



**oki**  
**2025**

**FAST OF**  
**NEW**  
**BEGINNINGS**

THIS FAST IS  
**ABSOLUTE**

**MONDAY JANUARY 6TH TO SUNDAY JANUARY 19TH**

TEXT "MOVE" TO  
561-781-7886



# WELCOME!

**Dear Beloved Family,**

**I am thrilled to announce our “New Beginning Fast” as we step boldly into this new year, starting midnight Sunday, January 6th! Over the next 14 days, we will focus on renewal, transformation, and the fresh beginnings that God has in store for us.**

**This fast is a sacred opportunity to align our hearts with God’s purpose for our lives. The first week will be an absolute fast, and the second week will transition into a Daniel fast. Let us approach this time with open hearts, ready to receive the newness that God has promised us.**

**As we journey together, let’s hold onto these words from Isaiah 43:19 (NIV): “See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”**

**Use this time to pray, seek, and reflect on the new beginnings God is birthing in your life. I believe that through our unity, prayer, and obedience, we will witness the mighty hand of God in our lives and in this ministry.**

**Stay tuned for more details and encouragement throughout the fast. I am standing with you in faith and expectation for what God is about to do!**

**With love and blessings,  
Apostle Linda Collymore**

# ABOSLUTE FAST

MON JAN 6TH - SUN JAN 12TH 2025

Embarking on a transformative journey, the Absolute Fast at OKI is a sacred and intentional space for spiritual alignment. For three days, our community comes together in unity, seeking divine guidance and consecrating ourselves for the boundless opportunities that lie ahead in the Year of The Open Doors, 5784. This fast is not merely a ritual; it's a profound encounter, a collective stepping into a season of breakthroughs, favor, and divine connections. As we fast and pray, we open our hearts wide to the abundance awaiting us, anticipating doors to swing open in every aspect of our lives. It's a moment of revelation, restoration, and a deepening connection with our purpose, uniting us in expectancy and shared spiritual growth.

## WHAT DOES THIS ENTAIL

### NORMAL FASTING

- ONLY WATER
- HOT tea (if you are having gas)
- NO SUGARS

### MEDICAL FASTERS

- Water
- Vegetables
- Chicken Broth,
- Juicing of Vegetables and Fruits only

## DURATION: 7 DAYS

\*\*Meaning... you're not to eat at all for 7 days... this is not consecration where you only fast for 6 or 12 hours then eat... duration is 24 hours a day

**Please Text 561-781-7886 If You Have Questions**

# DANIEL FAST INSTRUCTIONS

MON JAN 13TH - SUNDAY JAN 19TH

## FOODS TO EAT ON THE DANIEL FAST

### BEANS AND LEGUMES

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.

### VEGETABLES

All vegetables are allowed (fresh, frozen, dried, juiced, and canned).

### FRUIT

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

### BEVERAGES

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring, and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk is acceptable (such as almond milk, coconut milk, soy milk).



# DANIEL FAST



## FOODS TO AVOID ON THE DANIEL FAST

- **ANIMAL PRODUCTS**
  - **MEAT (BACON, BEEF, BISON, CHICKEN, LAMB, PORK, AND TURKEY).**
  - **DAIRY (BUTTER, CHEESE, CREAM, MILK, AND YOGURT)**
  - **FISH**
  - **EGGS**
- **ADDED SUGAR**
  - **AGAVE NECTAR, ARTIFICIAL SWEETENERS, BROWN RICE SYRUP, BROWN SUGAR, CANE JUICE, CORN SYRUP, HONEY, MALT SYRUP, MOLASSES, AND RAW SUGAR.**
  - **YEAST**
  - **YEAST; THEREFORE, LEAVENED BREAD ISN'T PART OF THE DANIEL FAST.**
- **REFINED GRAINS**
  - **WHITE FLOUR AND WHITE RICE. NO GRAINS.**
- **PROCESSED FOOD**
  - **FOODS THAT CONTAIN ARTIFICIAL FLAVORINGS, CHEMICALS, FOOD ADDITIVES, AND PRESERVATIVES.**
- **DEEP-FRIED FOOD**
  - **EXAMPLES ARE CORN CHIPS, FRENCH FRIES, AND POTATO CHIPS.**
- **SOLID FATS**
  - **BUTTER, LARD, MARGARINE, AND SHORTENING.**
- **CHOCOLATE**
  - **MILK CHOCOLATE, SEMI-SWEET CHOCOLATE, DARK CHOCOLATE, CHOCOLATE SYRUP, AND CACAO.**
- **CAFFEINATED AND ALCOHOLIC BEVERAGES**
  - **ALCOHOL, COFFEE, CAFFEINATED TEA, AND ENERGY DRINKS.**



# MONDAY

INDIVIDUAL REPENTANCE  
PRAYER 12PM & 7PM | VIRTUAL

**(AS YOU BEGIN THIS FAST – BE MINDFUL OF ENEMY  
DISTRACTIONS WITH FAMILY, FRIENDS, CO-WORKERS, CHURCH  
MEMBERS, ETC.)**

These are days of personal introspection and repentance. Be honest with yourself about your weaknesses, shortcomings and discrepancies.

**(REMEMBER GOD KNOWS THEM ANYWAY)**

Take these times to rise early in the morning and really spend that quality time with Jesus your Savior and Redeemer.

## Targets

A Clean Heart, Right Spirit

Psalms 51:10

Cleansing of Secret Faults

Psalms 19:12

Keeping back from Presumptuous Sin Psalms 19:13

Revealing, Purging & Forgiving Iniquity Psalms 51:12, Psalms 66:18

No Wrath; No Doubt

I Timothy 2:8

Deliverance from Prideful Spirit

Proverbs 16:18

Deliverance from our Past

II Corinthians 5:17, Philippians 4:13

Deliverance from Weight & Sin

Hebrews 12:1

Cleanse us from Superfluity of Sin

James 1:21

Pure Heart

Psalms 24:3-5

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Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

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 ye break every yoke?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

**Isaiah 58:5-12**

# TUESDAY

INTERCESSORY SURGE: SHIFTING TERRITORIES AND CITIES  
PRAYER 12PM & 7PM | VIRTUAL

**(DURING THIS FAST – BE MINDFUL OF ENEMY  
DISTRACTIONS WITH FAMILY, FRIENDS, CO-WORKERS, CHURCH  
MEMBERS, ETC.)**

1. These days you must now move from an area of personal repentance, consecration and prayer to more intercession.
2. Take time now to begin to declare to Principalities and Powers that they must release territories, regions and cities into the hands of the Kingdom of God.

**Tuesday:** Concentrate on Binding/Pulling Down then Loosing/Releasing. Also, take about 30 minutes for personal release of whatever you are believing God for in your life, family and ministry.

## Targets

### Bind & Pull Down

Poverty  
Religious Spirits Traditionalism  
Witchcraft  
Perversion  
Divination  
Stubbornness & Rebellion Pride  
Division  
Terror  
Intimidation  
Greed  
Vagabond Spirit Complacency  
Lethargy  
Whoredom  
Infirmity

### Loose & Release

Souls  
Laborers in the vineyard Obedience  
Holiness  
Wholeness  
Deliverance  
Truth  
Mind of Christ  
Humility  
Unity  
Peace  
Boldness  
Spirit of Love  
Favor of God  
Finances  
Stability  
Expectation, Submission, Healing,  
Resurrected Life of Christ

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# WEDNESDAY

INTERCESSORY SURGE: SHIFTING TERRITORIES AND CITIES  
PRAYER 12PM & 7PM | VIRTUAL

Concentrate on Prayer for Churches, Works and Ministries.....  
Operation Kingdom Churches, Intercessors International, In His  
Presence Deliverance Ministries, Christ Café Church, Kingdom  
Christian Center Church International.

- Hunger & Thirst After Righteousness Holiness & Integrity
  - Hebrews 12:14
- Demonstrable Love to saturate our lives
  - Hebrews 13:1, I Peter 1:21at
- Unity among us
  - Psalms 133:1, Romans 15:5, Ephesians 4:3
- Submission to Leadership
  - Hebrews 13:7, 17, I Peter 2:13
- Spiritual Maturity
  - I Peter 2:2, Hebrews 6:1
- Spiritual Resiliency and Perseverance
  - II Corinthians 4: 1-2
- Connecting to Vision
  - Habakkuk 2: 2-3
- Covenant Tithers
  - Malachi 3:10
- Provision
  - Philippians 4:19
- Setting Aside Personal Agenda
  - Matthew 16:24-26

**Again, take about 30 minutes for personal release of whatever you are believing God for in your life, family and ministry and begin to decree that it is done in Jesus name.**

- Renewed Reverence for the House of God.
  - Matthew 21:13
- Promotions and Favor
  - Psalms 75:6-7, Psalms 5:12
- Fruit of The Spirit Manifested
  - Galatians 5:22-24
- Faithfulness to God & Ministry
  - I Corinthians 4:2
- Baptism of the Holy Ghost
  - Matthew 3:11
- Peace
  - Isaiah 26:3, John 14:27, II Peter 1:2
- Health
  - III John 1:2
- Wholeness in Family
  - Galatians 6:10
- Sense of Urgency for Souls
  - Luke 14:23, Acts 1:8

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# THURSDAY

STRATEGIC ADVANCE: FOCUSING ON OKI AND NATIONS  
PRAYER 12PM & 7PM | VIRTUAL

**THESE DAYS YOU MUST ADVANCE MORE INTO SPECIFICS REGARDING OPERATION KINGDOM INTERNATIONAL THEN FINALLY THE NATIONS OF THE EARTH.**

Concentrate on Prayer for Churches, Works and Ministries.....  
Operation Kingdom Churches, Intercessors International, In His Presence Deliverance Ministries, Christ Café Church, Kingdom Christian Center Church International.

Again, take about 30 minutes for personal release of whatever you are believing God for in your life, family and ministry and begin to decree that it is done in Jesus name.

**Job 22:27-28, “Thou shalt make thy prayer unto him, and he shall hear thee, and thou shalt pay thy vows.**

**28. Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways”.**

## Targets

### Church Work And Ministry - DECLARE AND DECREE

1. Intercessors to affect God’s purpose in the ministry.
2. Membership by Assignment of God.
3. Lost Saved; Backsliders Reclaimed; Bound Delivered.
4. All financial needs of the ministry, our Pastors and each member of the local body.
5. 5-Fold Ministry Gifting expressed and in full operation.
6. Praise & Worship Leaders and Psalmists.
7. Minister of Music and Musicians.
8. Street Evangelists.
9. Audio & Video Equipment needed.
10. Television & Radio Ministry.
11. Strategic Alliances.
12. Building & Facility needs.
13. Favor in Negotiations and Finances.
14. Favor with Property Owners and the City Government Leaders Nation- State-& Cities.

# FRIDAY

STRATEGIC ADVANCE: FOCUSING ON OKI AND NATIONS  
PRAYER 12PM & 7PM | VIRTUAL

**THESE DAYS YOU MUST ADVANCE MORE INTO SPECIFICS  
REGARDING OPERATION KINGDOM INTERNATIONAL THEN  
FINALLY THE NATIONS OF THE EARTH.**

Concentrate on Prayer for Churches, Works and Ministries.....More particularly Operation Kingdom International Churches (West Palm Beach, Ft. Lauderdale, and Queens NY).

Begin to declare and decree for positions to be filled by humble, teachable and mature individuals.

Also THANK GOD FOR ANSWERING ALL THE PRAYERS THAT HAVE BEEN PRAYED FOR THE WEEK....INCLUDING YOUR PERSONAL PRAYERS SENT UP TO GOD.

LOOK AROUND AND SEE THE NEED....SEIZE THE  
RESOURCE IN THE SPIRIT REALM!!!!

## Targets

- |  |   |
|--|---|
| A) The President, Congress, the Senate, The House of Representatives and all Government Officials- (Isaiah 33:20-23) | (I) Safety on All School Campuses.                |
| (B) Governors and all State Officials.   | (J) Elimination of Violence in our Neighborhoods. |
| (C) Mayors, Police Officers and Judges.  | (K) World Peace.                                  |
| (D) Pastors, Doctors and Teachers.   | (L) Salvation & Revival in Our Nations.           |
| (E) Schools & Education of Our Children.   | (M) Financial Security of Our Elderly.            |
| (F) More Christian Schools.  | (N) Return of Responsible Parenting in Our Homes. |
| (G) Economy & Jobs.  | (O) Crime & Drugs off our Streets.                |
| (H) Spirit of Entrepreneurship and Industriousness.  | (P) Spirit of Murder & Death off our Streets      |

**PRAY FOR PASTORS - SCRIPTURAL REFERENCES**

**ISAIAH 11:2-5, ISAIAH 7:4, ISAIAH 44:25- FRUSTRATE LIARS ISAIAH 43, ISAIAH 49, PSALMS 101: 7-8  
PSALMS 109, ZECHARIAH 10:1-DECREE, JOHN 17 ROMANS 15:30-32, EPHESIANS 6: 18-19**

# SATURDAY

STRATEGIC ADVANCE: FOCUSING ON OKI AND NATIONS  
PRAYER 12PM & 7PM | VIRTUAL

**THESE DAYS YOU MUST ADVANCE MORE INTO SPECIFICS REGARDING OPERATION KINGDOM INTERNATIONAL THEN FINALLY THE NATIONS OF THE EARTH.**

LEADERS & NATIONS DAY!

End this consecration time declaring that the nations of the Earth will SERVE GOD! Take regions like Haiti, India, the Islands of the Seas, Governments AND Legislations.

Pray for the strength of Pastor Collymore and other leaders the items on Page 5...PRAY THESE THINGS FOR THE 5-FOLD MINISTRY NOT JUST PASTORS: APOSTLES, PROPHETS, EVANGELISTS, TEACHERS AS WELL.

## Targets

1. Pray for Protection, Health, Strength, Encouragement, Soundness (Godly Decision Making), Rest, Provision, Wisdom (The Mind of Christ), Revelation for our pastors in accordance with James 5:16 and I Thessalonians 5:17. Personal Finances Debt Free (Psalms 4:6) God's anointing upon their lives.
2. Decree the blessing of God in their lives. God's Peace, Protection and Health of Family and Protection of their dwelling. A commitment to quality and quantity time together. Purity of Heart and Motives, Faithfulness to you, their family and ministry.
3. Pray that Double Honor would be bestowed upon the pastors in accordance with I Timothy 5:17. Pray for Provision & Blessing for the Pastors in accordance with the word in I Timothy 5:18.
4. Pray for Children & Family and Favor in their lives. (Psalms 5:12), Pray that their children & family is baptized in purpose. Respect for Godly Authority in accordance with I Timothy 5:20.
5. Bind Frustrations, Discouragement and revoke assignments against our pastors. Pray that they be delivered from wicked and evil men. Break curses spoken against them and frustrate every accusing tongue and spirit.
6. Pray for Personal Armor bearers and Intercessors for our pastors and Godly Associations.

# SUNDAY

INTERCESSORY SURGE: SHIFTING TERRITORIES AND CITIES  
SERVICE 11AM | VIRTUAL

***"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."***  
**Philippians 1:6 (KJV)**

As we conclude this NEW BEGINNING'S fast, reflect on the empowering journey of the past week. By immersing yourself in the Word, intensifying prayer, sacrificing personal desires, and resisting distractions, you've prepared the fertile ground for the seeds God is set to plant in your life this year. The path ahead is promising, and victory is already assured. You are declared a winner, possessing the potential to embody God's purpose. Maximize your ability to serve family, community, and, most importantly, the Kingdom of God.

**Sow a Seed:**

Let this be the mindset—unstoppable, committed, and unyielding to previous norms. The year has just begun, and significant opportunities await. Embrace this transformation; you are on your way to the next level of purpose and service. Stay encouraged and committed, making attendance at every service and unwavering faith your pledge for the year ahead.

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