

10-DAY Step by Step Plan

The 10 days are divided into three spiritual phases.

DAYS 1–3: CONSECRATION & DISCIPLINE

Focus: Surrender, obedience, appetite reset

Prayer Emphasis

- Discipline
- Humility
- Strength to complete the fast

Scripture Suggestions

- Daniel 1:8
- Romans 12:1
- Psalm 63:1

Meals (Simple)

- Breakfast: grain porridge or fruit
- Lunch: soup or beans + grain
- Dinner: vegetables + legumes

Actions

- Remove distractions
 - Reduce media intake
 - Journal daily hunger/emotions
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DAYS 4–6: CLEANSING & ALIGNMENT

Focus: Repentance, inner healing, clarity

Prayer Emphasis

- Forgiveness
- Cleansing of thoughts and attitudes
- Emotional healing

Scripture Suggestions

- Psalm 51
- Isaiah 1:16–18
- James 4:8

Meals

- Repeat meals to reduce focus on food
- Increase vegetables and greens

Engagement Actions

- Confess areas of conviction
- Write one insight from God daily
- Spend 2–3 minutes in silence at noon prayer

DAYS 7–9: FAITH & BREAKTHROUGH

Focus: Bold prayer, trust, expectancy

Prayer Emphasis

- Breakthrough
- Direction
- Restoration

Scripture Suggestions

- Hebrews 11:6
- Isaiah 58
- Mark 11:24

Meals

- Keep meals light and consistent

- Optional: skip one meal if health allows

Engagement Actions

- Pray scripture aloud
- Write faith declarations
- Pray for others intentionally

DAY 10: GRATITUDE & COMMISSIONING

Focus: Thanksgiving, obedience, next steps

Prayer Emphasis

- Gratitude
- Continued obedience
- Fruit from the fast

Scripture

- Psalm 126:3
- Habakkuk 2:2

Meals

- Simple Daniel meal
- Eat slowly and prayerfully

Engagement Actions

- Write testimony (even partial)
- Identify one obedience step
- Decide which prayer habit will continue



GROUP ENGAGEMENT (CHURCH PROGRAM)

Participants doing the 10-day fast should:

- ✓ Join all prayer calls
- ✓ Attend at least one weekly group meeting
- ✓ Share 1 testimony (live or written)
- ✓ Stay connected even after completing the 10 days

Meeting Format (30–45 min):

- Scripture (10 min)
- Testimonies (10 min)
- Group prayer (15 min)

ZOOM LINK

- Meeting Time: 6:00am Daily
- Discussion of the book “Prayer”
Zoom Link: [Join Via Zoom Link](#)
- <https://zoom.us/j/97802990495>
- Meeting ID: 978 0299 0495
- Dial in number: 301 715 8592

AFTER THE 10 DAYS

- Continue one daily prayer time
- Maintain Daniel-style eating a few days longer
- Watch for answered prayers
- Stay engaged with the larger fast community

Obedience matters more than duration.
Faithfulness in 10 days can produce lifelong change.
