### Logo Description automatically generatedWelcome to the 14-Day Prayer & Fasting Journey

**Dear Sister,**

I am beyond honored to welcome you into this sacred space of **healing, alignment, and transformation**. Over the next 14 days, beginning March 1, 2025, you are stepping into a divine invitation—a journey that will stretch you, restore you, and awaken the deepest parts of your soul.

This is not just a fast. This is a **soul reset**. A time to lay down the weights you’ve been carrying, uproot what no longer serves you, and make room for God’s healing and direction in your life.

**This is for you if you’ve ever…**  
✔ Felt emotionally or spiritually drained, longing for renewal  
✔ Struggled with past wounds that still shape your relationships and self-worth  
✔ Desired a deeper connection with God and clarity in your purpose  
✔ Wanted to break free from generational cycles and unhealthy patterns  
✔ Needed alignment in your relationships, mindset, and spiritual walk.

For the next 14 days, we will **press in together**—seeking healing, breaking strongholds, and positioning ourselves for the life God has destined for us.

**What You Can Expect:**  
 Daily scripture, prayer focus, and journaling prompts  
 Spiritual and emotional detox to release what’s been holding you back  
 Renewed clarity, confidence, and peace  
 Alignment in your relationships, purpose, and identity  
 A transformed heart and mind, ready to walk in freedom

**You are not alone.** As you fast and seek God, trust that He is already working on your behalf. He sees you; He hears you, and He has been waiting for you to take this step.

So, breathe deep. Surrender. **Lean in.** Your healing and breakthrough are here. **Let’s begin.**

With love & expectancy,  
**Coach Tekoa**