



## **KINGDOM COVENANT CHURCH**

### **14-Day Transformation Fast 2026**

#### **Deliverance & Breakthrough Guide for Flower Girls**

**Matthew 17:21 – “This kind does not go out except by prayer and fasting.”**

We are entering a sacred time of consecration, transformation, deliverance, and breakthrough. As we seek God together, let us be intentional, disciplined, and expectant for what He will do in our lives.

#### ***1. Set Your Daily Prayer Time***

Set a specific time each day for personal prayer and declarations. We will also gather for corporate prayer daily at 7:00 AM during the fast.

#### ***2. Fasting Schedule***

Fasting Hours: 7:00 AM – 5:00 PM (Intermittent Fast 10/24). During fasting hours, consume fresh fruits, raw vegetables, and water. After 5:00 PM, eat sensible, healthy meals, focusing on fruits, vegetables, nuts, poultry, and seafood.

#### ***3. The 'NO' List***

No sugar, no fried foods, no bread, no junk food, no soda, no alcohol of any kind, no pork, no red meats, no sexual conduct, no profanity, and no social media before 5:00 PM.

#### ***4. Speak Life Daily***

Speak God's affirmations out loud every day. Declare and decree His promises. Be intentional. Speak only what is positive, faith-filled, and aligned with God's Word.

#### ***5. Corporate Prayer***

Join daily at 7:00 AM (EST). Dial (202) 926-1129 | Access Code: 318071.

**Final Encouragement:** This is more than a fast—it is a time of transformation. Expect deliverance. Expect breakthrough. Expect change. God is moving on your behalf!

**With Love,**

**Lady Kimya**

First Lady, Kingdom Covenant Church