**Fasting Instructions**

1. This is a 10-day fast. Starting midnight June 14, 2021 and ending June 23, 2021 at noon.
2. The fast is based on the biblical reference found in Daniel 1:8-15.
3. The fasting hours are from midnight to noon. (Drink water only during the fasting hours)
4. We will be following the Daniel fast so anything that is a natural food without any manufacturing assistance is allowed.
5. Please exclude all meats from the meal with the exception of fish.
6. (Bread is the exception this time, but not sweet dessert types)

**Allowed foods:**

* Fruits
* Vegetables
* Nuts
* Honey
* Milk
* Oil
* Juice and bread (For Communion only)
* Fish

**Not Allowed**

* Soft Drinks
* Coffee
* Meats
* Candy
* Desserts
* Pasta
* Cheese
* Anything that does not grow naturally.

**Communion**

* Will be done daily for the fast.
* Please select a time to do personal communion (Before sunrise is recommended)

**Anointing Oil**

* **A p**rayer for blessing the oil will be done daily.
* Purchase Extra Virgin Olive Oil

**Breaking the Fast**

* Please break your fast with a prayer of thanksgiving.
* I recommend reading the *Daily Confession* before and after the fasting period.

**Prayer Points**

* Pray them a minimum of twice a day.
* Before sunrise is highly recommended.
* We will pray the prayer points on the prayer line daily.

**Fasting Conduct**

* Avoid social media
* Avoid excessive talking
* Keep your speaking to a minimum.
* Avoid any internet usage or television that is not work related or necessary.
* Study the scriptures listed for each prayer point.
* Remain humble and determined for the duration of the fast
* Stay focused on seeking the Lord.
* Get pictures of loved ones that you will be praying for. (Cell phone pictures are okay.)
* Pray over any items that you want the favor of God on such as your resume, business or finances. Get something that is a point of contact. For example, business cards, bank statements, professional licenses, etc...
* Pray for the group as a whole.
* Make a vow to the Lord similar to (1 Samuel 1:1-11)
* Block negative thoughts with the spirit of thanksgiving throughout the fast.
* Meditate on the scriptures throughout the day.
* Keep a spirit of expectation

FASTING AND PRAYING FOR FAVOUR WITH GOD AND MAN

BIBLICAL TEXT

Dan 1:8-15 KJV] 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. 9 Now God had brought Daniel into favour and tender love with the prince of the eunuchs. 10 And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which [are] of your sort? then shall ye make [me] endanger my head to the king. 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. 14 So he consented to them in this matter, and proved them ten days. 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

SCRIPTURES FOR MEDITATION

Psa 102:13 KJV] 13 Thou shalt arise, [and] have mercy upon Zion: for the time to favour her, yea, the set time, is come.

Ps. 5:12: For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a shield.

[Luke 2:52 KJV] 52 And Jesus increased in wisdom and stature, and in favour with God and man.

[1Sa 2:26 KJV] 26 And the child Samuel grew on, and was in favour both with the LORD, and also with men.

DAILY DECLARATIONS AND DECREES

## I REJECT, REVOKE AND RENOUNCE ANY EVIL COVENANTS THAT REMOVE MY NAME FROM THE BOOK OF FAVOUR WITH GOD AND MAN.

## I REPENT OF ANY EVIL WORDS THAT I HAVE SPOKEN; WORDS THAT STOP THE FLOW OF GOD’S FAVOUR INTO MY LIFE.

## WITH THE BLOOD OF JESUS, I WITHDRAW AND REMOVE MY NAME FROM THE BOOK OF THOSE WHO CAN NOT BE FAVOURED BY GOD OR MAN IN THE NAME OF JESUS.

## IN THE NAME OF JESUS, I BREAK EVERY CURSE, SPELL, HEX, ENCHANTMENT, BEWITCHMENT, OR INCANTATION THAT WORKS AGAINST THE FAVOUR OF GOD IN MY LIFE.

## I BIND EVERY DEMON THAT IS WORKING TO BLOCK, DELAY OR HINDER THE FAVOUR OF GOD IN MY LIFE. I DIVIDE THESE DEMONIC SPIRITS IN THE NAME OF JESUS.

## I DECREE: LET THE LANGUAGE OF THESE EVIL SPIRITS BE CONFOUNDED, WITH CONFUSION AND CIVIL WAR.

## I DECREE: LET THEIR YOKES BE BROKEN FROM OVER MY LIFE. LET THEIR OPERATIONS OF OPPRESSION AND DISFAVOUR OVER MY LIFE, DIE IN THE NAME JESUS.

## I BIND AND PREVENT EVERY POWER THAT IS DRAWING POWER FROM THE GROUND AGAINST MY FAVOR TO BE PARALYZED, IN THE NAME OF JESUS.

## I LOOSE THE JUDGEMENT OF GOD AGAINST THE EVIL ALTARS THAT ARE SPEAKING AGAINST MY LIFE.

## I DECREE: LET THOSE ALTARS BE DESTROYED BY THE SWORD OF THE LORD.

## I LOOSE THE HEAVENS TO OPEN BY FIRE OVER MY ALTAR OF PRAYER NOW, IN THE NAMEOF JESUS.

## I LOOSE THE ANGELS OF FAVOUR TO VISIT ME WITH THE FAVOUR OF GOD.

## I DECREE AND DECLARE THAT THE FAVOUR OF GOD SHALL OVERSHADOW MY LIFE.

## I DECREE THAT FAVOUR WITH GOD AND MAN SHALL BE MY PORTION THIS DAY IN JESUS NAME.

## I THANK MY HEAVENLY FATHER AS I RECEIVE IT NOW IN JESUS AMEN.

DAILY PRAYER POINTS

## LORD, I THANK YOU THAT I HAVE FOUND FAVOUR IN YOUR SIGHT. [Gen 18:3 KJV]

## LORD, BLESS ME WITH RIGHTEOUSNESS AND ENCOMPASS ME WITH FAVOUR. [Psa 5:12 KJV]

## LORD, LET ME FIND FAVOUR IN YOUR SIGHT. [2Sa 15:25 KJV]

## LORD, GIVE ME FAVOUR IN THE SIGHT OF MY ENEMIES. [Exo 11:3 KJV]

## LORD, LET ME FIND THE FAVOUR OF MY DESTINY. [1Sa 16:22 KJV]

## LORD, GRANT ME LIFE AND FAVOUR. [Job 10:12 KJV]

## LORD, LET ME OBTAIN FAVOUR IN THE SIGHT OF ALL THOSE WHO LOOK UPON ME. [Est 2:15 KJV]

## LORD, BRING ME INTO FAVOUR WITH THOSE WHO ARE IN CHARGE OF MY CASE. [Dan 1:9 KJV]

## I LOOSE THE SHIELD OF FAVOUR OVER MY LIFE. [Psa 5:12 KJV]

## LORD, LET THE FAVOUR OF GOD EXALT MY HEAD. [Psa 89:17 KJV]

## LORD, LET YOUR ANGEL OF FAVOUR VISIT ME. [Luk 1:30 KJV]

## LORD, LET ME BE HIGHLY FAVOURED. [Luk 1:28 KJV]

## I DECREE THAT I SHALL NOT GO OUT EMPTY. [Exo 3:21 KJV]

## I DECREE THAT I CHOOSE THE FAVOR OF GOD FOR MY LIFE. [Pro 22:1 KJV]

## I DECREE THAT THE LORD WILL BLESS ME AND ENCOMPASS ME WITH A SHIELD OF FAVOUR. (PSALMS 5:12)

## I DECREE THAT I SUMMON WITH JOY AND GLADNESS ALL THOSE THAT FAVOUR MY RIGHTEOUS CAUSE. [Psa 35:27 KJV]

## I DECREE THAT I SHALL FIND FAVOUR AND GOOD UNDERSTANDING IN THE SIGHT OF GOD AND MAN. [Pro 3:4 KJV]

## I DECREE THAT I SHALL OBTAIN THE FAVOUR OF THE LORD. [Pro 8:35 KJV]

## I DECREE THAT THE SET TIME TO FAVOUR ME HAS COME. [Psa 102:13 KJV]

## I DECREE THAT MY APPOINTED TIME TO BE FAVOURED IS NOW. [Psa 102:13 KJV]

## LORD, I THANK YOU THAT MY APPOINTED TIME OF FAVOUR HAS COME. [Psa 102:13 KJV]