**Fasting To Receive Spiritual Reinforcement for What God is Restoring.**

**Fasting Instructions**

1. This is a 7-day fast that will be completed over 14 days. You will fast one day, then eat the next day. For example, you will fast on days 1,3,5,7,9,11 & 13. You will continue the prayers for all the 14 days. The fast will start on August 22, 2021, and will end on September 4, 2021.
2. This fast is designed to make fasting more manageable. Having the ability to fast one day, then eat and refresh yourself the next day makes the fast more manageable.
3. The spiritual purpose of this fasting is to receive spiritual reinforcement for what God is restoring.
4. The biblical references for the fast can be found in Matthew 4:1-11, Acts 1;1-5, Daniel 10:1-14
5. There are no specific diet instructions other than eating well, **No Pork, No Soft Drinks, and No Deserts.**
6. It is recommended that you pray the prayer points three times a day.
7. Please limit social media, television, and internet usage during the fast.
8. There are three fasting options: difficult, medium, and easy. The instructions are below.

**Fasting options: difficult, medium, and easy. (Please select what works best for you to fast and pray.)**

1. Difficult – You will fast the entire day. (From the time you wake in the morning, until the start of next day. If you wake at 5:00am you start fasting when you wake up. The next day if you wake at 5:00am, you are at liberty to eat. The aim is to fast as close to 24-hours as possible. You will fast on day 1, then eat on day 2. Then repeat the process of fasting one day with a break the next day.
2. Medium – Break the fast at 6:00pm or 9:00pm (This fast starts when you wake up, and you break the fast at 6:00pm or 9:00pm. Once you break the fast on day 1, you will be at liberty to eat on day 2. When you wake up on day 3, you will begin fasting again and breaking the fast on day 3 at either 6:00pm or 9:00pm. Continue this process for the duration of 14 days.
3. Easy – 6:00am- 6:00 pm (This fast starts at 6:00am on day 1, and you fast for 12 hours then, break the fast at 6:00 pm. You will then skip a day and continue to repeat the pattern for the duration of the fast.)
4. Dry fasting is recommended during the fasting hours; however, you can choose to drink liquids if needed during the fasting hours regardless of which level you chose difficult, medium, or easy)

**Communion**

1. It is to be done daily for the fast. (Corporate communion will be done Saturday mornings @ 6:00 am on the prayer line.)
2. Please select a time to do personal communion. (Before sunrise or near midnight is recommended)

**Anointing Oil**

1. A prayer for blessing oil will be done daily or the prayer line.
2. Please use extra-virgin olive oil.

**Breaking the Fast**

1. Please break your fast with a prayer of thanksgiving.
2. The *Daily Confession* should be read verbally before and after the fasting period.

**Scriptures For Meditation**

**[(Mat 4:1)-11 KJV]**

1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred. 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. 5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, 6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in [their] hands they shall bear thee up, lest at any time thou dash thy foot against a stone. 7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. 8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; 9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. 10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. 11 Then the devil leaveth him, and behold, angels came and ministered unto him.

**[Dan 10:1-14 KJV]**

1 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing [was] true, but the time appointed [was] long: and he understood the thing, and had understanding of the vision. 2 In those days I Daniel was mourning three full weeks. 3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. 4 And in the four and twentieth day of the first month, as I was by the side of the great river, which [is] Hiddekel; 5 Then I lifted up mine eyes, and looked, and behold a certain man clothed in linen, whose loins [were] girded with fine gold of Uphaz: 6 His body also [was] like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass, and the voice of his words like the voice of a multitude. 7 And I Daniel alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them, so that they fled to hide themselves. 8 Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength. 9 Yet heard I the voice of his words: and when I heard the voice of his words, then was I in a deep sleep on my face, and my face toward the ground. 10 And, behold, an hand touched me, which set me upon my knees and [upon] the palms of my hands. 11 And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling. 12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. 13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia. 14 Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision [is] for [many] days

**[Mat 12:43-45 KJV]**

43 When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. 44 Then he saith, I will return into my house from whence I came out; and when he is come, he findeth [it] empty, swept, and garnished. 45 Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last [state] of that man is worse than the first. Even so shall it be also unto this wicked generation.

**[Jos 1:5-9 KJV]**

5 There shall not any man be able to stand before thee all the days of thy life: **as I was with Moses, [so] I will be with thee: I will not fail thee, nor forsake thee.** 6 Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them. 7 Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it [to] the right hand or [to] the left, that thou mayest prosper whithersoever thou goest. 8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. 9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God [is] with thee whithersoever thou goest.

**Jer 1:14-19 KJV**

14 Then the LORD said unto me, Out of the north an evil shall break forth upon all the inhabitants of the land. 15 For, lo, I will call all the families of the kingdoms of the north, saith the LORD; and they shall come, and they shall set everyone his throne at the entering of the gates of Jerusalem, and against all the walls thereof round about, and against all the cities of Judah. 16 And I will utter my judgments against them touching all their wickedness, who have forsaken me, and have burned incense unto other gods, and worshipped the works of their own hands. 17 Thou therefore gird up thy loins, and arise, and speak unto them all that I command thee: be not dismayed at their faces, lest I confound thee before them. **18 For, behold, I have made thee this day a defenced city, and an iron pillar, and brasen walls against the whole land, against the kings of Judah, against the princes thereof, against the priests thereof, and against the people of the land. 19 And they shall fight against thee; but they shall not prevail against thee; for I [am] with thee, saith the LORD, to deliver thee.**

**[Job 1:6-10 KJV]**

6 Now there was a day when the sons of God came to present themselves before the LORD, and Satan came also among them. 7 And the LORD said unto Satan, Whence comest thou? Then Satan answered the LORD, and said, From going to and fro in the earth, and from walking up and down in it. 8 And the LORD said unto Satan, Hast thou considered my servant Job, that [there is] none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? 9 Then Satan answered the LORD, and said, Doth Job fear God for nought? 10 Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land.

**[Act 1:1-5 KJV]**

1 The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach, 2 Until the day in which he was taken up, after that he through the Holy Ghost had given commandments unto the apostles whom he had chosen: 3 To whom also he shewed himself alive after his passion by many infallible proofs, being seen of them forty days, and speaking of the things pertaining to the kingdom of God: 4 And, being assembled together with [them], commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, [saith he], ye have heard of me. 5 For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.

**DAILY CONFESSION**

I REJECT, REVOKE AND RENOUNCE ANY EVIL COVENANTS THAT HAVE EMPOWERED DEMONIC REINFORCEMENT AGAINST MY LIFE IN THE NAME OF JESUS.

• I REPENT OF ANY EVIL WORDS THAT I HAVE SPOKEN, WORDS THAT HAVE OPEN DOORS FOR SPIRITUAL ATTACKS AGAINST MY BREAKTHROUGHS.

• WITH THE BLOOD OF JESUS, I FORTIFY MY LIFE AGAINST DEMONIC REINFORCEMENT.

• IN THE NAME OF JESUS, I BREAK EVERY CURSE, SPELL, HEX, ENCHANTMENT, BEWITCHMENT, OR INCANTATION THAT BRINGS SPIRITUAL ATTACKS AGAINST ME IN THE NAME OF JESUS.

• I BIND EVERY DEMON THAT IS WORKING TO MONITOR MY SPIRITUAL DEFENSES.

• I DIVIDE THESE DEMONIC SPIRITS FROM THEIR RANKS 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 AND LET THEIR OPERATIONS TO MONITOR MY SPIRITUAL DEFENSES, DIE IN THE NAME JESUS.

• I BIND AND PREVENT EVERY POWER THAT IS WORKING TO PENETRATE MY SPIRITUAL DEFENSES IN THE NAME OF JESUS. I COMMAND THEM TO BE PARALYZED IN THE NAME OF JESUS.

• I LOOSE THE JUDGEMENT OF GOD AGAINST THE EVIL ALTARS THAT ARE SPEAKING AGAINST MY SPIRITUAL PROGRESS IN THE NAME OF JESUS.

• 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 NAME OF JESUS.

• I LOOSE THE ANGELS OF GOD TO FORTIFY MY LIFE WITH WALLS OF FIRE IN THE NAME OF JESUS.

• I DECREE AND DECLARE THAT THE LORD SHALL MAKE ME AS A DEFENSED CITY AND EVERY SPIRIT SEEKING TO INVADE MY LIFE SHALL BE PUT TO SHAME IN JESUS NAME.

**Prayer Points**

1. Holy Spirit, take me to the place where you will prepare me for my destiny. (Mat 4:1)
2. Holy Spirit, empower me to fast and pray according to your guidance. (Mat 4:1)
3. My Father, loose angelic reinforcement for every angel being delayed, detained, or denied entry into my life.
4. My Father, loose angelic reinforcement for my life. (Dan 10:1-14)
5. My Father, loose angelic reinforcement for my family. (Dan 10:1-14)
6. My Father, loose angelic reinforcement for my church. (Dan 10:1-14)
7. My Father, loose angelic reinforcement for my city. (Dan 10:1-14)
8. My Father, loose angelic reinforcement for my region. (Dan 10:1-14)
9. My Father, loose angelic reinforcement for my nation. (Dan 10:1-14)
10. My Father, loose angelic reinforcement for my marriage. (Dan 10:1-14)
11. My Father, loose angelic reinforcement for my business. (Dan 10:1-14)
12. I bind and rebuke all the demonic reinforcement against my life in the name of Jesus. (Mat 12:43-45)
13. I decree let all demonic reinforcement assigned against my life receive confusion and civil war. (Mat 12:43-45)
14. My Father as you were with Moses and Joshua, be with me. (Jos 1:5-9)
15. I decree that God will be with me; he will not fail me or forsake me. (Jos 1:5-9)
16. Lord fortify me with your word. (Jer 1:14-19)
17. Lord fortify my life like a defensed city. (Jer 1:14-19)
18. I decree that enemies may fight against me, but they shall not prevail against me, for God is with me to deliver me. (Jer 1:14-19)
19. My Father, upgrade my spiritual armor. (Jer 1:14-19)
20. My Father, reinforce my spiritual monitors. (Jer 1:14-19)
21. My Father, reinforce my finances. (Jer 1:14-19)
22. My Father. reinforce my health. (Jer 1:14-19)
23. My Father, reinforce your word in my life. (Jer 1:14-19)
24. My Father, reinforce your promises in my life. (Jer 1:14-19)
25. My Father, create a hedge of fire around my life, my house, and my property. (Job 1:6-10)
26. Lord, empower me to wait for the moving of the Holy Spirit to come upon me. (Acts 1:1-5)
27. Holy Ghost fire, overshadow my life. (Acts 1:1-5)
28. Lord, empower me to stay in your presence. (Acts 1:1-5)
29. My Father, fortify me with your holy fire. (Acts 1:1-5)
30. My Father, fortify me with the blood of Jesus (Rev 12:11)
31. My father, fortify me with your word. (Gen 15:1)