



Touching, Changing and Developing Lives

CHOSEN BETHEL FAMILY MINISTRIES

2023 SEASONS OF SACRIFICE

21 Day Prayer, Fasting, and Consecration
Sunday, March 19th through Saturday, April 8th

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.

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). Jesus points out four key attributes of prayer that serve as our guide:

- **PRAISE:** Praise God for who He is and His attributes. Begin by giving Him your worship and adoration.
- **REPENT:** Confess and repent. Confess to God the things you have done in word, thought or deed which led you into sin.
- **ASK:** After you have spent time in praise and repentance, make your requests known to God. His ears are attuned to us.
- **YIELD:** God is always at work around you. Take time to acknowledge Him and be obedient.

HEALTH: God has mandated that we be good stewards over the physical bodies He has given us. Make a commitment to exercise and drink more water so your body and your spirit can both be renewed, restored and refreshed.

Our Season of Sacrifice - Fasting and Prayer consists of:

1st Choice

- **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.)

2nd Choice

- **No T.V. from 6:00 pm until 6:00 am throughout the Fast. (Only news once within that timeframe)**
- 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.)

3rd Choice

- **No social media for 21 days (you are ONLY allowed to check and respond to your emails daily)**
- 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**

***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 for Englewood**

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

Wednesday, March 22 th - 7:30 pm	Corporate Prayer via Zoom
Wednesday, March 29 th – 7:30 pm	Corporate Prayer via Zoom
8 Hours Prayer – Tues. April 4 th – 2:00p-10:00p	Corporate Prayer via Zoom

REMEMBER: YOU ARE FASTING DAILY

<u>Date</u>	<u>Scripture</u>	<u>Prayer Decree</u>	<u>Morning Prayer Focus</u>	<u>Ministry Challenge</u>	<u>Basic 21 Day Health Challenge</u>
Mar 19	Psalm 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
Mar 20	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
Mar 21	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
Mar 22	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

Mar 23	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
Mar 24	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
Mar 25	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
Mar 26	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
Mar 27	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
Mar 28	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
Mar 29	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
Mar 30	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
Mar 31	Genesis 35:11	I decree that You are Almighty - The Powerful and Mighty One. I receive Your command to be fruitful and	Healing & Deliverance	Call or text one person and encourage them	Mountain Climbers 30

		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.			
Apr 1	Psalm 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
Apr 2	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
Apr 3	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
Apr 4	Ezekiel 22:30	We are to stand in the gap, and lift up our nation with all it 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
Apr 5	Psalm 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
Apr 6	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
Apr 7	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
Apr 8	Job 27:5	I decree that my life in Christ is steadfast and that I shall not be moved	Body of Christ	Call or visit someone who is sick;	Squats & Mountain Climbers 30

		from the faith. Lord, empower me to maintain INTEGRITY all my days.			
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FASTING SCRIPTURES:

“Then Jehoshaphat feared, and set himself [determinedly, as his vital need] to seek the Lord; he proclaimed a fast in all Judah.” II Chronicles 20:3

“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.

PRAYERS FOR CHOSEN-BETHEL MINISTRIES:

During our fast, please pray for the following priorities daily and believe for breakthrough in these areas:

1. Manifestation of His Glory; Outpouring of His Spirit; Healings & Miracles Prayer Declaration: “Father, manifest your glory in our midst and pour out your Spirit in greater measure in our lives and church services. We pray to experience the manifestation of Your presence, miracles, heavenly encounters, signs, and wonders”. (Joel 2:28)

2. Greater Works Prayer Declaration: “Father, we believe in You so we declare that we are doing greater works this year and experiencing greater victories and greater success. (John 14:12)

3. Reap & Keep Souls; Church Growth Prayer Declaration: Chosen Bethel Ministries is effectively training and making disciples of all believers. They are being transformed by the renewing of their minds and walking in holiness, righteousness and authority. Multitudes are being drawn to our services and we are reaping the harvest of souls and not losing any that God has given us. (**Matthew 28:18, John 17:12**)

4. Debt Free – Abundantly Blessed Prayer Declaration: Chosen Bethel Ministries and each of us individually are debt free owing no man anything but love. We are redeemed from the curse of debt. We are the head and not the tail, the lender and not the borrower. We are tithers, the floodgates of heaven are open over us and God is pouring out abundant provision. The devil is rebuked and all nations are calling us blessed. (**Romans 13:8, Deuteronomy 28:12, Malachi 3:10-12**)

5. Spirit Led Planning & Execution of 2023 Vision: “Father, we thank You that every part of the planning and execution of Chosen’s 2023 Vision is led by the Spirit of God. Confirm your Word this year with signs, wonders and miracles in the lives your people, their families and businesses. (**Romans 8:14, John 10:4-5 & Mark 16:20**)