

FASTING AND PRAYING GUIDELINES 2023

As a congregation, Rhema Word of Life Fellowship Church will be fasting for the entire Month of January. There will be 22 separate (12 hours per day) fasts for the entire month. We will be fasting daily from Monday thru Friday only not the weekends. We will not be fasting on Saturday or Sunday. The fast will begin on Monday, January 2, 2023, at midnight.

WHAT IS FASTING?

During a period of fasting, you are denying yourself food. You are denying your body (soul) when it is crying for food. During your fast, you are forcing your body to listen to your spirit. Your Spirit will gain more control and your Soul will lose more control. You will begin to walk more in the authority that the Lord gave you. Fasting is no good without prayer.

Pray this prayer over your life each and every day that Paul prayed over the Ephesians. **Ephesians 1:17 -19** The Passion Translation. *“I pray that the Father of Glory, the God of our Lord Jesus, would impart to me the riches of the Spirit of Wisdom and the Spirit of Revelation to know Him through my deepening intimacy with Him. 18 I pray that the light of God will illuminate the eyes of my imagination, flooding me with light, until I experience the full revelation of the hope of His calling- that is the wealth of God’s glorious inheritances that He finds in me, His holy ones. 19 Paul prays that I will continually experience the immeasurable greatness of God’s power made available to me through faith. Then my life will be an advertisement of this immense power as it works through me! This is the mighty power.”* (This prayer was personalized for you to pray).

WHAT DOES FASTING DO FOR YOU SPIRITUALLY.

Fasting increases the anointing of God on your life. It increases your ability to hear from God. If your spiritual hearing is clogged, you are not hearing from God as you should. Fasting increases the ability to get **results, wisdom, and power** from God. Nothing just happens, you must invest your time in fasting and prayer.

Job 23:12 says “You must esteem God’s Word more than your necessary food.” The 6th chapter of Matthew covers **Fasting, Praying and Giving**. These three will boost your prayer and fasting results. The three most powerful means of getting close to God through Fasting, Praying and Giving.

FASTING GUIDELINES

- 1) We will abstain from eating food for a period of time.
- 2) Liquids can be consumed during the fast, so you will not damage your body by dehydration. **(Keep hydrated, drink plenty of water).**
- 3) Fasting will begin at 12 midnight and continue until 5:00 p.m. daily.
- 4) For young and first-time fasters If 5:00 p.m. is too strenuous for you, you may break your fast earlier around noon.
- 5) When ending your daily fast, begin with fluids and small portions of food. Try to limit fried foods as they may upset your stomach.
- 6) **If you have dietary or health concerns and requirements follow your prescribed guidelines.**
- 7) An occasional mint may be used to eliminate bad breath.

Goals

Our goals for this 22 Day Fast are to grow in Grace, increase in Knowledge, Anointing, the Power of God, and the Supernatural Manifestation of the Word of God in every area of your life that pertains to life and Godliness. Expect changes in your life, situations, and receive answers to your prayers. Keep a journal while you are on the fast. Jot down the instructions God has given you. You will have some manifestations while you are on the fast. (This is seed time). You will have greater revelation after the fast. (This is Harvest Time). Expect to receive answers all year through as God’s wisdom and revelation floods your spirit.

It will cost you something for the Anointing. If you want great things from God, it will cost you. What are you willing to do to get results? Things do not just happen.

READ THIS CONFESSION EVERY DAY

CONFESSION

Fasting and Praying is my way to power. Fasting and Praying will produce power in my life. Fasting and Praying will increase God's Anointing in my life. In the Name of Jesus, I bind satan, principalities, powers and wicked spirits in heavenly places, and the rulers of darkness. I bind you now satan, I rebuke you now. Stop and cease in your maneuvers against me. I now therefore declare with my mouth that whatsoever I loose on earth is loosed in heaven. In the Name of Jesus, I loose **unexpected income**, I loose **supernatural Anointing**, I loose **supernatural debt cancellation**, I loose **healing**, I loose **deliverance**. I loose **now prosperity**. **Money cometh** to me now, **healing** cometh to me now, **deliverance** cometh to me now, **prosperity** cometh to me now. **I'll never be broke another day in my life**. I receive it, I believe it, it is done now in **Jesus' Name**. I therefore declare that at the end of this Fast, my name is **Powerful, Anointed, Wise and the Blessed of God.**

Throughout the fast, continue to Meditate God's Word. Biblical Meditation is simply turning the Word of God over in your heart until it produces revelation or spiritual insight. Meditating God's Word builds faith, which allows you to see with your spiritual eyes in the realm of the spirit. Meditation also builds inner strength to believe, and the ability to hold on to what you believe. Joshua 1:8 says meditating on God's Word brings Prosperity and good success.

Fasting and Your Health

We recommend that you always consult your doctor/health care provider before beginning any type of fast, regardless of the condition of your health status.

If you have any medical conditions or if you have any concerns about your physical ability to fast, we strongly urge you to consult a physician before you start. Your doctor can advise you on how you can participate in this fast.

The Year of 2023 will have 365 days. Will you make the commitment to spend 22 days of the next 365 days to encounter a reinvigorated experience with God? Fasting is a secret source of power that is often overlooked or minimized by many believers.

Fasting takes you into a deeper, more intimate, and powerful relationship with the Lord. Fasting allows your spirit to be decluttered by the distractions and things of this world.

***Giving, Praying* and *Fasting* are the three duties of every believer**

These three things practiced together in your life as a believer creates a threefold cord that is not easily broken. These three cords can lead to a more powerful relationship with God.

Ecclesiastes 4:12 King James Version (KJV)

¹² And if one prevail against him, two shall withstand him; and a threefold cord is not broken.

Are you ready to make that commitment now?

Are you ready to use the next **22** days to set the course for the rest of your year?

Remember this:

- Hebrews 11:6 is true, He never forgets!
- God is Faithful!
- You are more than a conqueror in Christ Jesus!

The dream God has embedded on the inside of you will come to pass!

“Thou it tarries wait for it, it will surely come” (Habakkuk 2:3)

PRAYER OBJECTIVES

Day 1 (Jan. 2, 2023) Prayer Objectives

- Seek and ask God for His guidance and direction for your life. Praying for the Wisdom of God.
- Thanking God for Rhema's Debt Free Place of Worship.

Day 2 (Jan. 3, 2023) Prayer Objectives

- Pray prayers of intercession for
 - Your family
 - Your community
 - Our country

Day 3 (Jan. 4, 2023) Prayer Objective

- Thank God that Jesus is your Healer.
- Read and declare Isaiah 53:5, Psalm 91:16 over yourself.
- Isaiah 53:5 King James Version (KJV)
- ⁵But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

- Psalm 91:16 King James Version (KJV)
- ¹⁶With long life will I satisfy him, and shew him my salvation.

- Pray and release health and healing over your body.
- Pray and release health over your family.
- Pray and release health over our church.
- Pray and release health over our cities.
- Declare health and healing in this present and future generations. Command the Will of God to manifest in your life.

Day 4 (Jan. 5, 2023) Prayer Objectives

- Salvation of Souls. Pray for unsaved family members and friends.
- Call their names in prayer.
- Thanking God For Rhema's Debt Free Place of Worship.

Day 5 (Jan. 6, 2023) Prayer Objectives

- Pray for your Man and Woman of God.
- Pray for their families as well.

Day 6 (Jan. 9, 2023) Prayer Objectives

- Focus on your finances and prosperity.
 - God has told us through His Word that when we acknowledge Him in all our ways and lean not unto thine own understanding, He shall direct thy paths (Prov. 3:6). That includes our finances. Sow a “**First fruits offering**”. If you make the sacrifice to sow the unusual seed, you will release an unusual harvest back into your life.
- Expect financial miracles this year!
- Seek God for Blessings and prosperity that can be used to advance, grow, and expand His Kingdom and Bless others.
- It is your job to take care of the little things, and God will handle the big things.
- Don’t worry about the money; just do what God tells you to do.
- Our God is the God of Provision
 - He will see to it.
 - He will provide.
 - He will make a way.
- Now declare boldly: (name all the specific financial needs you may have)
 - Thank you, Lord, for being my Provider in all things. I give you praise for Provision! Than You, Father,
 - But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which He swear to your forefathers as it is today.

Deuteronomy 8:18 New International Version (NIV) 18 But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

Day 7 (Jan. 10, 2023) Prayer Objectives

- Spend time in Worship.
- Spend time in **Meditation** and listening.
- Ask yourself the following questions.
 - Am I drawing closer to God?
 - Has God revealed anything to me since my fast began?
- Thanking God for Rhema’s Debt Free Place of Worship.
- Pray and stay in God’s Word.

- Today, if you are married, cover your spouse and your marriage with prayer.
- Pray for others in your family and circle of friends who are married.
- Bind the enemies attack on marriages!
- If you are single, pray that God will bring you His choice for life, and make the commitment to settle for nothing less!

Day 9 (Jan. 12, 2023) Prayer Objectives

- Pray for those in your family and those yet to come.
- Break generational curses and establish blessings.
- Lay a foundation for the next generation.
 - “May the Lord Bless you from Zion all the days of your life; may you see the prosperity of Jerusalem, and may you live to see your children’s children (and beyond). Psalms 128:5-6 NIV

Day 10 (Jan. 13, 2023) Prayer Objectives

- Protection
- Because of Jesus, you and I can take hold of God’s promises to protect us.
 - To provide for all our needs.
 - To cover us in His love, mercy, and grace.
- He is our El Shaddai
 - He shows Himself strong on our behalf.
 - He also takes us unto Himself and shows on your behalf.
 - He also takes us unto Himself and shows kindness.
- Meditate on these verses of Scripture today:

Exodus 19:4-5 New International Version (NIV)

⁴You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. ⁵Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine,

REMINDER: MEDITATE GOD’S WORD EVERY DAY. (MUTTER IT OVER AND OVER EACH DAY. WHATEVER PROMISE YOU ARE STANDING ON, MEDITATE IT DAY AND NIGHT.

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Isaiah 66:13 New International Version (NIV)

¹³As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”

Psalm 61:3-5 New International Version (NIV)

³For you have been my refuge, a strong tower against the foe.

⁴I long to dwell in your tent forever and take refuge in the shelter of your wings.^[a]⁵For you, God, have heard my vows; you have given me the heritage of those who fear your name.

- “The Name of the Lord is a strong tower; the righteous runneth into it, and is safe.” Proverbs 18:10
 - Thank God for His Protection! Keep your ministering Angels on assignment! Keep your faith in the field.

Day 11 (Jan. 16, 2023) Prayer Objectives

- Continue to focus on God.
- The Holy Spirit is using your fast to reveal your true spiritual condition. God looks throughout the earth for those faithful people whom He can pour out His Blessings on in extraordinary ways. Know this, when you fast, you attract His attention as one willing to launch out beyond the norms of religion and into the great adventure.
- What has God revealed to you personally?
- Reflect on what it means to present your body as a living sacrifice through your time of fasting.
- Focus on Right Relationships and Kingdom Connections.
- 2 Corinthians 6:2 New International Version (NIV)

²For he says, “In the time of my favor I heard you, and in the day of salvation I helped you.”^[a]

I tell you, now is the time of God’s favor, now is the day of salvation.

- Psalm 50:14-15 King James Version (KJV)

¹⁴Offer unto God thanksgiving; and pay thy vows unto the Most High:
¹⁵And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

Day 12 (Jan. 17, 2023) Prayer Objectives

- Today, focus in prayer on the Body of Christ.
- Pray and intercede for those who are suffering and being persecuted for their faith.
- Pray and intercede for those who are struggling to hold onto their faith.
- Pray and intercede for our younger generations.

Day 13 (Jan 18, 2023) Prayer Objectives

- Spend time in worship.
- Focus on your meditation and listening for God's still small voice.
- Ask God to increase your discernment of people, situations, and more.
- Bind the spirit of suicide, murder, and sexual impurity.
- Praise God for bringing you this far and thank Him for His Steadfast Presence and Love.

Day 14 (Jan. 19, 2023) Prayer Objectives

- Nothing is impossible with God.
- Read Hebrews 11: 6, KJV.
- If you want to please God, *believe God*.
- Take Him at His Word.
- Reflect on your fast and how it is helping you to grow Spiritually.

Day 15 (Jan. 20, 2023) Prayer Objectives

- Stay hydrated
- Listen to God as you pray.
- Keep your armor on and your blade sharp.

Day 16 (Jan. 23, 2023) Prayer Objectives

- Remember to stay the course.
- Check up on your confessions, what are the words that are coming out of your mouth? Death and Life are in the power of the tongue.
- Pray and seek God about His purpose and plan for your life.
- Praise God for Rhema's Debt Free Place of Worship.
- **REMINDER: MEDITATE GOD'S WORD EVERY DAY. (MUTTER IT OVER AND OVER EACH DAY. WHATEVER PROMISE YOU ARE STANDING ON, MEDITATE IT DAY AND NIGHT.**

Day 17 (Jan. 24, 2023) Prayer Objectives

- Pray and stay in God’s Word.
- Meditate on what this fast means to you.
- Examine any areas of unforgiveness and bitterness that the Lord is asking you to surrender to Him.
- What areas do you need to magnify the Lord in today?

Day 18 (Jan. 25, 2023) Prayer Objectives

- Pray for guidance and strength.
- Stay Hydrated.
- Remain sensitive to the desires and voice of the Lord.

Day 19 (Jan. 26, 2023) Prayer Objectives

- Favor
 - God’s Favor and capacity are unlimited.
- Whatever you are believing God for during this fast, believe Him for the maximum.
- Believe Him for His Favor... for His measure of capacity, not your own.
- Rise up, confront and pull down every barrier standing in your way.
- Don’t allow circumstances to dictate your territorial limitations.
- Shout out loud:
 - My territory is expanding! In the Name of Jesus.
 - Rhema is enlarging its borders (Our Debt Free Place of Worship).

Day 20 (Jan. 27, 2023) Prayer Objectives

- Pray and stay in God’s Word.
- Focus on these areas:
 - Ask God to save multitudes in the Valley of Decision.
 - Pray for the lost, hurting, the poor and the addicted.
 - “Ask the Lord of the Harvest, therefore, to send out workers into His Harvest fields.” (Matthew 9:38 NIV).

Day 21 (Jan. 30, 2023) Prayer Objectives

- Diligently seek the Lord.
- Jesus said to His followers, “Whoever hears these sayings of mine, and does them, I will liken him to a wise man who built his house on the rock.” (Matthew 7:24).

Day 22 (Jan. 31, 2023) Prayer Objectives

- Ask God to place His search light on your heart to check your heart and your life. God's Word Works.

Psalm 139:23-24 New King James Version (NKJV)

²³ Search me, O God, and know my heart; Try me, and know my anxieties;

²⁴ And see if *there is any* wicked way in me and lead me in the way everlasting.

- What promises from God are you standing on?
- What Promise has God quicken in your Spirit?
- You cannot have Faith for something unless you have a Promise from God's Word.

On this final day to your fast, ask the Lord to reveal to you if there is any unforgiveness, bitterness, or other hindrances that you have yet to lay fully before the Lord?

- Replenish yourself with liquids and ease back into your consumption of solid foods. Pace yourself.
- Be thankful and rejoice.
- Share your experience with someone.
- Prepare yourself for Blessing, harvest, and a deeper anointing like you have never experienced before.
- You have put in the time, get ready for more Grace, an increase in Knowledge, Anointing, the Power of God, and the Supernatural Manifestation of the Word of God, in every area of your life that pertains to life and Godliness. The rest of this year will not be like any other before it.
- You will never be the same! In Jesus' Name. Amen!

THE FAST ENDS TODAY AT 5:00PM.