

## Fasting Instructions for 21 days January 9 – 29, 2023

**Notes:** “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

The body of believers at TSPWFC will spend 21 days in fasting and prayer for the purpose of seeking God, drawing closer to Him and obtaining spiritual breakthroughs. In uniting together during this time of corporate fasting, we are expecting to experience greater glory and see a greater demonstration of God’s miraculous power and presence in our lives and in the life of this ministry. This 21 day fast will begin Sunday, January 9th and end Saturday, January 29th.

**Fast Instructions:** Through God’s grace and prayer the following instructions are applied for discipline of the flesh and sacrifice for spiritual development and enrichment.

- ☐ Your 10-hour shift begins every day from the time you wake up. For example, if you wake at 7:45 am, then your shift will be 7:45am to 5:45pm.
- ☐ Eating is allowed after your ten-hour shift. (Not before but after your ten-hour shift.)
- ☐ After your ten hour shift you may have whatever food you desire.
- ☐ Pray your prayer targets three times a day along with the following instructions. Suggestions of prayer times would be **1)** The beginning of your shift, **2)** The end of your shift, **3)** Right before going to bed.
- ☐ When praying your prayer targets, boldly and loudly confess your prayers.
- ☐ During your ten hour shift **NO** social media including Facebook, YouTube, Instagram, snapchat, twitter, T.V., videos, news etc.
- ☐ For the entire fast no hip hop, R&B, rap, jazz, rock, classic, etc. Only listen to gospel or Christian music the entire fast both during and after your ten-hour shift.
- ☐ Spend an hour a day reading your bible.
- ☐ The first and last three days of the fast no eating at all. You may have smoothies and plenty of water. (This is optional.)

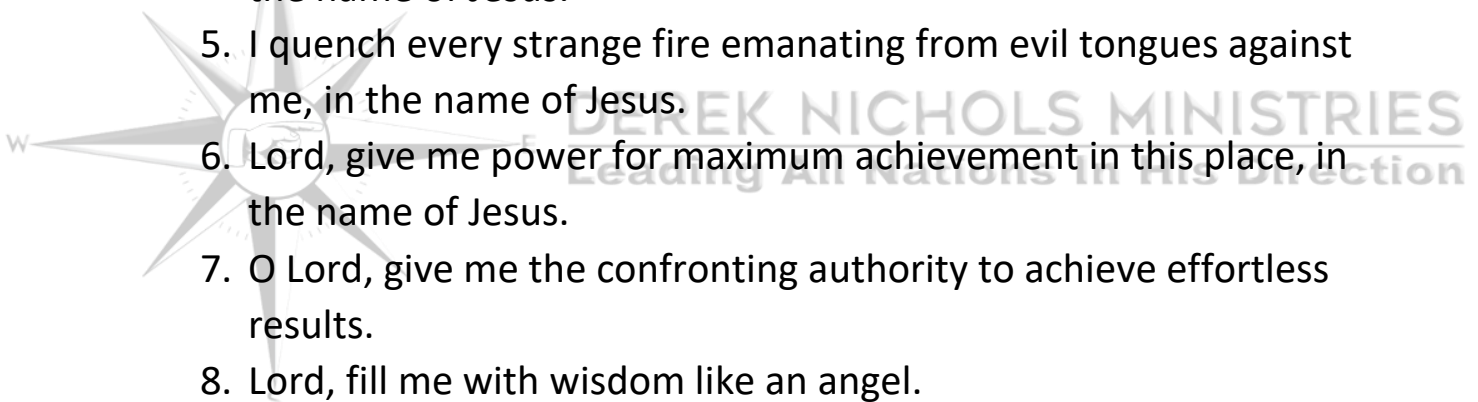
- **Additional Info**

- If you cannot last your entire shift, push for a smoothie or crackers to help settle.
- If you get headaches in the middle of a shift, try drinking plenty of water. Try smoothies. If you must, take a Tylenol.
- If you take medication that requires you to eat, our goal is God’s divine healing. Try to prevail and ask your doctor what steps you can take to help you. I would suggest a smoothie. If that is not enough, try a boiled egg with one piece of toast. Please see your doctors and ask how you can adjust with the fast.

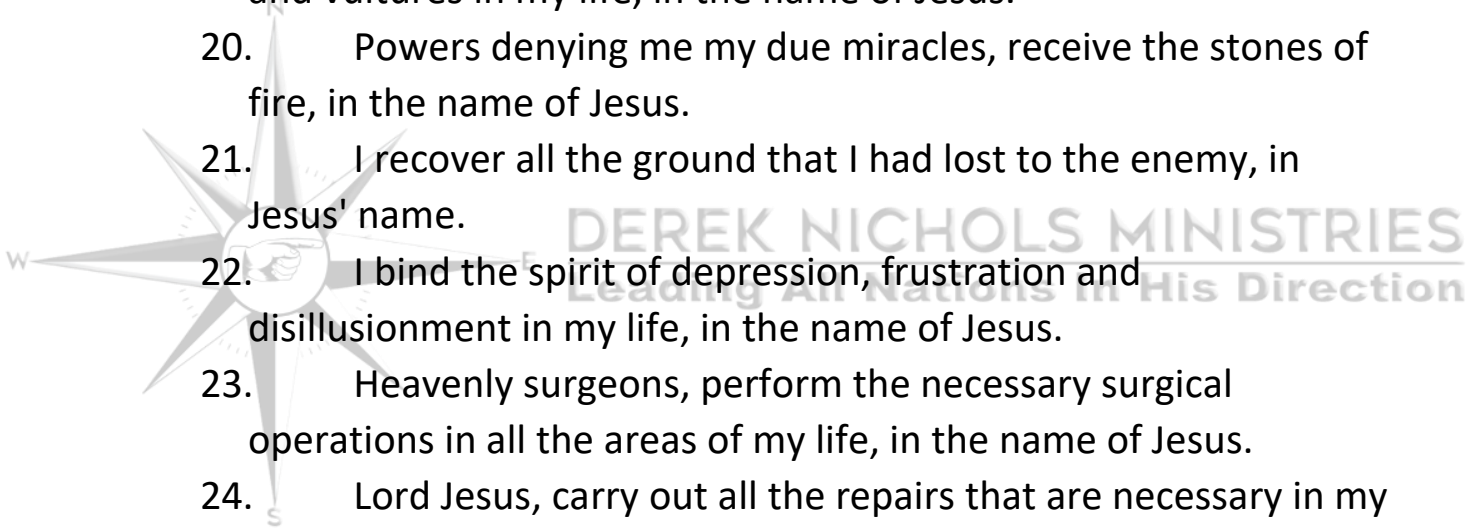
## Prayer Targets

Before praying begin to thank the Lord for all that he has done for you. Next, if there are some unrepentant things in your heart, begin to renounce those things to God. This leaves no legal ground to the enemy in your life. The following scriptures are the focus of this fast: Psalm 75:6-7, Deuteronomy 28:13, Joel 2:25-26, Isaiah 41:18-20. Read and recite these scriptures every day.

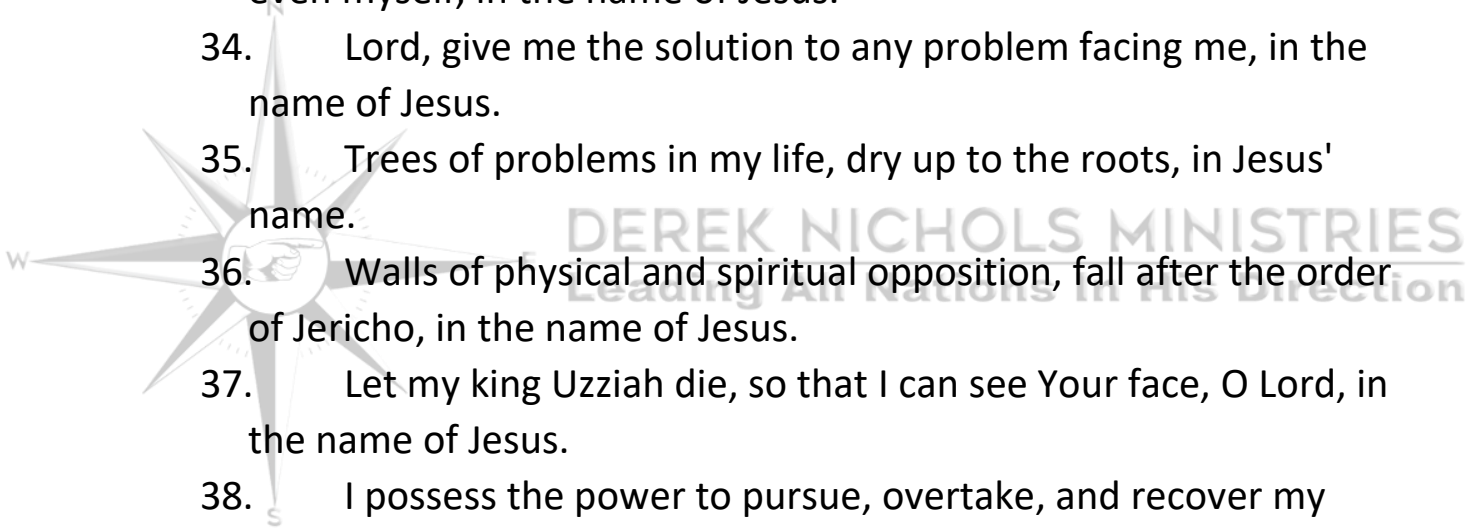
1. I reject every backward journey, in the name of Jesus.
2. I paralyze every strongman assigned to this institution, in the name of Jesus.
3. Let every agent of shame working against me be paralyzed, in the name of Jesus.
4. I paralyze the activities of household wickedness over my life, in the name of Jesus.
5. I quench every strange fire emanating from evil tongues against me, in the name of Jesus.
6. Lord, give me power for maximum achievement in this place, in the name of Jesus.
7. O Lord, give me the confronting authority to achieve effortless results.
8. Lord, fill me with wisdom like an angel.
9. I break every curse of unfruitfulness placed upon my life, in the name of Jesus.
10. I break every curse of untimely death, in the name of Jesus.
11. Lord, fortify me with Your power.
12. Let the counter-movement of the Holy Spirit frustrate every evil device against me, in the name of Jesus.
13. Father Lord, give me the tongue of the learned.
14. Lord, make my voice the voice of peace, deliverance, power and solution.



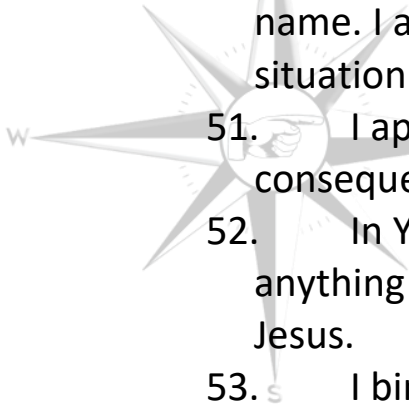
15. Lord, give me divine direction that will propel this institution to greatness through me.
16. Every power assigned to use my family/job, etc to torment me, be paralyzed, in the name of Jesus. Lord Jesus, give me an excellent spirit.
17. Lord, open doors of opportunity to me through this prayer, in the name of Jesus.
18. I command all evil unknown forces organized against my life to be scattered, in the name of Jesus.
19. I paralyze every activity of physical and spiritual parasites and vultures in my life, in the name of Jesus.
20. Powers denying me my due miracles, receive the stones of fire, in the name of Jesus.
21. I recover all the ground that I had lost to the enemy, in Jesus' name.
22. I bind the spirit of depression, frustration and disillusionment in my life, in the name of Jesus.
23. Heavenly surgeons, perform the necessary surgical operations in all the areas of my life, in the name of Jesus.
24. Lord Jesus, carry out all the repairs that are necessary in my life. [Decree aggressively]
25. I command all the damages done to my life by evil tongues - demonic prophecies - witchcraft spells and curses - personal negative confessions - household wickedness - to be repaired, in the name of Jesus
26. Let all the parasites feeding on any area of my life be roasted, in the name of Jesus.
27. Fire of God, consume the evil clock of the enemy that is working against my life, in the name of Jesus.



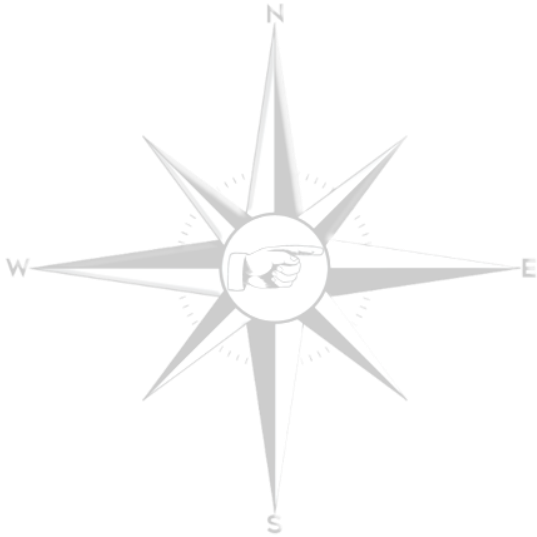
28. My life is not a fertile ground for any evil to thrive, in Jesus' name.
29. I command all doors of good things, closed against me by the enemy to be opened, in the name of Jesus.
30. I reject the spirit of impossibility, I claim open doors, in the name of Jesus.
31. I decree restoration seven-fold in every area of my life, in the name of Jesus.
32. I refuse to wage war against myself, in the name of Jesus.
33. Lord, make my case a miracle. Shock my foes, friends, and even myself, in the name of Jesus.
34. Lord, give me the solution to any problem facing me, in the name of Jesus.
35. Trees of problems in my life, dry up to the roots, in Jesus' name.
36. Walls of physical and spiritual opposition, fall after the order of Jericho, in the name of Jesus.
37. Let my king Uzziah die, so that I can see Your face, O Lord, in the name of Jesus.
38. I possess the power to pursue, overtake, and recover my goods from spiritual Egyptians, in the name of Jesus.
39. Let every spell, jinx, and demonic incantation rendered against me be cancelled, in the name of Jesus.
40. I cancel every effect of any strange help received from Egypt regarding this problem, in the name of Jesus.
41. Lord, heal all wounds and spiritual bullets sustained from attacks of the enemy.
42. Let all stolen hidden potentials and gifts that will make me great be restored 21-fold, in the name of Jesus.



43. I reject the spirit of regret, woes and disappointment, in the name of Jesus.
44. Lord, give me power for a new beginning.
45. Lord, make my life a miracle and be glorified in every area of it, in the name of Jesus.
46. Lord Jesus, I thank you for answering my prayers.
47. Let all evil imaginations fashioned against my life fail woefully, in the name of Jesus.
48. Lord, expose and disgrace all the schemes of Satan ever devised against me through any source and at any time.
49. I forsake all personal sin that has given ground to the enemy in my life, in the name of Jesus.
50. I reclaim all the ground I have lost to the enemy, in Jesus' name. I apply the power in the name and the blood of Jesus to my situation now, in the name of Jesus.
51. I apply the blood and the name of Jesus to remove all consequences of evil oppression in my life, in the name of Jesus.
52. In Your Authority O Lord, I break the binding effect of anything evil ever put upon me from any source, in the name of Jesus.
53. I bind all enemy spirits that oppress me and remove them from my life, in the name of Jesus.
54. I command the power of the enemy working against my progress to take flight now, in the name of Jesus.
55. O Lord, let my hands be trained for battle and assign me my place in Your army.
56. I expose all enemies of Jesus Christ operating against my life, in the name of Jesus.
57. I sever myself from Satan and any strange power, in Jesus' name.
58. I remove the right of any strange powers to afflict me and I proclaim their judgement under the hand of God, in Jesus' name.



59. I weaken the power of any strange power fashioned against me with the blood of Jesus shed on the cross at cavalry, in the name of Jesus.
60. I break every bondage of inherited sickness in my life, in the name of Jesus.



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