instructions

- Stir together cornmeal and water until completely smooth. Heat 1/4 inch vegetable oil in a large skillet over medium high heat. When oil is hot, carefully drop batter from a spoon into the oil and lightly press flat with back of spoon.
- Cook until browned on the bottom, then flip and cook until browned on the other side. Remove to paper towel lined plate. Serve hot.

Notes: The following add ins are excellent in this. Stir them in after the corn meal and water have been stirred together: Chopped onions, 1/2 tsp garlic powder, 1/2 tsp pepper, 1/2 cup drained corn kernels, finely diced jalapeños, 1 tsp parsley or basil, etc.

When we sit down to eat our Daniel Fast meals, this is a good time to say a prayer not only to give thanks for the food, but to also acknowledge this time of seeking God for favor, direction and clarity. As we're reminded during mealtime what we are fasting *FROM*, let's develop a habit of lifting up to the Lord what we are fasting *FOR*.

Tip: Double the recipes so you can freeze smaller batches to eat again later in the fast.

Fasting Check

A key to successfully fasting is keeping your mind focused on the Lord and asking Him for the grace and the strength to turn your attention away from those things that you normally consume (foods, activities, etc...).

Take a few minutes to reflect on your day.


- Were you mindful of God's presence today?
- If the cravings for your normal 'stuff' arose, were you able to turn your attention to the Lord and the purpose for your time of fasting and praying?
- Celebrate your successes at resisting temptation and refocusing on God; let's build on them tomorrow!

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Day 2 - Repentance Releases God's Blessings

 **Scripture Reading:** Jonah 3:1-10 *"Then the word of the Lord came to Jonah a second time: 'Go to the great city of Nineveh and proclaim to it the message I give you.' Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. Jonah began by going a day's journey into the city, proclaiming, 'Forty more days and Nineveh will be overthrown.' The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. This is the proclamation he issued in Nineveh: 'By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish.' When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened."*

When God revealed to the king and inhabitants of Nineveh the judgement coming upon them because of their sinful ways, the entire community repented with fasting and praying. Whether you are a seasoned Christian or if you are new in your faith walk, we are all sinners saved by God's grace. It is our human nature, however, to try to minimize or overlook our sin. The prophet Jeremiah declares *"The heart is deceitful above all things, and desperately wicked: who can know it?"* (Jeremiah 17:9). I believe this is why King David beseeches the Lord in Psalm 139:23-24 *"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."* Sin separates us from fellowship with God, but godly sorrow brings repentance that leads to salvation (2 Cor 7:10). Thankfully, we serve a gracious and loving God who desires that no one perish. He longs to bless us with His favor and He will correct us to get us in line with His perfect will.

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Prayer Prompts:

1. Ask the Lord to reveal any sin in your life that may be hindering intimate fellowship with Him.
2. Confess your sins unto the Lord and ask Him to forgive you in humble repentance.
3. Invite God to open you up to his chastening and welcome it as correction that a father lovingly gives a child. (Proverbs 3:11-12)
4. Thank Father God for His tender compassion, love and grace.

NOTE: If you have never repented of your sins, confessed with your mouth that Jesus is Lord, and asked God to save you by grace through faith in Jesus Christ, now is a good time to do just that. (See Acts 2:38, Romans 10:9 and Ephesians 2:8). Simply attending church or being raised in a Christian family doesn't take the place of you having a relationship with Jesus as your personal Lord and Savior.

I invite you to view this [invitation to Christ video](#) or pray this prayer: *"Dear God, I know that I'm a sinner and I'm sorry for the sins that I've committed. I know my sins put distance between us and I know I cannot save myself. Only your son Jesus can save me and bring me into a place of right relationship with you. I believe that Jesus Christ is the Son of the living God who came in the flesh to this earth, born of a virgin, by the power of the living God. I believe that Jesus Christ lived a sinless life and was sacrificed by crucifixion on a cross to pay for my sins. I believe that Jesus rose from the dead on the 3rd day with all power having defeated death, hell and the grave. I receive Jesus as my Savior and I accept your offer of forgiveness and everlasting life. Fill me with your Holy Spirit right now. I welcome you Holy Spirit to be the Source of power in my life. Lead me, guide me and direct me in the ways of the Lord. Thank you God for saving me. Thank you God for forgiving me. Thank you God for cleansing me of my sins. Thank you God for filling me with your Holy Spirit. Help me Lord to walk in the newness of life that I have in Jesus. In Jesus' Name I pray.*

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Journaling Prompts:

- What areas of your life are not pleasing to God? These could be sins of commission - doing things that we should not do or sins of omission - not doing the things that we should be doing.
- What comes to mind when you examine your life in consideration of the Apostle Paul's confession in Romans 7 *"For the good that I want, I do not do, but I practice the very evil that I do not want"*?
- How do you think sin might be hindering the release of God's best blessings upon your life?
- Where do you need God's grace to break the power of particular sins that you struggle with the most (unbelief, worry, gossip, lust, envy, rebellion, fornication, greed...)?

 **Song of Inspiration:** [Have Your Way Flow - Shana Wilson](#)

'Daniel Fast' Recipe

LENTIL STEW Serves 3. (single portion: 1½ cups)

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 3 garlic cloves, minced
- ½ cup thinly sliced carrot
- Sea salt and black pepper
- 2 16-ounce cans cooked lentils, drained and rinsed, or 4 cups cooked lentils
- Bragg Liquid Aminos, coconut amino acids, or tamari, to taste
- ¾ cup vegetable broth

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Instructions

Over medium heat, warm the oil in a 2-quart saucepan. Add the onion and sauté for 7 minutes, until translucent. Add the garlic and sauté for another minute, until fragrant. Add the carrot, salt, and pepper. Cover and stir occasionally until carrot is tender. Stir in the lentils and Bragg's; simmer for 5 minutes. Add the broth and simmer for 5 more minutes.

Fasting Check

A key to successfully fasting is to acknowledge the Lord whenever your attention drifts towards whatever you are fasting *FROM* (foods, activities, etc...). Don't judge yourself. Simply ask the Lord to help you shift your focus to what you are fasting *FOR*.

Take a few minutes to reflect on your day.

- What challenges did you encounter today?
- What successes are you celebrating from today?
- What are you hearing from the Lord?

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Day 3 - I Believe, Help My Unbelief

✝ **Scripture Reading:** Mark 9:17-29 ***17** Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. **18** And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not. **19** He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." **20** Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. **21** So He asked his father, "How long has this been happening to him?" And he said, "From childhood. **22** And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." **23** Jesus said to him, "If you can believe, all things are possible to him who believes." **24** Immediately the father of the child cried out and said with tears, **"Lord, I believe; help my unbelief!"** **25** When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, "Deaf and dumb spirit, I command you, come out of him and enter him no more!" **26** Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." **27** But Jesus took him by the hand and lifted him up, and he arose. **28** And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" **29** So He said to them, **"This kind can come out by nothing but prayer and fasting."***

Have you ever wondered why belief is necessary for the miraculous move of God? In this passage of scripture, Jesus rebuked the crowd for their unbelief and calls the father to step into unconventional faith that countered the prevailing sentiment of his generation. It took great courage and vulnerability for that father to go against the grain and publicly cry out to the Lord *"I believe, help my unbelief"*. Considering the context of this passage, I believe that Jesus was referring to FAITH when he told his disciples that *"this kind can come out by nothing but prayer and fasting."* When Jesus was in his hometown *"He did not do many miracles there because of their unbelief."* (Matthew 13:58). As we seek God for breakthrough vision and victory, we must step into greater levels of faith.

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Prayer Prompts:

1. Repent of any unbelief and ask God to increase your faith. Repent for every time that you've insisted on seeing the entire plan or having everything mapped out before taking the first step of faith into the unknown.
2. Acknowledge to Father God that He is the author and perfecter of your faith (Hebrews 12:2).
3. Ask the Lord to give you the faith of a mustard seed that can move mountains (Matthew 17:20).

Journaling Prompts:

We all place our faith in something. Faith that our car is going to crank when we turn the ignition switch. Faith that our employer or clients will pay us for the work we've performed. It can be somewhat difficult to place our faith in our invisible, intangible God. Where is my faith in God strong? Where is my faith in God weak? Perhaps I believe God for salvation, but not for healing. Think about it. Acknowledge those areas where you need the Lord's help to increase your belief.

 **Song of Inspiration:** [Promises - Maverick City Music \(feat. Joe L. Barnes & Naomi Raine\)](#)

'Daniel Fast' Recipe

Here's a breakfast recipe:

BERRY NUTTY OATMEAL Serves 4

Ingredients

- 1 cup steel-cut oats
- 2 cups fresh berries
- 1/2 cup raw nuts or seeds
- ground cinnamon to taste
- Optional - 1/4 cup 100% maple syrup

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Instructions

Add the oats to 4 cups water in a large bowl. Cover and put in fridge to soak overnight. The next morning, place the mixture in a saucepan and simmer for approximately 30 minutes. When the oats finish cooking, top with the berries, nuts, or seeds then sprinkle with cinnamon.

Tip: make the whole box of oats and then freeze with the berries in 1 1/2 cup portions for easy reheating later during the fast. Add the nuts or seeds after reheating

For lunch or dinner try this [Vegetarian Chili](#) recipe (click the [link](#) to view the recipe online).

Fasting Check


- How was your fasting and praying today?
- What is God revealing to you?
- What are you learning about yourself? About God?

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Day 4 - Placing Our Lives Before God

 **Scripture Reading:** Romans 12:1-2 MSG *“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”*

This passage paints a very practical illustration of the Christian walk - presenting our everyday, ordinary life as an offering unto God. This type of everyday, real Christianity requires that we acknowledge God and invite Him into every facet of our lives - not just the important moments or during difficult trials when we feel we need Him most. When we do this, we begin to see things through God’s eyes and align our daily thoughts, habits and decisions with His divine guidance. This divine alignment doesn’t happen by accident. It takes intentional submission and sacrifice of our lives day after day after day...

Prayer Prompts:

1. Ask Father God to help you to acknowledge Him in your everyday, ordinary life.
2. Invite God into your daily living and offer everything from the routine to the significant to the messy unto His lordship.
3. Thank the Lord for being concerned about every area of your life.

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Journaling Prompts:

- Do you tend to think that certain things in your life are too small or mundane to bring to the Lord in prayer?
- Are there particular areas of your life that you deem either consciously or sub-consciously as 'off limits' to God?
- Imagine the possibilities if you invited Jesus into your everyday living, especially those places that are a challenge for you to surrender to His lordship (i.e. finances, dating, business / career).

 Song of Inspiration: [This Altar - Psalmist Raine](#)

'Daniel Fast' Recipe

Here's a snack recipe that came from my son's 2nd grade Spongebob Squarepants cookbook!

Patrick Snacktrick (serves 1)

Ingredients

- 1 whole wheat flour tortilla
- 1 1/2 tablespoons natural peanut butter
- 1/2 apple cut into slices
- 1 1/2 tablespoons of raisins (I mix golden and black raisins)
- 2 teaspoons honey

Instructions

Warm tortilla, spread peanut butter over it. Arrange apple slices down center of tortilla. Sprinkle raisins on top of apples. Drizzle honey over entire surface area. Fold sides of tortilla over. Honey helps to hold the tortilla together or place a toothpick in the center.

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Fasting Check

You're half-way through this first week of fasting! Is it getting any easier to refrain from those things you've chosen to fast *FROM*? Are you more receptive to God's voice as you press more into His presence.

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Day 5 - Perfected in Weakness

✝ **Scripture Reading:** 2 Corinthians 12:9 NIV *“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”*

The notion of boasting and rejoicing in our weaknesses is so counter to our culture of ‘survival of the fittest’ and ‘never let them see you sweat’. I believe one of the reasons that fasting is such an important spiritual discipline is that it forces us to intentionally relinquish our power and embrace our weaknesses. True fasting that requires us to give up something that we really desire, enjoy or tend to rely upon isn’t easy. Many of us are probably experiencing some sort of withdrawal symptoms as we try to adjust to our new routine without meat, sugar, social media [FILL IN THE BLANK]! As we empty ourselves of these things, we intentionally make room for God to fill these areas with His grace. That’s why *praying* MUST accompany *fasting* for effective manifestation of *‘power made perfect in weakness’*.

🙏 Prayer Prompts

1. Thank Abba Father for the abundance of revelation, knowledge, and talent that you have and acknowledge that all these good gifts come from Him.
2. Repent of any tendency to become conceited or boastful about your own strength, wisdom and power.
3. Thank the Lord for loving you ‘flaws and all’ and covering your weaknesses with His power.
4. Ask Father God to fill you with His grace, strength and power as you choose to die to self. Tell Him that His grace is sufficient for you.

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Journaling Prompts:

Although we realize that whatever strength and power we have comes from the Lord, we sometimes must be reminded of this and humbled. The Apostle Paul was given a 'thorn in the flesh' to keep him from being conceited because of the abundance of revelation he received (see 2 Corinthians 12:1-10).

- What area of abundance in your life tempts you to boast in your own might?
- Can you recognize any 'thorns in your flesh' that may be in your life to keep you from puffing up in pride?
- How can you shift your perspective towards these 'thorns in the flesh' and thank God for His work to perfect you through your weaknesses?
- 🎵 **Song of Inspiration:** [Not in a Hurry - United Pursuit \(feat. Will Regan\)](#)

'Daniel Fast' Recipe

OLIVE AND TOMATO SALAD Serves 1

Ingredients

- 2 plum or Roma tomatoes, chopped
- ¼ cup diced mixed olives
- ¼ cup minced red onion
- 1 tablespoon olive oil
- ½ tablespoon balsamic vinegar
- 5 fresh basil leaves, cut in chiffonade
- Sea salt & Black pepper

Instructions

In a salad bowl, combine the tomatoes, olives, and onion. Toss with the oil and vinegar. Top with the fresh basil, and season to taste with salt and pepper.

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For dinner, try this [Simple Vegan Jambalaya](#) recipe ([link](#) to view the recipe online).

Fasting Check

Acknowledge any struggles you may be experiencing with this time of fasting and invite the Lord to help you in your areas of weakness.

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Day 6 - Focus on the Eternal

 **Scripture Reading:** Luke 12:29-32 NIV *“And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well. “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”*

It is our human tendency to be concerned about basic life necessities as described by Maslow's Hierarchy of Needs - food, shelter, safety. Yet, our heavenly Father desires us to trust that He is willing and able to provide for our needs. Note how this passage of scripture distinguishes the people of God from the pagan world by the different approaches to getting our needs met. We as Christians chase after the *heart* of God, not his *hand* - we know that when we touch His *heart*, His *hand* opens wide unto us. Those of us who are parents can understand how we feel compelled to bless our children when they do something that shows how much they love us just for being us. An unexpected hug. A request to hang out together. An out of the blue 'mom/dad, I love you!' No hidden agendas. No manipulation. Just genuine expression of their love and appreciation for their parents. Our natural response to this love - 'how can I bless you? I believe our Father God is especially *'pleased to give [us] the kingdom'* when we seek His face and pant after His heart!

Prayer Prompts

1. Acknowledge to God that His Kingdom is not meat and drink, but righteousness, peace, joy, and power (Romans 14:17; 1 Corinthians 4:20).
2. Ask Father to shift your priorities to focus on seeking first His face and His kingdom instead of spending unnecessary energy in the sin of worry.
3. Ask the Lord to help you keep your mind stayed on Him, on things above, where Christ is seated at the right hand of God.
4. Claim the fulness of joy and pleasures forevermore as you abide in God's presence and stand at His right hand (Psalm 16:11)

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Journaling Prompts:

- What needs have you worried about being met?
- Is there a clear distinction between you and the world by the way that you approach getting your needs met?
- If not, how can you develop the practice of chasing after God's *heart*, not His *hand*?

How can you in your own way show God how much you love and appreciate Him?

 Song of Inspiration: [We Pray for More - Ntokozo Mbambo](#)

'Daniel Fast' Recipe

[Quinoa Black Bean Crockpot Stuffed Peppers](#) (click the [link](#) to view the recipe online)

Ingredients

- 6 bell peppers
- 1 cup uncooked quinoa, rinsed
- 1 14 ounce can black beans, rinsed and drained
- 1 14 ounce can refried beans
- 1 1/2 cups red enchilada sauce
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1/2 teaspoon garlic salt
- 1 1/2 cups shredded Pepperjack cheese
- toppings! cilantro, avocado, sour cream, etc.

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Instructions

1. Cut the tops off of the peppers and scrape out the ribs and seeds.
2. In a large bowl, combine the quinoa, beans, enchilada sauce, spices, and 1 cup of the cheese. Fill each pepper with the quinoa mixture.
3. Pour 1/2 cup water into the bottom of a crockpot. Place the peppers in the crockpot so they're sitting in the water. Cover and cook on low for 6 hours or high for 3 hours. Remove lid, distribute remaining cheese over the tops of the peppers, and cover again for a few minutes to melt the cheese.
4. Serve topped with anything you like! These are also great with chips and guacamole, believe it or not.

Fasting Check


- How was your fasting and praying today?
- Is it getting easier?
- As you continue to sacrifice whatever you're fasting *FROM*, connect this sacrifice to your expression of love and an act of worship unto the Lord.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Day 7 - Run My Race Unhindered

 **Scripture Reading:** Hebrews 12: 1 - 3 NIV

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."

This passage of scripture follows the "Faith Hall of Fame" in the preceding chapter that highlights many Old Testament heroes of the faith who *"were all commended for their faith, yet none of them received what had been promised, since God had planned something better for us so that only together with us would they be made perfect."* Hebrews 11:39-40 NIV. Let that sink in - the likes of Abraham, Moses, King David and the prophet Samuel are waiting for us to finish our race so that we can be made perfect together! These great witnesses are surrounding us and cheering us on along with our Savior Jesus who suffered an agonizing death for us. Oh how great is the love of God for us! Let us not grow weary and lose heart as we run this Christian race and as we seek God's divine direction during this 21-day fast.

Prayer Prompts:

1. Ask the Lord to help you not to grow weary and lose heart during the remainder of this fast.
2. Repent of the distractions, weight and sin that you've allowed to place a burden on you that God never intended for you to carry.
3. Ask God for the grace and strength to throw those things off as He enables you to keep your eyes fixed on Jesus while you run the race He specifically marked out for you to run.
4. Thank the Lord for being the 'author and finisher of [our] faith]' who will 'perfect those things that concern us'.

Breakthrough Vision Fasting Toolkit

Journaling Prompts:

- What distractions, burdens or sin have you allowed to entangle you and hinder your Christian walk?
- What is the Lord beseeching you to lay down right now?
- Are you clear about the race that God has marked out for you to run?
- What can you do to 'stay in your lane' and resist the temptation to try to run someone else's race? Think about it.

 Song of Inspiration: [I Will Run - Freddy Rodriguez](#)

'Daniel Fast' Recipe

Hearty Veggie Chili

I use 'veggie crumbles' as a substitute for ground beef / turkey to make some of my favorite dishes during the Daniel Fast. Use these 'veggie crumbles' in your own chili recipe or follow this one (just omit the sugar). Click the [link](#) to view the recipe online.

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Ingredients

- 1 cup coarsely chopped red onions, divided
- 2 cloves garlic, minced
- 2 teaspoons vegetable oil
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 can (28 oz.) crushed tomatoes
- 1 can (14.5 oz.) diced tomatoes
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1 1/2 cups water
- 1 teaspoon sugar
- 1 teaspoon dried basil leaves
- 1 package (12 oz.) Morningstar Farms® Meal Starters Grillers® Recipe Crumbles®
- 2 1/2 cups coarsely chopped zucchini
- Shredded cheddar cheese (optional)
- Parsley sprigs (optional)

Instructions

1. In nonstick Dutch oven cook 3/4 cup of the onion and garlic in hot oil until tender. Stir in chili powder and cumin. Cook and stir for 1 minute more.
2. Stir in crushed tomatoes, kidney beans, undrained diced tomatoes, water and basil. Bring to boiling. Reduce heat. Simmer, covered, for 20 minutes, stirring occasionally.
3. Stir in MORNINGSTAR FARMS MEAL STARTERS GRILLERS RECIPE CRUMBLES and zucchini. Return to boiling. Reduce heat. Simmer, uncovered, for 5 minutes more. Ladle into serving bowls. Serve topped with the remaining 1/4 cup onion, cheddar cheese and parsley (if desired).

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Week One Fasting Check

Take a minute to reflect on the insights you've gained this week.

- What did you find the most challenging during this week of fasting?
- What did you find the most rewarding during this week of fasting?

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🙏 One Week Down

You're off to a great start!

The devotionals for first week of fasting have been focused on proper posturing before the Lord intended to help us empty ourselves so that we can receive all that He desires to pour into us.

This second week of our fast will focus on **Seeking and Receiving!** Are you ready?

Week 2 - Seeking and Receiving

Day 8 - Singularly Focused Seeking

✝ Scripture Reading: Psalm 27

Key verses

v4 One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to meditate in His temple.

v7 Hear, Lord, when I cry with my voice, And be gracious to me and answer me.

v8 When You said, "Seek My face," my heart said to You, "I shall seek Your face, Lord."

v13 I certainly believed that I would see the goodness of the Lord in the land of the living.

v14 Wait for the Lord; Be strong and let your heart take courage; Yes, wait for the Lord."

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God may be hiding, but He wants us to seek Him out. The bible is full of promises to us that when we seek the Lord, we will find Him. One point to note from this particular passage is David's singular focus in his seeking. This call to focused seeking and waiting goes against the trend of today's multitasking, microwave culture. A lack of focused seeking dilutes and delays our success in finding God and seeing His goodness.

Prayer Prompts:

1. Cry out to the Lord *"do not **hide your face** from me when I am in distress. Turn **your** ear to me; when I call, answer me quickly."* (Psalm 102:2)
2. Ask God to help you sharpen your focus and develop a single-mindedness in seeking His face.
3. Pray for patience as you wait for the Lord to reveal His beauty and goodness to you.
4. Thank Almighty God for empowering you with a strong and courageous heart.

Journaling Prompts:

- Have you ever gotten distracted or grown weary in the process of seeking God?
- How can you allow the thought of seeing His beauty and goodness encourage you to keep believing; to keep seeking; to keep waiting?
- How can a shift in your focus from your thing to the 'one thing' cause your heart to take courage in the seeking and waiting?

 Song of Inspiration: [One Thing - Housefires](#)

'Daniel Fast' Recipe

[Blueberry Baked Oatmeal](#) (Click the [link](#) to view the recipe online)

Ingredients

- $\frac{2}{3}$ cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon fine-grain sea salt (or $\frac{1}{2}$ teaspoon regular table salt)
- $\frac{1}{4}$ teaspoon nutmeg
- 1 $\frac{3}{4}$ cups milk of choice (almond milk, coconut milk, oat milk or cow's milk all work)
- $\frac{1}{3}$ cup maple syrup or honey
- 2 large eggs or flax eggs
- 3 tablespoons melted unsalted butter or coconut oil, divided
- 2 teaspoons vanilla extract
- 12 ounces or 1 pint fresh or frozen blueberries (or 2 $\frac{1}{2}$ cups of your preferred berry/fruit, chopped into $\frac{1}{2}$ " pieces if necessary), divided
- 2 teaspoons raw sugar (optional)
- Optional toppings for serving: plain/vanilla yogurt or whipped cream, additional maple syrup or honey for drizzling, and/or additional fresh fruit

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Instructions

1. Preheat the oven to 375 degrees. Grease a 9-inch square baking dish. Once the oven has finished preheating, pour the nuts onto a rimmed baking sheet. Toast for 4 to 5 minutes, until fragrant.
2. In a medium mixing bowl, combine the oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 second increments, just until the coconut oil melts again.)
4. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top.
5. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you'd like some extra sweetness and crunch.
6. Bake for 42 to 45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.
7. I prefer this baked oatmeal served warm, but it is also good at room temperature or chilled (I'll leave that up to you!). This oatmeal keeps well in the refrigerator, covered, for 4 to 5 days. I simply reheat individual portions in the microwave before serving.

Fasting Check:

- How was your fasting and praying today?
- How is this time of fasting and praying focusing your efforts to seek God's face?
- What are you hearing from the Lord?

Breakthrough Vision Fasting Toolkit

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Day 9 - Reasons We Don't Receive

Scripture Reading:

James 1: 5 - 8: **5** *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.*

James 4: 2 - 3a: **2** *You want something, but you don't have it. So you kill. You want what others have, but you can't get what you want. So you argue and fight. You don't have what you want, because you don't ask God. 3 When you do ask for something, you don't receive it. That's because you ask for the wrong reason."*

If God is a good and gracious Father who delights in answering our prayers (and He is), then why don't we receive what we're seeking after? The various reasons are too numerous to unpack in this short devotional, so let's focus on those reasons referenced in this passage of scripture:

1. We do not ask at all: It can't get more simple than this "we don't have because we don't ask God". Although He already knows what we need, He expects us to actively participate in the process by humbly asking Him for what we desire.
2. We do not ask in faith: God is looking for alignment between our words, actions, and beliefs. Speaking something with our mouths but not truly believing it in our hearts is just giving lip-service and does not move God to action.
3. We ask for the wrong reason: Asking for a good thing wrapped up in the wrong motive will block the release of God's blessings. This is why it's so important to continually ask the Lord to search our hearts and to allow His word to discern the *"thoughts and intents of the heart"* (Hebrews 4:12).

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Prayer Prompts:

1. Thank God for hearing you right now as you pray.
2. Acknowledge any areas of your asking that have hindered your receiving (not asking at all, not asking in faith, asking for the wrong reason). Seek repentance in this area and thank God for healing you in this area.
3. Ask God to help you be blessable—to be right with Him, obedient to Him, and ready to receive all that He has in store for you.

Journaling Prompts:

Is there something that you desire but you haven't actually asked the Lord for it? Why not? Are there some limiting beliefs operating in your subconscious that have you thinking you're not worthy or that you can't handle it? In my years of ministry and coaching, I've often seen these limiting beliefs hindering God-fearing, Jesus-loving Christians from presenting their heart's deepest desires before the Lord. This may be a good time to explore my ['4 Steps to Breaking Limiting Beliefs'](#) guide.

 **Song of Inspiration:** [No Limits \(Enlarge My Territory\) Take The Limits Off - Israel & New Breed](#)

'Daniel Fast' Recipe

Here's a quick breakfast recipe.

[Simple Poached Egg and Avocado Toast Recipe](#) Serves 1 (Click the [link](#) to view the recipe online)

Ingredients

- 2 eggs
- 2 slices whole grain bread

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- 1/3 avocado
- 2 tablespoons shaved Parmesan cheese
- salt and pepper for topping
- fresh herbs (parsley, thyme, or basil) for topping
- quartered heirloom tomatoes for serving

Instructions:

1. Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom). Drop the metal rims (outer rim only) of two mason jar lids into the pot so they are laying flat on the bottom. When the water is boiling, turn off the heat and carefully crack the eggs directly into each rim. Cover the pot and poach for 5 minutes (4 for super soft, 4:30 for soft, 5 or more for semi-soft yolks).
2. While the eggs are cooking, toast the bread and smash the avocado on each piece of toast. When the eggs are done, use a spatula to lift the eggs out of the water. Gently pull the rim off of the eggs and place the poached eggs on top of the toast. Sprinkle with Parmesan cheese, salt, pepper, and fresh herbs; serve with the fresh quartered heirloom tomatoes.
3. NOTE: Adding a teaspoon of vinegar to the water before boiling helps the eggs stay together in the water.

Fasting Check

- How was your fasting and praying today?
- How is this time of fasting and praying enabling you to ask God in faith with the right motives?
- What are you hearing from the Lord?

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Day 10 - Be Persistent

 **Scripture Reading:** Matthew 7: 7 - 8 NLT

7 "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 8 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened."

A 'name it and claim it' mentality has gained popularity in the modern church that equates a continual asking in prayer as a lack of faith. While the spirit behind this movement is well-intended, it must be carefully examined through the lens of this scripture and similar passages that instruct us to be diligent and persistent in our prayers.

Prayer Prompts:

1. Point out to the Lord that this passage specifically states that if you ask, it will be given to you. Then decide on a specific single thing to ask Him for today. Thank Him for giving it to you.
2. Point out to the Lord that this passage also says that if you seek after something, you will find it. Think of one thing for which you are looking and ask God to lead you to it. (a missing item; an answer or solution to a problem; an open door somewhere; etc.) Acknowledge that seeking is the pre-requisite to finding and ask the Lord to help you seek this one thing that you're diligently looking for. Thank Him for showing you where the thing is that you need to find.
3. Point out to the Lord that according to His Word, if you knock, doors will be opened to you. Decide on one opportunity or open door that you need and ask God to open that door for you. Ask for His help in knocking on that one door, since you have to knock on the door in order to have it opened to you according to His Word. Thank God Almighty for opening that door.
4. Ask the Lord to give you even more than you asked for; to help you find even more than you sought for; and to open even more doors for you than you knocked on. Thank Him for so generously doing all these things for you!

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Journaling Prompts:

- What have you lost that you need God's guidance to help find it? How will you commit to keep seeking for it until you find it?
- What doors have been closed that you desperately long for God to open for you? How will you commit to keep on knocking until the door is opened?
- How do you view asking in faith with persistence in prayer?

 Song of Inspiration: [When We Pray - Tauren Wells](#)

'Daniel Fast' Recipe

[Homemade Roasted Tomato Basil Soup](#) Serves 4 (Click the [link](#) to view the recipe online)

Ingredients

For the roasted tomatoes

- 3 pounds roma or plum tomatoes, cut in half
- 8 cloves garlic, peeled
- 3 tablespoons olive oil
- Freshly ground salt and pepper

For the caramelized onions:

- ½ tablespoon olive oil
- 2 yellow onions, thinly sliced
- Additions to the soup:
- ½ cup packed basil leaves
- ½ teaspoon dried oregano
- 1-2 cups water or vegetarian broth, depending on how thick you want the soup
- Freshly ground salt and pepper, to taste

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Optional add ins:

- Light/Regular coconut milk for a creamy vegan soup
- Whole dairy milk/heavy cream for a creamy texture
- Parmesan cheese, for a tangy, flavor enhancing flavor
- A tablespoon or two of butter, for richer flavor

Instructions

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper. Place halved tomatoes and garlic cloves on the baking sheet and drizzle with 3 tablespoons of olive oil. Generously season with salt and pepper. Roast in the oven for 40-45 minutes.
2. While the tomatoes are roasting, you can make the caramelized onions: Add 1/2 tablespoon olive oil to a large pot and place over medium heat. Add the onion slices and stir to coat the onions with olive oil. Cook, stirring occasionally. Check onions every 5-10 minutes until they have completely caramelized and turned golden in color. This usually takes 20 minutes.
3. Once tomatoes and garlic are done roasting, allow them to cool for 10 minutes, then add them to a food processor or high powered blender and blend until smooth. Next add basil and caramelized onions and blend again. Alternatively you can add the tomatoes to the large pot and use an immersion blender. It's really just about what you have available to you.
4. After blending, transfer back to pot, turn to medium low heat and add in oregano, vegetarian broth and salt and pepper to taste. From there you can add in any additional add-ons you want (as listed in the ingredients). Allow tomato soup to simmer 10 minutes before serving. To serve, garnish with parmesan cheese and serve with a grilled cheese sandwich on whole wheat bread, if desired.

Fasting Check

As you endeavor to seek the Lord for clarity and breakthrough vision, keep asking Him for the grace and the strength to turn your attention away from those things that you normally consume (foods, activities, etc...).

Take a few minutes to reflect on your day.

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- Were you mindful of God's presence today?
- If the cravings for your normal 'stuff' arose, were you able to turn your attention to the Lord and the purpose for your time of fasting and praying?
- Celebrate your successes at resisting temptation and refocusing on God; let's build on them tomorrow!

Breakthrough Vision Fasting Toolkit

Day 11 - Confidence in Approaching God

 **Scripture Reading:** 1 John 5:14-15 NIV

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him."

The 1st week of our fasting challenge was focused on proper posturing before the Lord. When we know that we're in sync with God and have drawn near to Him, we realize that we can confidently approach His throne of grace with boldness. The enemy tries to separate us from God through sin - think back to Adam & Eve in the garden of Eden. Prior to being deceived by the serpent, they enjoyed intimate fellowship with their Father who walked in the cool of the day with them. They were naked and unashamed. But once they fell into sin, they hid themselves from God. The same is true for us. We shy away from praying and communing with God when we're weighed down by sin. When we earnestly seek to offer our daily lives unto the Lord and serve Him wholeheartedly, we delight to enter into His presence and we trust that His ear attends to our prayers.

Prayer Prompts:

1. Thank Father God for inviting you to approach His throne of grace with confident hope!
2. Ask the Holy Spirit to guide your petitions and align them with the perfect will of God.
3. Ask God to deliver you from His permissive will and keep you in His perfect will instead. Ask Him to part the waters for you as soon as you step into the things that are His perfect will.

Journaling Prompts:

- When have you felt a great sense of boldness in coming before the Lord with your petitions and requests?
- Conversely, when have you felt rather timid and uncertain in your prayers?
- How can you create more instances of the former (confident) and less of the latter (insecure)?

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🎵 Song of Inspiration: [Before The Throne - Shekinah Glory Ministry](#)

👨🍳 'Daniel Fast' Recipe

Mushroom Frittata Serves 6 (Click the [link](#) to view the recipe online)

Ingredients

- 2 ounces finely grated fresh pecorino Romano cheese (about 1/2 cup)
- ¼ teaspoon freshly ground black pepper
- 8 large eggs
- ½ teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil, divided
- 1 (8-ounce) package sliced mushrooms
- ¾ cup chopped green onions
- ⅓ cup chopped fresh basil
- 2 cups baby arugula
- 2 teaspoons lemon juice

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Instructions:

1. **Step 1** Preheat oven to 350°.
2. **Step 2** Combine first 3 ingredients; add 1/4 teaspoon salt, stirring with a whisk. Heat a 10-inch ovenproof skillet over medium-high heat. Add 2 teaspoons oil; swirl to coat. Add mushrooms and remaining 1/4 teaspoon salt; sauté 6 minutes or until mushrooms brown and most of liquid evaporates. Stir in onions; sauté 2 minutes. Reduce heat to medium. Add egg mixture and basil to pan, stirring gently to evenly distribute vegetable mixture; cook 5 minutes or until eggs are partially set. Place pan in oven. Bake at 350° for 7 minutes or until eggs are cooked through and top is lightly browned. Remove pan from oven; let stand 5 minutes. Run a spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board.
3. **Step 3** Combine the remaining 1 teaspoon oil, arugula, and lemon juice. Cut the frittata into 6 wedges; top with arugula mixture.

Fasting Check

- How was your fasting and praying today?
- How is this time of fasting and praying increasing your confidence in approaching God?
- What are you hearing from the Lord?

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[illegible]

Breakthrough Vision Fasting Toolkit

Day 12 - Praying and Expecting

✝ Scripture Reading: Acts 12: 5 - 16 NIV

*"5 So Peter was kept in prison, **but the church was earnestly praying to God for him.** 6 The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance. 7 Suddenly an angel of the Lord appeared and a light shone in the cell. He struck Peter on the side and woke him up. "Quick, get up!" he said, and the chains fell off Peter's wrists. 8 Then the angel said to him, "Put on your clothes and sandals." And Peter did so. "Wrap your cloak around you and follow me," the angel told him. 9 Peter followed him out of the prison, but he had no idea that what the angel was doing was really happening; he thought he was seeing a vision. 10 They passed the first and second guards and came to the iron gate leading to the city. It opened for them by itself, and they went through it. When they had walked the length of one street, suddenly the angel left him. 11 Then Peter came to himself and said, "Now I know without a doubt that the Lord has sent his angel and rescued me from Herod's clutches and from everything the Jewish people were hoping would happen." 12 When this had dawned on him, he went to the house of Mary the mother of John, also called Mark, where many people had gathered and were praying. 13 Peter knocked at the outer entrance, and a servant named Rhoda came to answer the door. 14 When she recognized Peter's voice, she was so overjoyed she ran back without opening it and exclaimed, "Peter is at the door!" 15 "You're out of your mind," they told her. When she kept insisting that it was so, they said, "It must be his angel." 16 **But Peter kept on knocking,** and when they opened the door and saw him, they were astonished."*

We can be tempted to judge these 1st century disciples for their reluctance to readily believe that God answered their earnest prayers for Peter's release from prison. They were literally inside the house praying for Peter's release, yet scoffed at Rhoda and told her she was crazy when she announced to them that Peter was outside knocking at their door. But, before we point the finger at them, let's examine how often we've been amazed by how God shows up in powerful ways in response to our prayers. It reminds me of this humorous story of the drowning man:

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A fellow was stuck on his rooftop in a flood. He was praying to God for help.

Soon a man in a rowboat came by and the fellow shouted to the man on the roof, "Jump in, I can save you."

The stranded fellow shouted back, "No, it's OK, I'm praying to God and he is going to save me."

So the rowboat went on.

Then a motorboat came by. "The fellow in the motorboat shouted, "Jump in, I can save you."

To this the stranded man said, "No thanks, I'm praying to God and he is going to save me. I have faith."

So the motorboat went on.

Then a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety."

To this the stranded man again replied, "No thanks, I'm praying to God and he is going to save me. I have faith."

So the helicopter reluctantly flew away.

Soon the water rose above the rooftop and the man drowned. He went to Heaven. He finally got his chance to discuss this whole situation with God, at which point he exclaimed, "I had faith in you but you didn't save me, you let me drown. I don't understand why!"

To this God replied, "I sent you a rowboat and a motorboat and a helicopter, what more did you expect?"

Breakthrough Vision Fasting Toolkit

Prayer Prompts:

- Tell Father God that you *“believe that He is and that He is a rewarder of those who diligently seek Him”* (Hebrews 11:6)
- Repent to the Lord for every time you have focused on and worried about trying to make things happen in your own strength instead of keeping your eyes on Jesus in expectant faith. Ask Him to forgive you and fill you with His Spirit in those places.
- Ask Him to manifest miracles in your life, starting today, and to help you notice His answers to your prayers!

Journaling Prompts:

- Have you ever missed / nearly missed an answer to prayer because it wasn't packaged the way that you expected it? What learnings from that experience can you tap into right now?
- How can you loosen your grip on how you think your miracle should present itself and allow God to do what He wants to do how He wants to do it?
- Think of something that you're earnestly praying for and imagine how you would react if the answer showed up TODAY

 **Song of Inspiration:** [Even Now - William McDowell \(feat. Tasha Cobbs Leonard\)](#)

'Daniel Fast' Recipe

[Cauliflower Fried Rice with Crispy Tofu](#) Serves 4 (click this [link](#) to view the recipe online)

Breakthrough Vision Fasting Toolkit

Ingredients:

Baked Tofu:

- 15 ounces **extra firm tofu**, pressed and cubed
- 1 tablespoon **olive oil**
- 1 tablespoon **soy sauce**
- 1 tablespoon **cornstarch**

Cauliflower Fried Rice:

- 1 medium-sized head of **cauliflower**, cut into florets (*Tip: you can buy prepared frozen cauliflower rice so you don't need to grate the cauliflower yourself*)
- swish of **olive oil**
- 2 **garlic cloves**, minced
- 1 knob of **ginger**, grated
- 2–3 cups **frozen peas and carrots** (or really any veggies you want)
- a lil bit of **soy sauce**
- a lil bit of **Sriracha**
- swish of **sesame oil**
- 3 beaten **eggs**
- **green onions** for topping

Instructions:

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1. **Tofu:** Preheat the oven to 450. Toss the tofu, olive oil, soy sauce, and cornstarch together. Arrange on a baking sheet lined with parchment paper. Bake for 20-30 minutes, stirring halfway through.
2. **Cauliflower:** Run the florets through the food processor, in batches, until they reach a rice-like consistency. (Or use pre-processed frozen cauliflower rice)
3. **Fried "Rice":** Heat your olive oil over medium heat. Add the garlic, ginger, peas, and carrots. When it's really sizzling, add the cauliflower, soy sauce, and Sriracha. Saute for just a minute or two, until the cauliflower barely softens.
4. **Egg:** Make a well in the middle of the hot pan. Add sesame oil and eggs, and gently pull the eggs around in the center with a spatula to make scrambled eggs. Once cooked, stir the scrambled eggs in with the fried rice.
5. **Done:** Serve it up, top with more Sriracha and green onions, and live your best life.

Fasting Check


- How was your fasting and praying today?
- How is this time of fasting and praying raising your level of expectation?
- What are you hearing from the Lord?

Breakthrough Vision Fasting Toolkit

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Breakthrough Vision Fasting Toolkit

Day 13 - Be With Me in the Blessing

 **Scripture Reading:** 1 Chronicles 4: 9 - 10 NLT

9 There was a man named Jabez who was more honorable than any of his brothers. His mother named him Jabez because his birth had been so painful. 10 He was the one who prayed to the God of Israel, "Oh, that you would bless me and expand my territory! Please be with me in all that I do, and keep me from all trouble and pain!" And God granted him his request.

This short passage of scripture is packed with so many powerful insights. It is the topic upon which entire sermons, bible study plans and books have been based. As we are seeking the Lord for breakthrough vision and victory during this 21-Day Fasting Challenge, I would be remiss if I didn't highlight this important point: Jabez asked that the Lord be with him and keep His hand upon him. He didn't just want the enlarged territory - he wanted God's continual presence and protection so that he wouldn't be harmed or cause harm to others. I presume that Jabez was so sensitive to this because his name literally means distress or pain. Just as God blessed Solomon with wealth at his humble request for wisdom, I believe the humility of Jabez's request to not cause harm or be harm touched God's heart and compelled him to grant Jabez his request!

Prayer Prompts:

1. Thank the Lord for making you honorable and blessable despite the past pain you've endured or caused.
2. Ask Father God specifically to bring you a bountiful harvest, good fruit, and joy right now in the same proportion, or greater than all the hard days you have gone through.
3. Decree and declare that you want God's mighty hand and loving touch to be upon you in everything that you go through. Acknowledge that material blessings without His presence aren't blessings at all. Thank the Lord for granting you your request!

Breakthrough Vision Fasting Toolkit

Journaling Prompts:

- How have you overwritten the negative name or words spoken over your life to show that you're more honorable, by God's grace, than those labels assigned to you by man?
- How can you continue to lay aside past hurt that you have caused or endured and demonstrate even more honor in this current season of your life?

 **Song of Inspiration:** [You Say - Lauren Daigle](#)

'Daniel Fast' Recipe

Here's a quick snack recipe

SWEET POTATO HUMMUS AND CUCUMBERS Serves 6.

Ingredients:

- 2 16-ounce cans chickpeas, drained, reserving $\frac{1}{3}$ cup liquid
- $\frac{1}{2}$ cooked sweet potato
- $\frac{1}{2}$ cup tahini
- $\frac{1}{2}$ cup fresh lemon juice
- 1 to $1\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ garlic clove
- $\frac{1}{4}$ teaspoon ground cumin
- 6 cups sliced cucumbers

Instructions:

Using a food processor or blender, blend all ingredients except cucumbers until smooth. Serve each serving of hummus with 1 cup of sliced cucumbers.

Breakthrough Vision Fasting Toolkit

Fasting Check

- How was your fasting and praying today?
- How is this time of fasting and praying focusing your efforts to seek God's face?
- What are you hearing from the Lord?

[illegible]

Breakthrough Vision Fasting Toolkit

Day 14 - How We Wait

† **Scripture Reading:** Galatians 6:9 NIV

"And let us not be weary in well doing: for in due season we shall reap, if we faint not"

Recall that Daniel sought the Lord for three whole weeks. After the FULL 21 days were over, his answer came. Although the heavenly messenger had been dispatched with Daniel's answer the FIRST DAY that Daniel began to pray, a battle in the heavenliness delayed his answer for three whole weeks. (Read Daniel 10).

You may be feeling discouraged because we've been praying for 14 days now and your breakthrough hasn't come yet. Take heart. You may be plowing the ground and tilling the soil right now. Your answer may be held up in the heavenlies. There have been times during my 21-day Daniel Fast when I received answers in the first few days. Other times, the breakthrough I sought didn't manifest until after the 21 days of fasting and praying were completed. Whether you experience a rapid release or you feel a deafening silence, know that God will honor your commitment to seek His face. Your answer is on the way and will break through the heavenlies to reach you!

I invite you to watch this 4 1/2 minute video message that I felt inspired to record entitled "[How Are You Waiting?](#)"

Breakthrough Vision Fasting Toolkit

Prayer Prompts:

1. Acknowledge to the Lord if you are tired and growing a bit weary.
2. Tell Him that you accept His invitation to come to Jesus when we're weary and heavy laden so that we can receive His rest. Thank the Lord for drawing you into His sweet, sacred rest right now.
3. Confess to the Lord any ways in which you have been weary in well doing (in any area of your life).
Repent of any impatience and frustration in this process of seeking, fasting, sacrificing and waiting.
4. Speak out loud that you command strength into your spirit. Say out loud "I am filled with the joy of the Lord, which is my strength! I command strength into my body, soul, and spirit in Jesus' name! And I speak to my soul and say: 'soul, line up with my spirit, which is filled with God's Holy Spirit, in Jesus' name!"
5. Ask the Lord to renew your spirit and to help you not to be weary in well doing.

Journaling Prompts:

- Have you experienced a heart of hurt that possibly delayed the release of God's redemption and reward unto you?
- What can you do to consistently assume the proper posture of worship while you wait for the manifestation of His promises?

 **Song of Inspiration:** [Wait on the Lord - James Wilson \(feat. Brooke Staten\)](#)

'Daniel Fast' Recipe

Great for breakfast or a snack

BAKED CINNAMON GRAPEFRUIT Serves 1.

Ingredients:

Breakthrough Vision Fasting Toolkit

- 1 pink grapefruit
- ¼ teaspoon of cinnamon
- Pinch of cardamom (optional)
- Pinch of nutmeg (optional)

Instructions:

Peel and section grapefruit. Sprinkle with cinnamon, cardamom, and nutmeg. Bake for 20 minutes at 375 degrees or until cinnamon has caramelized.

Fasting Check

The devotionals for this second week of the challenge have explored key principles of faithful seeking and receiving.

This final week of our fast is focused on **Clarifying and Declaring the Vision!** Are you ready?

Breakthrough Vision Fasting Toolkit

Two Weeks Down

Celebrate the journey - the pressing in, the pruning, the intimacy, the alignment, the insights, and yes, the answered prayers!

Ask the Lord to help you to stick with it; to honor your commitments to Him during this time of fasting and praying; to keep doing whatever He has asked you to do.

Ask Him to fill you with His Spirit of grace and supplication and help you get victoriously through the rest of the 21 days of praying for breakthrough.

Week 3 - Clarifying and Declaring the Vision

Day 15 - Guided by the Spirit of Truth

✝ **Scripture Reading:** John 16:12-15 NIV *"I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."*

God, in His infinite wisdom, knew that we needed His abiding presence in the form of His Holy Spirit to lead us and guide us into all truth. With the help of His indwelling Spirit, we are to *'try the spirits [to test] whether they are of God: because many false prophets are gone out into the world'* (1 John 4:1). As we seek God for revelation knowledge and insight, **trust that He will speak directly to you** through His Holy Spirit that dwells in you! If some well-meaning (or not so well-meaning) person tries to prophesy something over you that your spirit doesn't agree with, seek the Lord for a clear word that confirms or refutes that prophecy. God is not the author of confusion! (See 1 Corinthians 14:33).

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Prayer Prompts:

1. Thank God for His promise that His Holy Spirit will lead you and guide you into all truth. Ask Him to give you wisdom, understanding and revelation about every situation in your life and about spiritual things, so you can see Jesus clearly.
2. Ask the Holy Spirit to reveal to you the Father's dreams for your life and to show you more and more about what He has in store for your life. Ask Him to help you believe what He reveals.
3. Ask the Lord to change the plane or level of existence on which you operate - elevating you to a higher one where you can believe, receive and achieve more. Ask Him to change your perspective and teach you how to think like He thinks. Ask Him to pour out His Spirit of grace and supplication on you, and help you pray in whatever He shows you about His dreams for you! Thank Him for showing you His dreams and His heart!
4. Invite the Holy Spirit to take what belongs to Jesus and declare, show, reveal, and transmit all of these things to you. Ask Him to speak heavenly things into your life, for His Word creates the thing that is spoken. Take a moment and speak heavenly things into your life yourself, for His Word in your mouth creates things the same way as His Word in His mouth does!

Journaling Prompts:

- What is God speaking to you? You may be hearing a certain word or a particular phrase. Stay there and go deeper. Ask God for deeper understanding.
- What words of false prophecy have you heard spoken over you and perhaps received as truth? Ask the Lord to reveal this to you and give you the clarity, courage and conviction to reject those words spoken into your life that were not inspired and ordained by your heavenly Father.

Fasting Check

As you continue seeking the Lord for clarity and breakthrough vision, keep asking Him for the grace and the strength to turn your attention away from those things that you committed to giving up during this fast.

Celebrate your successes. Receive God's grace to cover your struggles. Let's finish strong!

Breakthrough Vision Fasting Toolkit

🎵 **Song of Inspiration:** [Higher - Jaye Thomas & The Cry](#)

👩🍳 **'Daniel Fast' Recipe**

Here's another breakfast recipe:

[The Best Green Smoothie](#) Yield 1 - 2 (click this [link](#) to view the recipe online)

Ingredients:

- 1 cup frozen **mango chunks**
- 1/2 cup frozen **peach slices**
- a handful of **kale** (stems removed) or **spinach**
- 1–2 cups **almond milk**
- 1/2 inch slice of **fresh ginger**
- sprinkle of **cinnamon**
- **honey** to taste

Instructions:

Blend until smooth!

NOTES: Add more or less almond milk to make this more like a smoothie vs. more like a juice. You can also use water instead of almond milk if you prefer. Coconut water is also nice although it has a bit more natural sugar. Sometimes I find adding a tiny pinch of salt helps the flavor a little bit. This works best with frozen fruit so you get a nice smooth and creamy texture. Protein powder would be a great addition. I've also added coconut oil and/or cashews for an extra fat/protein boost. You will get the best results with a high-speed blender, like the Vitamix or the Blendtec. Drink this right after you blend it. You can keep it for later (up to 24 hours), but be sure shake it up.

Breakthrough Vision Fasting Toolkit

Breakthrough Vision Fasting Toolkit

Day 16 - Completely Restored Vision

✝ Scripture Reading: Mark 8:22-25 NIV

"They came to Bethsaida, and some people brought a blind man and begged Jesus to touch him. He took the blind man by the hand and led him outside the village. When he had spit on the man's eyes and put his hands on him, Jesus asked, "Do you see anything?" He looked up and said, "I see people; they look like trees walking around." Once more Jesus put his hands on the man's eyes. Then his eyes were opened, his sight was restored, and he saw everything clearly."

Jesus heals, restores and delivers completely, Period. He didn't raise half-alive zombies from the dead. He didn't settle with giving the blind man fuzzy sight. If God is the same yesterday, today and forevermore (and He is), we can expect Him to *'perfect that which concern us'* (Psalm 138:8). Will we see every physical ailment healed and every problem fixed this side of heaven? No. But when He tells us that He is going to do something for us, He really does it and He does it **all the way!**

Breakthrough Vision Fasting Toolkit

Prayer Prompts:

1. Ask Father God to do for you by His grace and power what you could never do by your work. Ask Him to do things for you and work miracles that only He can do, simply by His grace—things beyond what you could ever strive or labor for.
2. Thank God for His precious promises to you. Remind Him carefully, one by one, of each of the promises He has promised you. Don't leave any promises out! Remind Him of where in His Word He promised you each of those things.
3. Ask Papa to fill you with His shalom peace (nothing missing, nothing broken) today. Ask Him to fill you with His joy, which is your strength. Ask Him to fill you with His power by His Spirit, who lives within you. Ask for Holy Spirit to bear His fruit powerfully in you today.
4. Ask Him to help you walk on water as you keep your eyes on Him. Ask Him to give you every good and perfect gift that He has in mind for you today. Ask Him for double blessing in every area, and even more! Thank Him for giving you the Kingdom as you seek first His Kingdom and His righteousness!

Journaling Prompts:

Is there an area of your life where you are desiring full and complete restoration, deliverance or healing, but you've settled for 'blurry vision'? Imagine what life would be like with complete victory in that area. Is it worth being honest and admitting that you haven't yet received all that you know God has promised to deliver? Why settle for anything less than His best?

Fasting Check

- How was your fasting and praying today?
- How is this time of fasting and praying increasing your clarity and perspective?
- What are you hearing from the Lord?

 Song of Inspiration: [Way Maker - Sinach](#)

Breakthrough Vision Fasting Toolkit

'Daniel Fast' Recipe

Roasted Chickpea Gyros Serves 4 (click the [link](#) to view the recipe online)

Ingredients:

- 1 15 oz can chickpeas 425 g, 1 ½ cup dry chickpeas, soaked, drained and rinsed
- 1 Tbsp olive oil 15 mL
- 1 Tbsp paprika* 7 g
- 1 tsp ground black pepper 3 g
- 1/2 tsp cayenne pepper 1.5 g
- 1/4 tsp salt 1.5 g
- 4 pita flatbreads
- 1 cup [tzatziki \(click for recipe\)](#) 250 g, use ½ recipe if you're just making it for these gyros
- 1/4 red onion cut into strips
- 2 lettuce leaves roughly chopped
- 1 tomato sliced

Instructions:

- **Prep:** Preheat oven to 400 degrees F (204 C). Pat dry chickpeas with paper towel, removing any skins that may come off. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.
- **Roast:** Spread chickpeas onto a greased rimmed baking sheet and roast for about 20 minutes, until lightly browned but not hard.
- **Assemble:** Spread some tzatziki onto one side of the pita, then sprinkle in ¼ of the chickpeas and add veggies. Fold in half and enjoy!

NOTE: *If you don't like spicy foods, halve the amount paprika, black pepper, and cayenne pepper. Taste a chickpea before baking and adjust flavors as needed.

Breakthrough Vision Fasting Toolkit

Breakthrough Vision Fasting Toolkit

Day 17 - Divine Counsel

 **Scripture Reading:** Psalm 32:8

"I will instruct you and teach you the way you should go: I will give you counsel and watch over you"

As we walk out the perfect will of God and His plan for our lives, we can trust that He will continue to guide us, instruct us and watch over us. We've aligned our hearts with His heart and we've tuned our ears to hear His voice. This is why it often takes the fulfillment of the 3 weeks of fasting and praying to get clear of the distractions so that we can hear the counsel of the Lord. Recall how in 1 Kings 19:11 - 13 the prophet Elijah recognized that the Lord wasn't in the strong wind, earthquake or fire, but in the still small voice.

Prayer Prompts:

1. Ask the Lord to instruct you and teach you in the way you should go, and to guide you with His eye upon you.
2. If you do know what He's telling you to do, then ask Him what the first step is that He wants you to do today.
3. If you don't quite know what the Lord is instructing you to do, ask Him to speak again and to give you an ear to clearly hear His counsel.
4. Thank Him for speaking and for giving you a listening ear!

Journaling Prompts:

How do you continue to keep your ear inclined unto the Lord after this time of consecrated fasting and praying is over? When you return to your regular routine, what measures can you implement to remain steadfast in your pursuit of God's counsel?

Breakthrough Vision Fasting Toolkit

✅ Fasting Check

- We're half-way through the final week of our fast!!
- Has the fasting gotten easier for you?
- Are you experiencing greater intimacy and clarity as you press into God's presence?

🎵 Song of Inspiration: [Speak to My Heart - Donnie McClurkin](#)

👨🍳 'Daniel Fast' Recipe

[ROASTED CAULIFLOWER ENCHILADAS](#) Serves 8 (click this [link](#) to view the recipe online)

Ingredients

- 1 batch [basic roasted cauliflower](#)
- 1 batch [red enchilada sauce](#)
- 7–8 large flour tortillas
- 2 (15-ounce) cans pinto beans, rinsed and drained
- 1 (8-ounce) bag shredded cheese (*Mexican blend or Pepperjack*)
- toppings: lots of sliced avocado, chopped fresh cilantro, crumbled queso fresco, pepitas, or whatever else sounds good!

Breakthrough Vision Fasting Toolkit

Instructions:

- Heat oven to 350°F. Lightly grease a 9×13-inch baking dish with cooking spray.
- Prepare the roasted cauliflower and red enchilada sauce according to directions. Once the enchilada sauce is ready to go, pour 1/4 cup sauce into the bottom of the baking dish, and spread it around evenly with a spoon to cover the entire surface. Set aside.
- Place a tortilla flat on a plate, and spoon a heaping tablespoon of enchilada sauce into the center of the tortilla. Spread it around evenly with a spoon. Then add 1/4 cup of shredded cheese in a line down the center of the tortilla, topped with a spoonful of beans and roasted cauliflower. Roll up the enchilada, and place it in the prepared baking dish, seam side down. Repeat with the remaining tortillas, cheese, beans and cauliflower. Then pour the remaining sauce down the center of the pan of enchiladas, and use a spoon to spread it around evenly.
- Bake uncovered for 20-25 minutes, until the enchiladas are heated through and the tortillas are a bit crispy.
- Remove from the oven, garnish with tons of toppings, and serve warm.

Breakthrough Vision Fasting Toolkit

[illegible]

Breakthrough Vision Fasting Toolkit

Day 18 - On Your Word

 **Scripture Reading:** 2 Kings 5: 19 - 20

"19 So David inquired of the Lord, saying, "Shall I go up against the Philistines? Will You deliver them into my hand?" And the Lord said to David, "Go up, for I will doubtless deliver the Philistines into your hand." 20 So David went to Baal Perazim, and David defeated them there; and he said, "The Lord has broken through my enemies before me, like a breakthrough of water." Therefore he called the name of that place Baal Perazim."

King David was referred to being 'a man after God's own heart'. Although he was a mighty warrior, he recognized the importance of not relying on his own strength and skill, but depending on the counsel and favor of the Lord. Regardless of how skilled, talented or anointed we are, we must continually seek to obtain God's counsel on major life decisions. When we acknowledge that the battle isn't ours, but the Lords', that's when we experience breakthrough victory! (1 Samuel 17:47).

Prayer Prompts:

1. Ask God to order your steps in His Word (Psalm 119:133). Ask Him to help you by going before you to make every crooked path straight so His Kingdom can come and His will can be done (Isaiah 40:3).
2. Ask the Lord almighty for wisdom, understanding, and increased spiritual discernment as He guides you with His word which is a lamp unto your feet and a light unto your path (Psalm 119:105).
3. Thank the Lord for speaking breakthrough victory over you as He leads you into battle! Thank Him for teaching your hands to war (Psalm 18:34).

Journaling Prompts:

Where do you tend to rely on your own strength and talents without routinely acknowledging the Lord?

Breakthrough Vision Fasting Toolkit

Fasting Check

- How was your fasting and praying today?
- How is this time of fasting and praying increasing your clarity and perspective?
- What are you hearing from the Lord?

 **Song of Inspiration:** [I Stand On Your Word - Jonathan Butler](#)

'Daniel Fast' Recipe

THREE-EGG SALAD Serves 1

Ingredients:

3 hard-boiled eggs, peeled and 2 yolks removed

½ tablespoon safflower mayonnaise

¾ tablespoon prepared mustard

2 tablespoons diced black olives

2 tablespoons diced cucumber

½ teaspoon finely chopped red onion (optional)

Pinch of sea salt

2 cups fresh spinach or mixed leafy greens

Breakthrough Vision Fasting Toolkit

Instructions:

Chop the egg whites and whole egg. Transfer to a small mixing bowl. Add the mayonnaise and mustard; stir until well incorporated. Add the black olives, cucumber, and onion. Sprinkle with sea salt and stir. Spoon the egg salad over a bed of spinach to serve.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Breakthrough Vision Fasting Toolkit

Day 19 - Purpose Fulfilled

Scripture Reading: Psalm 138:8

"The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands."

We can trust that the work the Lord began in us will be established. We can be confident that the Lord will fulfill His purpose for each of us. I invite you to watch to this 4 minute video that I recorded about ["Trusting the Process"](#) as God develops our purpose and our potential.

Prayer Prompts:

- 1. Ask God to establish the work of your hands, bless all the good work you have done, and bring you a harvest.*
- 2. Ask Him for double blessing, double favor, and double results from every good work or labor you have sown, EVER in your whole life. Ask Him to cover any bad works you have done with Jesus' blood, forgive you, and spare you from receiving bad fruit from those things. (Psalm 90:13-17)*
- 3. Ask Him to help you reap every harvest He desires to give you.*

Journaling Prompts:

How is God's steadfast love for you connected to His commitment to fulfill His purpose for you? Do you ever believe and accept His love, but doubt that He will fulfill His purpose for you? How can you reconcile that gap and receive both God's love and believe that He will perfect your purpose?

Breakthrough Vision Fasting Toolkit

Fasting Check

- *How was your fasting and praying today?*
- *How is this time of fasting and praying enhancing your understanding and fulfillment of your purpose?*
- *What are you hearing from the Lord?*

 **Song of Inspiration:** [A Great Work - Brian Courtney Wilson](#)

'Daniel Fast' Recipe

[Spicy Instant Pot Carrot Soup](#) Yields 4 - 6 (click this [link](#) to view the recipe online)

Ingredients:

- **8–10 large carrots**, peeled and chopped coarsely
- **1 onion**, chopped
- **3 cloves garlic**, peeled
- **1 14-ounce can coconut milk**
- **1 1/2 cups chicken or veggie broth**
- **1/4 cup peanut butter**
- **1 tablespoon red curry paste**
- *salt to taste*
- *cilantro and peanuts for topping*

Breakthrough Vision Fasting Toolkit

Day 20 - The Vision Will Speak

 **Scripture Reading:** Habakkuk 2: 2 - 3 KJV

“And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry.”

*This passage is often recited in conjunction with Proverbs 29:18a “Where there is no **vision**, the people **perish**”. We were made in the image of God to dream and to create. Having a vision to pursue inspires us to get out of bed each day. Vision fuels our quest to ‘thrive, not just survive’. Many great men and women have accomplished much in life because they had a vision of the greater possibilities. How much more inspired should we be as Christians when we have a vision that comes from the heart of our Heavenly Father! When I know that I know that I know a desire in my heart has been planted there by Almighty God, I hold on to it; I keep my eyes fixed on it; I run at the thought of it!*

 **Prayer Prompts:**

- 1. Speak to the vision that God has spoken over you. Speak to the finished works Father God created before the foundation of the world for you. Run towards them. Command them to manifest (Ephesians 2:10; Hebrews 4:3).*
- 2. Ask the Lord to bring into the present day anything that He had originally intended for later, but which He doesn't mind accelerating when you ask.*
- 3. Tell Abba Father that you choose to rest your emotions, heart, mind, and everything else in Him while you continue to seek Him. Tell Him you won't strive or worry; you will just seek Him and continue praying, leaving things in His hands and trusting Him to do what you ask.*
- 4. Then thank Him for all these things in Jesus' name!*

Breakthrough Vision Fasting Toolkit

Journaling Prompts:

- *What vision have you let fade because of the length of time you've been waiting for it to manifest? Write it down. Speak it out.*
- *What visions are crystal clear in your spirit? How do they fuel your faith? Write it down. Speak it out.*
- *I invite you to access this ["Write the Vision Down"](#) exercise. (Also at the end of toolkit)*

Fasting Check

- *How was your fasting and praying today?*
- *How is this time of fasting and praying enhancing your understanding and fulfillment of God's vision for your life?*
- *What are you hearing from the Lord?*

 **Song of Inspiration:** [Open Heaven - Maranda Curtis](#)

'Daniel Fast' Recipe

[Vegetarian Breakfast Burritos](#) (click this [link](#) to view the recipe online)

Breakthrough Vision Fasting Toolkit

Ingredients:

- Six 8" whole grain tortillas
- 1 full batch [homemade hash browns](#)
- 6 large eggs
- 1 cup cooked pinto beans or black beans (I used canned beans, rinsed and drained)
- ¼ teaspoon salt
- Several dashes of hot sauce, such as Cholula
- 1 tablespoon unsalted butter
- ⅔ cup (packed) shredded sharp cheddar cheese
- ½ cup chopped cilantro, divided
- ½ cup chopped green onion (mostly green parts), divided
- 6 tablespoons of your [favorite salsa](#), plus extra for serving
- 1 large avocado, diced (optional, if you're serving the burritos right away)

Breakthrough Vision Fasting Toolkit

Day 21 - Hear and Do

 **Scripture Reading:** James 1: 22 - 25

"22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do."

As God speaks to us and gives us direction, He often calls us out of our comfort zone into new levels of faith. If we aren't careful to swiftly obey what we hear the Lord telling us to do, our sense of hearing can grow dull.

 **Prayer Prompts:**

- 1. Ask God to help you obey Him by taking the small steps you need to take as your path is illuminated by the lamp of His Word. Ask Him to help you step out in faith - one step at a time - as you feel out His will and seek His guidance.*
- 2. Ask Father God to show you what to do and help you actually do it—to WILL and to DO His good pleasure.*
- 3. Commit to the Lord to continue to exercise your keen sense of hearing through continual training and use. (See Hebrews 5:14)*
- 4. Thank Father God for the wisdom, insight and clarity that He is revealing unto you. Ask Him to help you honor what you have received by being a doer of His word.*

Breakthrough Vision Fasting Toolkit

Journaling Prompts:

You may be hearing the voice of the Lord about a particular situation or about your life in general more clearly than you ever have before. It can be a bit scary to abandon your normal mode of operation to venture out into the deep things of God. How can you release your grip on the tried and true as 'deep calls unto deep' (See Psalms 42:7)

Fasting Check

Congratulations! *This is the final day of our fast! Take a moment to celebrate how far you've come and what you've learned in the process!*

Consider slowly easing back into whatever you have been fasting FROM or even evaluating whether you wish to resume those 'things' at all.

If you've been doing the Daniel Fast, be cautioned against going hog wild your 1st day after the fast and gorging yourself on heavy meats and rich desserts. Your body will likely not respond well to such a shock to your system.

 **Song of Inspiration:** [The Warrior Mindset - Graham Cooke](#)

Breakthrough Vision Fasting Toolkit

'Daniel Fast' Recipe

AVOCADO QUESADILLAS Serves 1.

Ingredients:

1 sprouted-grain tortilla

Grapeseed oil

Sea salt to taste

Dried or minced fresh oregano, basil, and rosemary

½ avocado, pitted and peeled

Juice of ¼ lime

¼ teaspoon safflower mayonnaise

Instructions:

Preheat the oven to 350 degrees. Lightly spread the tortilla with the oil and sprinkle with the sea salt and herbs. Bake until crispy, approximately 10 minutes. As the tortilla bakes, combine the avocado, lime juice, and mayonnaise. Remove the tortilla from the oven and spread the mixture on top before serving.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Breakthrough Vision Fasting Toolkit

Wrap Up

Thank you for joining me for this commitment to seek God for clarity, divine direction and breakthrough victory through this time of fasting and praying. I encourage you to take some time following this fast to do the following:

- *CAPTURE THE VISION that you received from the Lord during this time of fasting.*
 - *Use the “[Write the Vision Down](#)” exercise (also attached at end of this fasting toolkit) to help clearly articulate the desires that God has placed in your heart as you delight in Him and His perfect will for your life. This exercise usually reflects a longer-term vision.*
 - *Create a physical or digital Vision Board as a visual representation of what you desire. Your Vision Board can be focused on a specific timeframe (i.e. this year) or longer-term. I usually include the following on my Vision Board:*
 - *My One Word or Phrase*
 - *Images, words & phrases that SPEAK to the VISION*

Once created, prominently display your Vision Board so that you see it often and can be inspired to ‘run with the vision’.

- *Regularly SPEAK THE VISION by crafting daily affirmations that you declare. These daily decrees can help keep the vision alive in your spirit.*
- *SHARE THE VISION with trusted, faithful partners who can agree with you in prayer for its manifestation and help hold you accountable to the vision. DO NOT entrust your vision to naysayers and dream-crushers who neither share your faith in Christ nor have your best interest at heart. Carefully examine your inner circle and invite only those in who will help sharpen your faith and commitment to your God-given vision and destiny!*
- *EXPECT THE VISION to come to pass. Refer back to what you journaled during the fast & record the answers to your prayers! Thank God for the manifestation of His promises!*

Write the Vision Down - *Your Best Possible Life*

Think about your life in the future and envision the best possible life you can imagine. You have been a good steward of your divine assignment, you've succeeded at accomplishing all of your life goals, and you've been fulfilled in all areas (i.e. spirituality, career, academics, relationships, hobbies, finances, health, etc...). Think of this as the realization of all of your life dreams and fulfillment of your God-given potential where you are your best possible self. Now, spend 15 minutes per day for the next 4 days writing about what you imagine. This exercise is most useful when it is very specific—if you think about a career, imagine exactly what you would do, who you would work with, and where it would be. The more specific you are, the more engaged you will be in the exercise and the more you'll get out of it.

[illegible]

4 Steps to Breaking Limiting Beliefs



Limiting beliefs are those which restrict our life view in some fashion. They have been shaped over the years by a variety of sources and typically operate in our subconscious.

In my own life, I've struggled with the limiting belief that my self-worth and sense of value is tied to being 'productive'. Thank

*God that I'm finally coming to realize the value of simply **being** instead of always **doing**; the freedom of **experiencing** instead of performing. I've conquered some other limiting beliefs and would like to share with you how I've done so.*

*This simple guide walks you through 4 steps to **Identify**, **Examine**, **Challenge** and **Reframe** these limiting beliefs. I developed this guide several years ago and have received numerous testimonials from clients who told me how simple, actionable and supportive this framework was in helping them get free of their limiting beliefs. Read this [blogpost](#) to learn about how I recently used this exercise to address a hidden limiting belief buried deep in my subconscious that surfaced and smacked me between the eyes!*

Click this [link](#) to download this resource to access it anytime

Congratulations! Let's stay connected

Regina L. Ross



Transformational strategist, coach and pastor Regina L. Ross is passionate about empowering people to discover and authentically express their God-given potential in a way that creates purpose, value and fulfillment.

As a seasoned business, ministry and HR leader with professional certifications in executive coaching, change management, human resources and continuous process improvement, Regina has worked with hundreds of leaders to help them successfully navigate personal and organizational transformations.

During her diverse 25+ year business career, Regina has served in a variety of Engineering, Operations, and Human Resources Leadership roles for large Fortune 500 corporations. Regina founded [Walk on Purpose](#) in 2015 with a business mission to provide coaching and consulting that enables her clients to maximize their impact and enhance their quality of life.

While Regina enjoys speaking, writing, coaching and training leaders, she absolutely loves investing in her family. Regina, her husband of ~30 years, and two adult children co-labor in ministry together as leaders of [Christian Faith Fellowship Ministries](#) where their vision is to help people authentically connect to God's heart of love and the power of His Spirit. Connect with Regina via <https://www.walkonpurpose.com/contact>; <https://www.linkedin.com/in/reginaross/>; reginaross@walkonpurpose.com; <https://www.facebook.com/WoPCoaching>