



KINGDOM
LEADERS
GLOBAL
ALLIANCE

21-DAY *Fasting* GUIDE



A SEASON OF ENCOUNTERS.
A TIME OF CONSECRATION.



1ST - 21ST AUGUST 2026



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01 · PART ONE

Why This Fast?

First: A Merciful Intervention — Have a Great Regard for Time



That's the first, critical factor that I want to highlight to you. Have a great regard for time, and this is why. This 21-day fast is a merciful intervention to still help us enter the promise God reserved for this year. It's a merciful intervention. The time frame is from August 1 to August 21, and then we will be at Heavenly Portals meeting on August 22, and that will be the crowning of the 21-day fast. It's a merciful intervention. I'm extremely thankful for it. My destiny is thankful for it. This ministry is thankful for it. It's a merciful intervention to ensure that we're not missing God's heartbeat, and everything that He has promised and wants to give to us, we can still lay hold on it.

It's so precious because we're preparing for the Next-150 vision 2026 master coach experience at Immerse. Next-150 is a method that God has helped me build. It's a goal execution blueprint that helps you make the rest of the year the best of the year. How to ensure that you really catch up and you go with a new turbocharged energy. And guess what? I'm looking at this entire execution blueprint and I'm blown away. Like, wow, this is really powerful.

This 21-day fast is a merciful intervention to still help us enter the promise God reserved for this year. Some of you have not experienced the year yet. God is blowing our minds. I've seen some remarkable things in 2026, but you are just about to enter a season where, by the grace of Christ, you will come into the wonders of God. So this period of fasting is a merciful intervention, a redemptive intervention, so you can recover time, you can redeem time, and you can move with a new anointing and start to come into harvest.

Five months. He said these five months are months of mysterious miracles. Months of mysterious miracles, and it's going to be a season of the supernatural, extreme dimensions of the glory of God. So, He's making a new year in the middle of the year, He is making a new year in the eighth month of the year. That's something. Everything you've experienced up until now are going to be like a dress rehearsal for what God wants to do. Miracles. He called them mysterious miracles. I thought that was something — mysterious miracles.

So I want you to sit up. I want you to trust the Lord, and I will start to share some of the instructions with you. So sit up and take every day seriously. He called the 21-day fast a mountain of encounters. He said, “Call the people to meet me on this mountain of encounters, and I will do great wonders”, says the Lord. Approach it with seriousness. Trust the Lord on the mountain of encounters, and let's present ourselves to see wonders that He'll do.

“Call the people to meet me on this mountain of encounters, and I will do great wonders, says the Lord.”



Second: A Covenant of Protection and Preservation

The second thing about the call to this fast is a call to the covenant of protection and preservation. God is giving us an opportunity that is two-horned. He is giving us an opportunity to pray for ourselves and our loved ones, and to enter into the covering through intercession, and He's also giving us an opportunity to restrain the force of darkness, restrain the force of evil, restrain the force of the enemy, restrain the force of death. Come as an assembly of the saints and rebuke Satan; get his stinking hands off the lives of people, of nations, of policies, of governments, of children.

It's not to look at the next obituary and to be so downcast and say what kind of thing is this? No, no, no. That's not the posture. It is to be sufficiently offended in your spirit to a place where we now start to say, are there no believers in the land? Are there no saints in the land? The legislative headquarters of the will of God on earth is too much. So we want to establish God's covenant of preservation and protection. That's what He's told us to do with the fast as well.



Third: A Call to Divine Discipline

The third thing that God is calling us into is divine discipline, and that's why I would like to say that in the course of this fast, I'm inviting you to not merely fast off food, but to fast off unhealthy degrees of pleasure, and the areas of unconscious indiscipline. This one, you'll go before the Lord, and you'll start to trust Him to illuminate your spirit; where you talk too much, too much social need, too much sleep, whatever it is.

So this fast period, it will not be enough for you to just not eat and break at three or break at six and then join the prayer at 11 pm. No. Divine discipline will mean that the Lord will prescribe specific consecrations to you. It could be: this is the discipleship plan you're studying this month, meet me every day. It could be you're walking through a Bible study plan in the period. It could be that you start to pray at 10 pm or you stay one hour after, and you pray from 12 am WAT to 1 am.

02 • PART TWO

Life Design and Meal Curation

On the Food Itself



When it comes to the fast itself, I would love to share the Lord's heart as I received it, even what you eat itself. I thought we were going to give you a meal plan, but I didn't get that kind of approval. But by the time I settled into the thoughts around it, that's not the release I got. I don't want to build a man-made structure around a spiritual system, but you still need it. But we leave it to you to make that decision. Some of you were already moved in the direction of a Daniel fast. Maybe that's it for you. Go for it.

But I'm going to give you some pointers.

- Can you go off sugar this entire fast? We're not going to legislate. You know that if I heard it, that's what we'll do, without any apology. But if I don't hear it, then it means that there is a latitude God has given.
- During the fast as well, could you explore a window where maybe you break with fruits only and interchange that way.
- And then during this fast, could you select a collection or curation of healthy meals and stay with them? Could you do that? Something like that.

- So, have a window where you're breaking with the fast. If you can go more than one day, maybe a weekend. You do three days, and then you end with fruits, or you do a weekend with fruits, and then you go back to meals in the new week, something like that. But can you just work with a curation of healthy meals for when you are breaking? Don't have a fast, and then sit in a meal that is immersed in oil. That when you are done, you are baptized in nausea, and you know you overdid it.
- Could you also just look at your meal plan personally and take some things out that you already have a sense shouldn't be there in this season? By the time you're off sugar and you're curating a healthy meal plan and you're introducing fruits, you are heading somewhere.
- The other thing I want to add is, could you reduce the portion for this particular fast? Even when you're eating, could you eat less than you have capacity to? Generally, even eat less and drink water. Drink water.

Drawing Boundary Lines Around Your Life



This is how I want you to think about this fast. I want you to use it to draw boundary lines around your life, around your appetite. I want you to envision that and try to do it; to draw a boundary line around your life. Use this fast to do that. It will include having a routine that feels like an elegant design.

- Could you consider waking up at the same time every day in the month of August, and could you explore maybe an hour earlier than usual to just spend that time meditating and fasting?
- Could you go to bed at the same time? This is how I want you to think about this fast. I want you to use it to draw boundary lines around your life, around your appetite. I want you to envision that and try to do it; to draw a boundary line around your life. Use this fast to do that. It will include having a routine that feels like an elegant design.
- me time if possible, and to replace your final bedtime activity with something deeply spiritual.
- So wake up the same time. Go to bed at the same time, and could you make your final activity for bedtime become deeply spiritual? Transition from scrolling on your phone or watching a movie before you go to bed. Could you have a supercharged 15 minutes of praying in tongues?
- Of course, all of these things are adjustable, based on your own reality. You are going to have to sit and design it; 30 minutes praying in tongues, 15 minutes praying in tongues, or leaving a scripture in your meditative spirit as the last thing before you go to bed.

You mutter it and meditate on it, and you start to wake up with revelation knowledge. Draw boundary lines around your life. More discipline, more order. Could you do that?

Prayer Walks and a Personal Retreat



And then, if it is possible, could you take prayer walks? I saw an image about that in the spirit this evening just before I came online. I am just going to distill it till that time comes. I'll distill it as a personal step you can take. If you can, have prayer walks during the period of the fast. That would be something really great.

If you can have a personal retreat during the period of the fast, that would be something very lovely. If you have that kind of latitude of taking a Friday, can lock yourself in and pray 10 hours, or a Saturday when you can have the kids somewhere and just spend some time in the Word. Extensively.

Drink water a lot. Don't think about food too much. Think about the spiritual benefits. I want you to participate in the discipline of the spirit. Those are some things that I wanted to highlight on the food part.

So those are some things I want you to pay attention to on the life design, meal curation side.

03 · PART THREE

The Spiritual Activities

1. The Prayer Meetings — 11 pm WAT, Daily

You will join the prayer meetings at 11 pm WAT. They will continue every day till the end of the fast. If you have not been consistent, this is part of the discipline of the fast - join the prayer meetings. Except if you can't, and that is possible because time zones differ. If you can't join live, go back and spend the hour. Find your own hour praying what we prayed. I beg you, do not joke with it. I beg you. You know we're in reset and recovery. I beg you, join if you can live, and on the days you can't, go back to the replay and stay there. Join the prayers at 11 pm every day, and then if you can't because of time zone or work or other factors, go back and spend the hour.

2. Heavenly Portals Meeting — 22 August

And then on the 22nd of August, be at Heavenly Portals Meeting. Be at Heavenly Portals meeting. Be there. That theme is bubbling in my spirit; it's like fire shut up in my bones, breaking through. It's a prophetic meeting. God will give you grace to be there. Breaking through. Be there, commit to it.

We are mandating the ministry division to bring all disciples at ILDP, both those who have been in the program previously and those currently there. We have over 2000 disciples in the program at this time. Over 2000 disciples made it in, had their applications approved, and are now in the program. It's amazing. We are now in our fifth cohort. So we really want to ask that you please actively get our disciples into HPM as we trust God for what He will do with them.

If you don't live in Lagos, don't just sign up for online like that. Think about it a second time. This is different. This is a crowning of our redemptive fasting period. So be intentional.

There will be watch parties, and once we have the locations and we have people happy to host across the regions, we will share that with you by the grace of God.



03 · PART THREE

The Spiritual Activities

3. Breaking Bread — Every Evening



Break bread every day, every single evening. You can move it toward later in the day before you come to the prayer meetings, after breaking for your meal in the evening. Do that at home. You are in the committee of saints in the body of Christ, and you don't only get to break bread or take communion when you're in church. You can include it as a spiritual practice, and God has given us the latitude to embark on this every single day in the period of the fast.

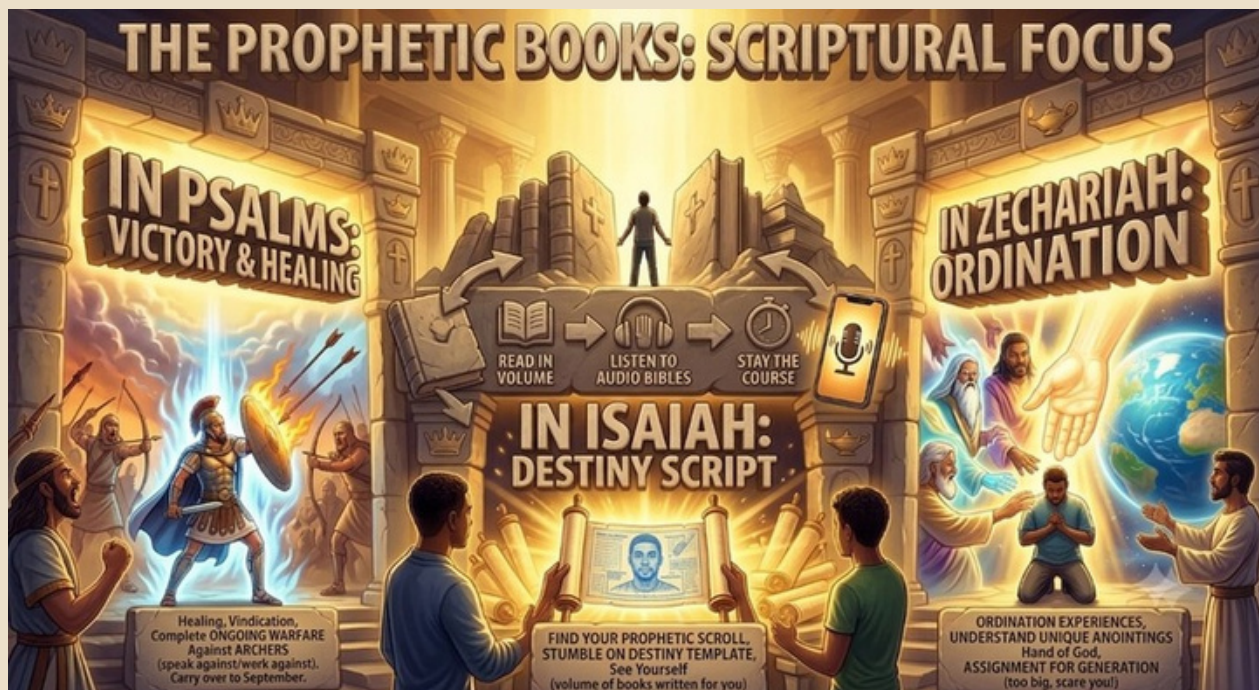
4. Front-Loading Forgiveness



The next thing God asked me to highlight is around forgiveness. He said to front-load forgiveness, so you don't delay divine dealings. So spend some time tomorrow, tonight, depending on what time it is, and really take care of some things that you're not happy about.

I saw a number. I saw four eight, and I kept asking, what is this about? And He said that 48% of the people who are going to be on the fast will be introduced to offenses they didn't know they were carrying. 48% will be informed, illuminated, instructed regarding offences they did not know they were carrying. That is a miracle. That is a blessing. So you have to come; and when you come into His presence and you start to open up your heart, then He'll start to show you what is going on inside, and He'll help you. Front-load forgiveness, so you don't delay divine dealings, and we're going to do that in the name of Jesus Christ.

5. The Prophetic Books



We are going to be in the prophetic books throughout August. We are going to be in Zechariah, Isaiah, and Psalms. You'll put any other thing on it, any other resources you are reading at this time, any other devotional; we will go through it all. So you can see that your life is full. You have spaces to go and cover.

THE METHOD: BULK READING

And if I wanted to make your recommendation, I'll tell you to explore bulk reading. Take Zechariah, sit, finish it. Do it three times during the fast. Be strategic. Sit, finish it. Take the Psalms, sit. Do 10 chapters. And you're also permitted to use the Audio Bible as well. As you're driving, you're listening — Zechariah, Isaiah, the Psalms. Whatever else God is asking you to do, do that. But also stay in these books.

Bulk reading would impact your life so much. Just sit with Isaiah. Do ten chapters or five chapters per day. Keep it moving.

These are the things I want you to watch out for.

IN PSALMS

The Lord will bring you healing, vindication, and complete an on-going fight against your archers. He will bring healing, vindication, and will complete an ongoing warfare in your favor against the archers who are speaking against you, who are working against you in the Psalms. The whole of Psalms, just keep going through it. And if you can't get through it in August, we continue in September.

IN ISAIAH

You are going to come into some of the volume of books written concerning you. You are going to find some specific chapters or verses, and they will be exactly your own script; you'll start to stumble on your prophetic scrolls. You'll start to find your templates and to see yourself.

IN ZECHARIAH

You will enter ordination experiences. There's something very surprising that will happen in Zechariah that doesn't necessarily exist on its pages, but is hidden in it. God will cause you to understand your unique anointings when you're in Zechariah — it will blow your mind. You would understand unique dimensions of the hand of God on your life. And when you're in Zechariah, the Lord may tell you things that will scare you. You may hear some things that are too big for you about how He will use you, or cause you to do something in your generation. It may scare you, but stay in there, and you're going to meet Him.

And of course, many other great things will happen in these books, but these are some very significant expectations we should have.

The Isaac, Joseph and Joshua Code

I also want you to stay in the Isaac, Joseph, and Joshua code.

Isaac just enter Genesis 26, Joseph, Genesis 49, and Joshua, the book of Joshua. So just do those ones as a short Bible study. I saw them as templates of the kind of miracles that many of us will experience. And as I specified, go into the blessing of Joseph in Genesis 49, the digging of the wells in Genesis 26, and Joshua. Just quickly read, and then you now go where we're really going.

6. The 21-Day Folder and Daily Journal



THE 21-DAY FOLDER

I want you to have a folder, digital or as a physical copy — make it a new one. A 21-day folder. In that folder, I want you to have your daily journals. So Saturday, August one, day one of the fast — journal. What did God say? Write, journal, take some time early in the morning, write what you're sensing, what you're thanking God for, all of that you. Take the scripture you've captured for that day and document what God put in your heart. Write the prayers you made, day one, day two, have each day's journal, keep it in the folder. Get an actual physical journal, a new one, and put everything on it for the 21-day fasting, if you use a physical journal, yes, get a new one and start to document.



LOGGING WHAT GOD SAYS

And then when we come to prayers, whoever is leading, when God gives a word, you receive a prophecy, you go into that journal, whether digital or physical, and write instructions. Even if it was, let's say something was just said like, "Oh, thank you, Lord. I just heard the spirit of the Lord saying, 'There's a refreshing for us'."

You go into your journal, write: Sunday second August, 11:12 pm. The Lord says refreshing for me. That's how you write it. You personalize every single promise that is coming.

7. The Portals

The next thing is around the portals. We're still inside the portals, and you'll notice we've taken the portals that we used for the 40-day fast, and we've customized it for this fast. We have the portals, and we're still walking through them. You'll take a portal, and you work with it for a two-day period because the portals are still the promises, and they're still with us, and it's what God is doing.

Access the 21 Days Fast Portal [HERE](#)

8. A Compassionate Seed



Sow a compassionate seed, a merciful seed in this 21 day period. God blessed me with the gift of doing one yesterday.

I'm still going to do a lot. This one is preferable that you really trust God. Do some out of the generosity of your heart, but trust God. Pray about it. Say, Lord, I'm available; and don't be afraid to pray that prayer. One of the ways I grew in the grace of giving is by praying that prayer. Believers are afraid of that prayer. Let me tell you why you must never be afraid of it. God knows where you are, and He knows your entire life schedule and budget, and He knows the resources He has in the plans for you. So stop being so scared. He's your father, so just ask Him that you are available, let me be an extension, trust Him, and see what He will do.

9. Worship



The final thing that I want to share with you as you go into the fast. The Lord spoke to us about worship, and we will do it as a house as well. We are going to have our minstrels interject our times of praying with worship. Maybe we do three days of praying and we have worship, or five days of praying and we have worship. But we will interject the journey with worship where possible.

Have a worship experience at home, where possible; If you can, have a piano or keyboard guy, a worshiper, sit on the floor with your children, and worship Jesus. If you can't do that, turn on a YouTube worship album, turn on the AC, put on candles and Bluetooth speakers and stay there. Just tabernacle and just stay there. And if you live alone, what a blessing, what a blessing. It's not everything you would experience like that in the flesh. God knows what you need and what you want. Hallelujah! But, let's do that one. You would enjoy it. It would nurture your spirit, and it would help you also hear some things that you won't hear anywhere else, and we just thank God for it.



A Call to the House

Help us get to at least 1000 saints who will be a part of the fast, who would pray, and who would join the fast and complete it. And let's come to a crowning event at Heavenly Portals meeting.

Non--KGA Partner? Register for the 21 Days fast [HERE](#).

From Promises to Confessions

When we come to the end, before August is over. You will take those promises, and you will use it to frame your confessions. Some will resonate. You will write them in your own way. When you go back, God may give you more. You will weave everything together and use it to create your confessions, and you continue. That's what you do with that.

Heavenly Portals Meeting 2026 is a Solemn Assembly of Worship, Prophetic Praying and the Supernatural Presence through which God will activate His Covenant of Valiant Victories, Testimonies of Triumph and Mighty Miracles, as He wins the battle on the behalf of His saints.

HPM 2026 Themed Breaking Through, is a prophetic gathering designed as a spiritual meeting place between heaven and earth; where God's people are invited to lay down every burden, encounter His manifest presence, and witness His supernatural intervention.

Drawn from 2 Chronicles 20, this gathering is built upon the revelation that some battles are not won by human strength but through consecration, worship, prophetic obedience, and the manifest presence of God.

As Judah gathered before the Lord in fasting, prayer, and worship, God Himself arose to fight for His people. In the same way, we believe Heaven is summoning believers into an atmosphere where worship becomes warfare, praise becomes a portal, and God's Glory becomes the Ground for miracles, deliverance, healing, restoration, and breakthrough.

This gathering is about encountering the God who brings breakthrough.

Join us in person in Lagos, Nigeria, or live online, wherever you are in the world.

Register for HPM



KINGDOM
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BREAKING THROUGH

2 CHRONICLES 20

SOLEMN ASSEMBLY | WARFARE WORSHIP | SCRIPTURE STUDY |
PROPHETIC JOURNALING | MIRACLE, TESTIMONY AND HEALING
SERVICE | PROPHETIC PRAYER | THE VICTORY SOUND

SAT 22ND, AUG 2026
9:00AM WAT

Register: kingdomleadersglobal.org/hpm-2026