



21-Day
GREATNESS

Fast

January 13 - February 3, 2020

His Daughter's Closet, Inc.





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From Morgan

Introduction

It's time to fast again and this year we are expecting a move of God! So, thank you for being interested in fast and let's first start with the misconceptions of fasting

- No Fasting isn't only for Ministers
- No Fasting isn't for older people
- No Fasting is only for 40 days.
- Yes you can fast anytime of the year
- Yes Fasting is Biblical
- Yes all Christians should Fast.

Now, let's first expand on fasting.

Fasting is abstaining from food or types of food for spiritual purposes.

There are multiple types of fast in the Bible, but we will specifically focus on The Daniel Fast!

Fasting is necessary for spiritual health and physical health.



"Trust the process."



Fasting Benefits:

With fasting we see spiritual and physical benefits. The biggest key is recognizing we can't accomplish certain things with just prayer alone. We must Pray and Fast!

"But this kind does not come out except by prayer and fasting." (mat.17:21)

WHAT YOU GAIN IN A FAST?

- Closer Relationship with God
- Answered Prayers
- Clarity for the future
- Break Addictions
- Break Soul Ties
- Break Sinful bondage
- Renewed Faith
- Transformed Mind
- Transformed Body
- Health Improvements
- Weight loss

WHAT YOU COULD YOU FAST FOR?

- Any unresolved issues in your heart
- Financial Breakthrough
- Favor in Workplace or College
- Purpose and Future
- Unsaved Family Members
- Relationship guidance
- Health issue
- New Opportunities for your life.
- Leaders
- Vision for your Business



Remember:

A fast is your very own and you can fast for any reason that God presses on your heart.

Type of Fast



Week

1

7 Days of Daniel Fasting

The first week is jump starting your system and helping you get things in order. Get your heart and mind in order to lean on Christ in this time of fasting and not your own strength.

Goal: Depend on Christ

Week

2

7 Days of Daniel Fasting

The second week of our fast is to get grounded in our faith and daily spiritual activities. To put more time that we ever have into His Word. We will dig deep in Matthew and Study.

Goal: Depend on His Word

Week

3

7 Days of Daniel Fasting

The third week of our fast is to press through with Prayer. As we continue to believe we want our final week to prayer deeper and longer than before. We will Pray in the Spirit.

Goal: Press in with Prayer

MODIFICATIONS

For health reasons you are welcome to modify your fast and remember God isn't worried about the food you eat, but the content of your heart!

Other things to Fast from

- Social Media
- Television
- Red Meats
- Sweets
- Outings

Partial Fast

Also you can skip breakfast lunch or dinner and replace that with studying your Bible and Prayer.

"21 days of Fasting."

A close-up photograph of a woman's hands clasped together in a prayerful gesture. She has light pink manicured nails. The background is softly blurred, showing greenery and white flowers. A large, semi-transparent pink circle is overlaid on the center of the image, containing the text 'Fasting BRINGS REWARD'.

Fasting
BRINGS
REWARD

The Goal of Your Fast:

Our goal is to transition from walking in the flesh to walking in the spirit!

You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. (Rom. 8:9)

1

THE FLESH

Walking in the flesh means we are ruled by our flesh. The our bodily appetites, emotions and feelings control us. When we are being led by our carnal mind we are walking in the

Signs

- Confusion
- Lust
- Addictions
- Sin
- Anger

We can be saved and still walk in the flesh. That means the Holy Spirit is within us, but we have not given Him full Authority in our lives.

2

SANCTIFICATION

The word Sanctification means to be "SET APART". That is what this fast is. For us to Set Aside certain foods and extra curricular activities and give it back to God.

Setting Aside Time for

- Prayer
- Fasting
- Bible Reading
- Meditation

Sanctification is the Moment when we stop depending on ourselves and start depending on God!

3

THE SPIRIT

In scripture we see alot about walking in the Spirt and that is the ultimate goal of this fast is! Where the Spirit of God is their is Freedom

Results

- Sinful/Addictions lose it's Hold
- Control of Emotions & Clarity
- Transformed way of Thinking
- Displaying the Fruits of the Spirit
- Manifestations of Prayers

Walking in the Spirit is when you have a genuine close relationship with God!

The Daily To-Do's:



1

FASTING

Every day embrace the journey of your fast! Even if you mess up or give up, start again in the next moment. Lean into the Spirit of God This fast will be fulfilled by His strength and not our own.



2

PRAYER

Pray without ceasing. Cut off the music in the car and pray, rise earlier to pray and or make more time for prayer each day.

3

BIBLE READING

Each day drown yourself in scripture. Find a scripture to minister to you each day to keep you confident in the Lord.

4

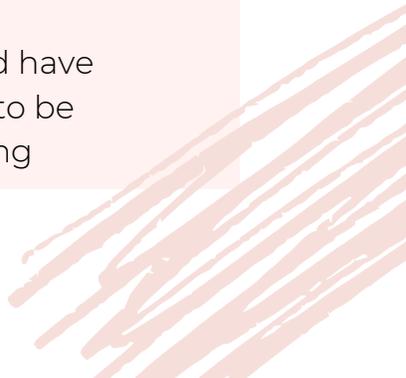
MEDITATION

This can also be translated, *Prayerfully Listening*. This goal is to hear from God and gain clarity with His voice and guidance in your life.

5

RESTING

During fasting it is good to make time to rest, relax, and have some you time. Do something you love and allow that to be communion with God. This will help recharge you during your fast. Rest your mind, body, and soul.



Reading Plan

Each week you have a new story in the Bible to focus on. To gain the most out of your Bible Reading first you must pray to the Holy Spirit each time you read for deep revelation. Second you must be committed. Make time each day for Study!

Week

1

The Book of Esther

Learn about the power of fasting, favor and courage. This short book in the Bible will leave you with a lot of revelation. To allow you to step into your Greatness no matter where you come from. Study, take notes, highlight scripture and allow it minister to your life.

Week

2

The Book of Matthew.

Learn about the life of Jesus and His teachings. Dig deep and make time to sit with the Word and meditate over the Word. Take time daily to read, study, take notes and allow it to minister to your life..

Week

3

The Book of Hebrews

Ignite Your faith with the Book of Hebrews read it like a good book then go back and study each chapter. The goal is ignite your faith which will transition your prayer life to praying in The Spirit. Take notes, highlight, and allow it to minister to your life.

Journal Plan

Pre-Fast Questionnaire

1

What do you spiritually desire to gain?

2

What do you physically desire to gain?

3

What are you expecting to receive on this fast?

4

What is your biggest struggle or fear with fasting?

5

How do you desire to feel and think during fast?

6

How do you desire to feel after your fast?

During your 21-DAY Fast you want to have journal or notebook to keep up with ministering scripture, revelations, and deep understandings.

1

**Journal and focus each day on the fruits of the Spirit.
(Gal. 5: 22-23)**

Each day journal about how you feel, title your journal entry with whatever comes to mind.



Fasting
BREAKS
ADDICTION



Remember:

Jesus said "The flesh is weak, but the Spirit is Willing". Remember that the Holy Spirit inside of you is helping you through this fast!

Mindset Matters:

When Fasting the battle is in the mind. When we fast we are changing, habits, routines, and our own limiting beliefs. Adjusting your mindset to make it through starts with these 5 keys.

1

DAILY FAITH

Each day you rise out of bed, believe that you will get through that day with the Power of the Holy Spirit. Remind yourself about the Greatness of God in You!

2

SCRIPTURE

Each day take a scripture with you to work, class or running errands to keep you from indulging. Scripture is your weapon.

3

REMOVING TEMPTATION

Choose to skip out of dinner dates, or going to places that food for you may be limited. Temptation is real and you can beat it with wisdom. Use wisdom and take precaution.

4

A MANTRA

Have a little saying to yourself when temptation gets too much, things like "my better self is waiting on me" "my family is waiting on me" "my health is waiting on me" or "Health 2020". Saying reminders to yourself will help encourage yourself.

5

PRAYER

This is a huge weapon. When you are hungry, tempted or wanting to give up pray boldly and ask for help. Step away and just pray and ask for help. That is when spiritual help comes.

Food List

What To EAT!



- Asparagus,
- broccoli,
- cabbage,
- carrots,
- corn,
- cucumbers,
- lettuce,
- mushrooms,
- onions,
- potatoes,
- spinach,
- sweet potatoes,
- tomatoes,
- veggie burgers
- avocado



- Olive,
- canola,
- grape seed,
- peanut,
- sesame,



- Apples,
- apricots,
- bananas,
- cherries,
- grapes,
- lemons,
- limes,
- peaches,
- pineapples,
- strawberries,
- watermelon,
- canteloupe



- Sunflower seeds,
- cashews,
- peanuts,
- sesame, nut
- butters
(including
peanut butter).



- Whole wheat,
- brown rice,
- millet,
- barley,
- oats,
- quinoa,
- grits,
- whole wheat pasta,
- whole wheat tortillas,
- rice cakes,
- popcorn,



- Tofu,
- soy products,
- vinegar,
- seasonings,
- salt,
- herbs,
- spices.



- Dried beans,
- pinto beans,
- split peas,
- lentils,
- black eyed peas,
- kidney beans,
- black beans,
- cannellini beans,
- white beans.



- Natural fruit juices,
- spring water,
- distilled water,
- Smoothies
- Herbal Tea
- Almond Milk
- Coconut Milk
- Cashew Milk

"Health 2020."

Food List

What To Avoid



- Beef,
- lamb,
- pork,
- poultry,
- fish,



- Ezekiel Bread
- yeast bread
- white bread
- baked goods



- Sugar,
- raw sugar,
- honey,
- syrups,
- molasses,
- cane juice,



- Milk,
- cheese,
- cream,
- butter,
- eggs,
- Shortening,
- margarine,
- lard,
- foods high in fat.



- Potato chips,
- French fries,
- corn chips,
- highly fried food



- coffee,
- caffeinated teas
- carbonated beverages,
- energy drinks
- alcohol.
- gum



- Artificial flavorings,
- food additives,
- chemicals,
- white rice,
- white flour,
- artificial preservatives

"Resist."



Fasting

**MAKES YOU
BOLD**

Why you must finish this fast?

Why are you fasting? Who are you fasting for? What do you wish to gain from this fast? Next, ask aloud Jesus for all of these things!

Ask
AND YOU
SHALL
Receive



FAQ

Frequently Asked Questions

1

When does the Fast Start?

January 13, 2020 to February 3, 2020. You are welcome to start the fast anytime of the year.

2

Can You Choose to Fast or Have to be led by God?

We must fast as Christians. Jesus lets us know that prayer and fasting are pivotal to our walk.

3

Can I Modify the Fast for me?

Yes, this fast can be modified for your personal health. You are welcome to do a full Daniel Fast for 10 or 21 days.

4

What time frames are we allowed to eat?

When you are water fasting there is no permitted time to eat. Only drinking water. During your Daniel fast you can eat any time of the day.

5

Can I fast on my Period or while i'm sick?

Yes, you are welcome to fast on your period. However, if you are sick, don't start your fast until 2 weeks after you are back to optimal health.

6

What to Do if I don't make it the full 21 days?

If you do not make it with the food, keep it going with your devotion, prayer, and Bible Reading! You aren't doing it for the food, but for a closer relationship with God.

7

Are there Eating Time frames for this fast?

No there are no eating window times. You are welcome to eat any time of the day!

A close-up photograph of a person's hands clasped together in a prayerful gesture. The hands are positioned in the upper half of the frame, with fingers interlaced. The person has light skin and is wearing a white garment with a ruffled collar and a pearl necklace. A large, semi-transparent pink circle is overlaid on the lower half of the image, containing the text. The background is softly blurred, showing green foliage and a white wall.

Greatness

IS INSIDE OF

YOU!



Morgan Tracy J.

**Founder of
His Daughter's Closet, Inc.
Also a Empowerment Speaker
and Mostly A Daughter of God**

Why I Choose to Fast

My first fast was when I was 20 years old and it changed my life. It revealed my purpose, gave me healing and removed the sinful mountains in my life. I personally have experienced the Power of Fasting and Now I am sharing it with you!

What I hope You Gain

My hopes is that this fast will remove every barrier keeping you from living life in the Spirit. A life of freedom, clarity, joy peace, kindness and most of all Love. I believe we all can experience that daily, by Walking in the Spirit and realizing we can do nothing of ourselves, only through Jesus Christ.

What You Gained on the 21-Day Greatness Fast