



CHOSEN BETHEL FAMILY MINISTRIES

2022 Fasting and Prayer Guidelines

Theme: “MAKE THE DIFFERENCE”

Touching, Changing and Developing Lives

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works....” Ephesians 2:8-10

21 Day Prayer, Fast, and Consecration

Monday, January 9 through January 29, 2022

“Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that you break every yoke?” Isaiah 58:6

What is Fasting? Fasting is an intentional denial rooted in a quest to get closer to God. **Fasting is physical sacrifice for spiritual increase.** Fasting is a commitment to deny your physical flesh, and to increase your spiritual effectiveness. Fasting takes prayerful discipline. In fasting, you set aside your physical comfort for 21 days to focus on prayer and a deeper, more intimate connection with God. Instead of giving in to temptation, you’ll experience victory by turning to God instead of food.

What is Prayer? Prayer is your intentional reach for God’s direct and specific involvement in your life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing God can and will respond with thoughts, ideas, situations, people, or primarily His word. (James 5:16).

Our Season of Fasting and Prayer consists of:

- **No food from 6:00am until 6:00pm during all of the 21 days.**
- Liquids are allowed - water, tea, and juices throughout the Fast. (No soda pop, coffee, or other carbonated beverages).
- Daily prayer, consecration, Bible reading, Ministry challenges, prayer decrees, and sanctification from the things of the world (essential during this season of transformation).
- No Sweets (Includes sugar, cupcakes, pies, cakes, candy, cookies, etc.)
- Be watchful of things that enter your ear-gates and eye gates: Be mindful of what you listen to and see (radio, TV, conversations, people, etc.)

Rule of Thumb: If it doesn’t EDIFY, it should NOT be a part of your life during these 21 days.

PRAYER CHANGES THINGS ~ Make sure you connect!



*** Sunday Morning Glory Prayer at 8:00am ~ Sunday School at 9:00am**

Zoom: <https://goldininstitute.zoom.us/j/97722661473> Meeting ID: 977 2266 1473 Passcode: 926278

***Monday Touching the Heart of God Prayer – 7:00am**

**Zoom: <https://goldininstitute.zoom.us/j/99503420927> Meeting ID: 995 0342 0927 Passcode: 873529
OR Call-in number: 1-312-626-6799 Enter Meeting ID: 995 0342 0927 Passcode: 873529**

***Tuesday 12:00 Noon Breakthrough Prayer**

Zoom: <https://goldininstitute.zoom.us/j/95854848961> Meeting code: 98554848961 Password: 648567

***Wednesday Evening Bible Study – 7:00pm**

Facebook Live (Walter Gillespie) OR Our website: www.ChosenTabernacle.com

***Power Prayer**

Zoom: <https://goldininstitute.zoom.us/j/95854848961> Meeting code: 98554848961 Password: 648567

**Friday, January 14 - 7:00pm
Friday, January 21 – 7:00pm
Friday, January 28 – 7:00pm**

**Corporate Prayer via Zoom
Corporate Prayer via Zoom
Corporate Prayer via Zoom**

REMEMBER: FASTING DAILY FROM 6:00am UNTIL 6:00pm

Date	Scripture	Prayer Decree	Morning Prayer Focus	Ministry Challenge	Basic 21 Day Health Challenge
Jan 9	Psalms 18:2	I decree You are my God, my rock in whom I take refuge; my shield and the horn of my salvation, my stronghold.	Family	Pray for God to help you complete every assignment while on this consecration.	Squats 5
Jan 10	Romans 1:16,	I renounce any shame that attempts to overwhelm me concerning the Gospel of Christ. I receive boldness to share my faith. I decree it is the power of God unto salvation in Jesus name.	Husbands and single Fathers	Pray for someone you don't know	Squats 10
Jan 11	Proverbs 6:20	I decree mothers are firmly positioned in the strength of the Lord and the limitless power and ability of His might flows through them.	Mothers and single Mothers	Buy someone a cup of coffee or tea	Squats 15
Jan 12	Isaiah 54:13	I decree that from Your holy place, strength and power are bestowed upon the people of God and Your blessings are prevailing.	Children	Call or text one person and encourage them	Squats 20
Jan 13	Hebrews 12:1-2	Let my family continue to serve You. Lord, may we always have our eyes on You and may we always have the hope of Heaven	Family	Pray for someone you don't know. NO T.V., video games, internet surfing, social media, chatting online or magazines	Squats 25
Jan 14	Acts 16:31	I decree God's breath of Life flows through me and my family – reviving those things that have been dead and dormant.	Family	NO murmuring nor complaining about anything	Squats 30
Jan 15	Psalms 30:2	I decree the Blood of Jesus against sickness and disease, and I release the healing virtue of Jesus Christ into my body. I curse at the root every attack upon my health.	Healing & Deliverance	Write a thank you note to someone who has impacted your life for the better	Squats 30

Jan 16	Isaiah 58:8	I decree my mouth is enlarged over my enemies. Every enemy of your Kingdom enlarges my mouth to declare your justice in Jesus name. I rejoice in Your salvation.	Healing & Deliverance – Against Leviathan, Pride & Jezebel	No monetary spending today	Mountain Climbers 5
Jan 17	Isaiah 53:5	I cast out all spirits of infirmity that would attack my body in the name of Jesus.	Healing & Deliverance	Pray for someone you don't know	Mountain Climbers 10
Jan 18	Matthew 8:16–17	I serve and reverence the Lord my God. He blesses my bread and water and removes sickness from me.	Healing & Deliverance	Treat someone to fresh fruit	Mountain Climbers 15
Jan 19	Job 29:18	I decree that I'm satisfied with long life and my days are multiplied as the sand.	Healing & Deliverance	Let someone in line go in front of you	Mountain Climbers 20
Jan 20	Ephesians 4: 16	Lord, I decree my church is fitly joined together and there's an effectual working in every part. You are making us increase as we're built up in love.	Healing & Deliverance	Compliment two people	Mountain Climbers 25
Jan 21	Genesis 35:11	I decree that You are Almighty - The Powerful and Mighty One. I receive Your command to be fruitful and multiply in bringing forth nations and kings in Jesus name. I renounce all mindsets of mediocrity and small mindedness. I proclaim Your might over my life in Jesus Name.	Healing & Deliverance	Call or text one person and encourage them	Mountain Climbers 30
Jan 22	Psalms 2:8	Lord I confess your INTEGRITY over my life. I decree that by it I abide in the paths of righteousness and the works of perverseness are displaced from my dwelling in Jesus name.	Nations	Encourage one person.	Mountain Climbers 30

Jan 23	Proverbs 21:1	I ask You to direct the heart and mind of our city leaders to make decisions that will lead our city in Your ways and according to Your Word.	City	Pray for two people you don't know	Squats & Mountain Climbers 5
Jan 24	Isaiah 54:13	I decree our youth are full of potential and they will fulfill their ordained destiny.	School Systems	NO murmuring nor complaining about anything	Squats & Mountain Climbers 10
Jan 25	Ezekiel 22:30	We are to stand in the gap, and lift up our nation with all its favors and faults before the throne of God, and pray that He continues to work in our midst.	Leaders	No monetary spending today	Squats & Mountain Climbers 15
Jan 26	Psalms 91:1-16	I declare that the Lord upholds and supports me with INTEGRITY and sets me before His presence forever in Jesus name.	Law Enforcement	NO murmuring nor complaining about anything	Squats & Mountain Climbers 20
Jan 27	Matthew 9:37-38	My tongue will proclaim words of encouragement and hope.	Evangelism	Buy someone a cup of coffee or tea today	Squats & Mountain Climbers 25
Jan 28	Proverbs 20:7	I confess the blessings of the Lord on the generations that come forth from my loins because of Your INTEGRITY upon me in Jesus name.	Nations & Our City	Encourage two people today	Squats & Mountain Climbers 30
Jan 29	Job 27:5	I decree that my life in Christ is steadfast and that I shall not be moved from the faith. Lord, empower me to maintain INTEGRITY all my days.	Body of Christ	Call or visit someone who is sick;	Squats & Mountain Climbers 30
Jan 30 10:00am	Psalm 58:11	LORD, I decree Your goodness is manifesting in my life and men are declaring You reward the righteous living.	Corporate Prayer	No T.V., video games, internet surfing, social media chatting online or magazines	Praise God like no one is watching!

FASTING SCRIPTURES:

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you”. Matthew 6:17-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full”
Matthew 6:16

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Joel 2:12

“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” Daniel 10:3.

