

# 27 Day

## FAST AND PRAYER

FOR SINGLES, MARRIAGES, AND FAMILIES!

Starts the Tuesday After Labor Day

*For information on the fast please visit our Wmi Fast and Prayer Page.*



PRAYER 6AM EST DAILY  
AND DANIEL FAST

*Legacy*

# THANK YOU FOR JOINING US!

**Join us** for our annual 21-day fast for singles who are believing God for a mate, marriages that need a refreshing, families with prodigals, those believing God for children, and much more!

**The Fast and Prayer** begins 6 AM EST Tuesday, September 2nd, 2025, and will run every day for 21 Days until September 22nd, 2025!

## Login Information

### Zoom Link:

<https://bit.ly/MorningPrayerLCC2>.

- **If the Zoom has reached capacity, you can join us for prayer on Dr. Faith's YouTube channel using the Live tab:**
- <https://www.youtube.com/@DrFaithCW/streams>.
- **Prayer replays will be available via:** [Dr. Faith's YouTube](#) and the [WMI Fast and Prayer Facebook Group](#) once it is uploaded.

## What to Fast From

**The fast is a Daniel Fast.** You can read more about what the Daniel Fast here: <https://easyrecipedeapot.com/daniel-fast-food-list/>.

Begin to prepare yourself as we get ready to encounter God in a powerful way for ourselves, families, and nations!

## Basics of Fasting

### How to Prepare for a Fast:

1. Seek the Lord for specific areas you want to pray into.
2. Ask the Lord to highlight anything that may prevent you from completing the fast.
3. Seek any medical advice if you have health concerns.
4. Prepare your mind to finish.
5. Grab some friends and family to participate for accountability.
6. Get all the food you are not supposed to eat out and buy the food necessary for the fast.

## **What to Do During the Fast:**

1. Get up and pray daily.
2. Read your word daily.
3. When you feel like giving up, listen to worship music, read your word, or pray.
4. If you mess up, start over immediately.
5. Drink plenty of water.
6. Sleep well.
7. Pray in the spirit daily.
8. Eliminate how much TV you watch.

## **What to Do After the Fast:**

1. Do listen to the Holy Spirit, he may want you to fast longer than planned.
2. Do pray out of your fast before eating.
3. Do give thanks for the fast.
4. Do come off the fast slowly; do not eat a bunch of food at once.

# 21-Day Fast and Prayer Schedule

## **PERSONAL HEALING & SPIRITUAL ALIGNMENT**

Tues, Sept 2 – Day 1: Healing our image of God, releasing offense and disappointment

Wed, Sept 3 – Day 2: Healing from past relationships and family wounds

Thurs, Sept 4 – Day 3: Breaking shame, guilt, and false self-identity

Fri, Sept 5 – Day 4: Inner healing for men and women, healing the childhood wounds

Sat, Sept 6 – Day 5 (Healing Saturday): Physical and emotional healing, deliverance, and miracles

## **FAMILY, MARRIAGE & RELATIONSHIPS**

Sun, Sept 7 – Day 6: Restoration of the biblical family model

Mon, Sept 8 – Day 7: Inner healing within marriages and families

Tues, Sept 9 – Day 8: Forgiveness, oneness, and intimacy in marriage

Wed, Sept 10 – Day 9: Praying for prodigals to return home

Thurs, Sept 11 – Day 10: Praying against barrenness, for fertility and  
children

Fri, Sept 12 – Day 11: Blessing children and calling forth a righteous  
generation

Sat, Sept 13 – Day 12 (Healing Saturday): Miracles in marriage, healing  
from infertility, family restoration

## **SINGLES, DESTINY, FINANCES & KINGDOM ADVANCEMENT**

Sun, Sept 14 – Day 13: Healing and preparation for marriage (identity, purpose, healing)

Mon, Sept 15 – Day 14: Praying for singles – clarity, confidence, timing, and alignment

Tues, Sept 16 – Day 15: Praying for God-ordained marriages and divine connections

Wed, Sept 17 – Day 16: Financial breakthrough, breaking poverty, supernatural provision

Thurs, Sept 18 – Day 17: Praying for business success, innovation, and stewardship

Fri, Sept 19 – Day 18: Wealth transfer, legacy, and economic restoration for families

Sat, Sept 20 – Day 19 (Healing Saturday): Financial miracles, business healing, supernatural release

## **THANKSGIVING, PRAISE, & WORSHIP**

Sun, Sept 21 – Day 20: Thankfulness for healing, provision, and answered prayers.

Mon, Sept 22 – Day 21: Celebration, worship, and testimonies of God's faithfulness

## Frequently Asked Questions About Fasting

**Q.** Where can we access replays?

**A.** Recordings will be available via [Dr. Faith's YouTube channel](#) and posted daily in our Facebook Group. You can join the group [by clicking here](#).

**Q.** Can I fast while pregnant?

**A.** Yes, however, please consult your medical doctor on how to proceed.

**Q.** Can I fast if I have a medical condition?

**A.** Yes, however, please consult your medical doctor on how to proceed.

**Q.** Should I refrain from sex during the fast?

**A.** If you are married, we ask that you do not refrain from sex during this fast, as one of the goals is to increase intimacy and connection in your marriage. If you are not married, YES please refrain!

**Q.** What if you are a vegan or vegetarian already?

**A.** You can do liquid from 6 AM - 6 PM or you can fast a favorite food. Just make sure it is a sacrifice.

**We look forward to praying with you soon!**

**—The Wokomas & Team**