



21 Days of LEVEL Up Fasting & Confession

Scriptures on Prayer

Ephesians 1:16 – 23

Colossians 1:9 – 14

Ephesians 3:14 – 21

Mark 11:22 – 24

Scriptures of Fasting

Ezra 8:21 – 23

2 Chronicles 20:1 – 19

Isaiah 58:6 – 14

Acts 13:1 – 5

Psalm 107:36-38 – Meditate for The Great Harvest Matthew 13:11-

Meditate for Kingdom Revelation

Foods to Eat on the 21 Days of Level Up Fasting & Confession

All fruits, all vegetables, all whole grains, all nuts and seeds, all legumes, all quality oils

Other: chicken, fish, tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to Avoid on the 21 Days of Kingdom Fasting & Confession

Certain meats and animal products including but not limited to beef, lamb, pork, milk, cream, or butter.

All sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice. All deep-fried foods.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, regular tea, carbonated beverages, energy drinks, and alcohol!

Drinks for the Fast: Water and white/green tea

(Optional) Intermittent Fasting from 7PM – 7AM

SOCIAL MEDIA FAST for 21 DAYS

Examples: Facebook, Twitter, Instagram, Snap Chat, YouTube ((unless you are on Daily New Testament Reading on Zoom))

Confession Time: Daily Confessions at 7:30AM Every Morning

(<https://www.wordpowerchurch.com/prayers-and-confessions>)