**2019**

**ANNUAL FASTING AND PRAYER**

**MANUAL**

**CORPORATE AND PERSONAL**

**21 Day Fasting Program**

**January 11-31, 2019**

1. **Fast from 6am – 6pm daily, start and close with prayers**
2. **Write down your expectations/list of the answers/intervention from God**
3. **Pray your list daily in addition to the ones prescribed below.**
4. **Determine that the change you desire must come this 2019.**
5. **There is no easy path to glory, there is no rosy road to fame or success, and all roads to success require discipline and dedication.**
6. **Adam failed by what he ate, Jesus fasted and resisted the devil by refusing to eat at Satan’s command,**
7. **NO PAIN, NO GAIN**

**There is no profit without labor: labor for the change you want.**

**BENEFITS OF FASTING**

1. **Fasting is the strongest sign of humility before God**
2. **Fasting is the fastest way to build your WILL POWER.**
3. **Fasting disciplines the flesh and its carnal desires**
4. **Fasting sharpens your inner man**
5. **Fasting kills pride and turns you into another man**
6. **Fasting renews the anointing upon your life.**
7. **Fasting increases your faith level**
8. **Fasting provokes peace of mind**
9. **Fasting destroys many diseases in your body.**
10. **Fasting breaks many bad habits like smoking, anger, drunkenness etc.**

**TYPES OF FASTING**

1. **24 HOUR FASTING – Joel 1:14; 2 Samuel 1:12**
2. **3 Days – Esther 4:16; 1 John 3**
3. **7 Days -2 Samuel 12:16-18; 1 Samuel 3:13**
4. **10 fasting – Acts 2:2; Acts 1:3-6**
5. **14 days fasting – Acts 27:33**
6. **21 days fasting – Daniel 10:2,12-13**
7. **40 days Fasting – Exodus 34:28; Deuteronomy 9:9-18; 1 Kings 18:7-8; Matthew 4:2; Luke 4:2**

**SUGGESTED PRAYER SCHEDULE ( DO THE BEST YOU CAN BASED ON YOUR SITUATION, BUT PRAY NONETHELESS)**

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| --- | --- | --- | --- |
| TIME | ACTIVITY | ACTIVITY | ACTIVITY |
| 6AM | SCRIPTURES | YOUR LIST | PRAYER |
| 9AM | SCRIPTURES |  | PRAYER |
| 12 NOON | SCRIPTURES |  | PRAYER |
| 3PM | SCRIPTURES |  | PRAYER |
| 6PM | SCRIPTURES | YOUR LIST | PRAYER/COMMUNION |

NOTES

NOTES

(Divine order and judgment - DOMINION)

* **Day 1 Repentance**
	+ Acts 2:38- Lord , forgive me any sin or transgression that I might receive your blessings
	+ **Acts 3:19**
	+ **2 Chronicles 7:14**. I humble myself before you today concerning all my wrong thoughts, deeds and utterances, forgive me and wash me with your blood, Lord Jesus
	+ **1 John 1:9** – you promised if I confess my sins, you will forgive me and cleanse me from all unrighteousness
	+ Help me to examine my ways and teach me your ways through scriptures and the Holy Ghost
	+ Show me the paths of life and let me not forsake thy ways Psalm 16:11
	+ **Luke 13:3 –** Lord I repent of my wrong doings and ask for forgiveness and restoration in the name of Jesus
	+ **Acts 17:30** Lord I know you no longer wink at my wrong doings, help me to remainrepentant and give me the strength to go back to my old habits in Jesus name**.**
	+ **2 Peter 3:9** I thank you that you won’t let me perish from my wrong doings
	+ Pray every prayer you can think of concerning anything you may have done against the commandments of God
	+ Exodus 2:23-25
* **Day 2 Reflection of my person**
	+ **James 1:22-25 –**Lord, help me to look inward, show me myself and how I apply your word to my life.
	+ **Galatians 3:28** Help me to understand the necessity to obey your word for my blessings and not reason it out to suit my selfish end
	+ **Psalm 139:23** Search me Oh Lord and know my heart
	+ **Romans 8:27** Lord, search my heart and help align me with your will for my life. Allow me not to be deceived by the world but harken to your voice
	+ **Jeremiah 17:9,10**
	+ **1 Samuel 16:7**
	+ **Lord, as I enter into these 21 days of fasting and praying reveal my hindrances and shortcomings.**
	+ **Help me, Lord, to identify areas in my life, ministry and career that I am lacking your touch.**
	+ **Guide me to my most secret sins that I may not be aware that I have and help me deal with it.**
	+ Every spirit that corrupts, brings diseases, causes addiction must expire today by the covenant blood of Jesus
	+ Father, reveal to me, every hindrance and limitation in my life. Jehovah, help me and teach me how to deal with it to your glory
* **Day 3 Show me great mercy Lord**
	+ Father, show me great mercy this 2019, in Jesus name
	+ **Luke 1:57-58.**
	+ **James 2:13** Let your mercy reign in my life this day and on all that concerns me and mine, in Jesus name.
	+ **Be merciful unto me Lord, Luke 6:36**
	+ **Hebrews 4:16 –** May I obtain mercy from the throne as I boldly approach the throne this day
	+ **1 John 1:9** Forgive me all my iniquities and cleanse me from all unrighteousness
	+ **Micah 6:8** Cause me Lord, to walk humbly before you
	+ **1 Peter 1:3**
	+ **Psalm 103:1-22**
	+ **Acts 4:16**
	+ **Father, have mercy on me and my errors.**
	+ **Show me great mercy for the issues that I know I should avoid but I am struggling with it. Have mercy and show me the way to go.**
* **Day 4 Every Ungodly limitation in my life must Go**
	+ **1 John 1:9** As I have confessed my sins to my heavenly Father, every unrighteousness has been removed.
	+ **Jeremiah 31:29.** Father, in the name of Jesus, cancel and remove every effect of my forefathers transgressions and sins from my life.
	+ **Job 20:15** – every one of my blessings that has been stolen, shall be vomited for me this time.
	+ **Job 20:18** – Every of my labor shall be rewarded and NOT another take, in Jesus name.
	+ **Proverbs 6:30-31** – Let the thief restore what he stole seven fold in this life time in Jesus name.
	+ In the name of Jesus, every good deed that God done through my hands, I shall be rewarded.
	+ Every stolen reward, shall be returned to me in a multiplied state.
	+ **James 4:7** Lord, as I submit my life, my substance and ministry to you, guide and bless me for Your own glory
	+ **1 Peter 4:17**
	+ **Hebrews 10:26-27**
	+ Let signs and wonders follow me according to scriptures in **Mark 16:20** this 2019
	+ Lord, accelerate me to my rightful place in history this 2019
	+ Lord, cause me to recover all just as Abraham recovered all including Lot. Genesis 14
* **Day 5 Empower us through this Fast**
	+ Thank you for this ministry ( **New Life Empowerment Ministries**)you have formed for your glory
	+ **Matthew 16:8** Thank you that you have promised that the gates of Hell shall not prevail against your church/ministry
	+ Thank you for making my feet like hinds feet **Habakkuk 3:19, for supernatural leap.**
	+ As we go from strength to strength this 2019, we praise you **Psalm 84:7**
	+ We pray that our paths shall shine brighter daily. **Proverbs 4:18**
	+ We praise you for your majesty **Psalm 150:1-6**
	+ **Hebrews 13:15**
	+ **Psalm 99:3**
	+ **Psalm 109:30**
	+ **Matthew 17:21 ,** Father, remove every hindrance and limitation in my life and ministry during this fast, in the name of Jesus
	+ **1 Kings 19:7-8 –** Lord, strengthen me as you did Elijah, for the journey of fasting and praying
* **Day 6 Let your will be done in this ministry**
	+ **Matthew 6:20 –** Lord, let our worship and praises be acceptable to you in this ministry in the name of Jesus
	+ **Luke 22:42 –** Let your will be done in the things required of us from you, may we never perform for mankind but for you only in the name of Jesus.
	+ **1 Thes 4:3-8** Guide us with your spirit that we might not sin against you in our dealings
	+ **Psalm 37:4 –**As we delight ourselves in you Lord, give us the desires of our hearts, empower us to go after the unsaved souls in the city and state as a whole
	+ Guide the leaders of this ministry to always obey you and not man **Acts 5:29**
	+ Guide us in the ways we should live our lives through this ministry for your glory, not man **Acts 4:19**
	+ **Let the Bible Studies be full of revelations and impartations of every kind in the name of Jesus.**
	+ Do a new thing in each member’s life, each time we gather ourselves for your sake**. Matt 18:20**
	+ **1 Corinthians 1:10.** Father, let your power and love unite us in this church for the expansion of the Kingdom of God on earth
* **Day 7 & 8 Every resisting power to my success must give way**
	+ **Deut 1:2** Every spirit that causes me to be stubborn and prolong my journey, I deny you access from this day in the name of Jesus
	+ **Numbers 13:23-33**
	+ **Psalm 119:22** Lord, remove from me reproach and contempt this year for my victory in Jesus
	+ **Psalm 42:10** Father, don’t let the world ask me where my God is. May my testimonies confound my enemies in the name of Jesus.
	+ **Psalm 74:10** Our God, let not the enemy have dominion over me and my family this year 2019
	+ Every power anywhere that resists my success in life, in ministry, my finances, my influence for Christ, my family, my multiplication, my promotion, my home, my projects and all that concern me, be blinded by the blood of Jesus.
	+ I curse every habit in me that invites the enemy into my affairs.
	+ I deny access to the enemy and his agents today, to every gift God has given me in the name of Jesus
	+ **Matthew 6:13**. Lord deliver me from evil, including the evil in my flesh that I might ascend spiritual levels this time.
	+ **Matthew 26:41**, Father, as I fast and pray, help me to resist temptation of the flesh and seek spiritual dominion over the issues of life on earth.
	+ **Hebrews 2:18**. Lord Jesus, as you have suffered when you were tempted, help me in my temptation this year.
* **Day 9 & 10 The world will hear my testimony this 2019**
	+ **2 Samuel 6:11-12**
	+ **Luke 8:39**
	+ **Psalm 71:15-18**
	+ **Revelation 12:11**
	+ The doings of God in my life will be evident for all to see this year 2019 in the name of Jesus.
	+ By the mercies of God, all His blessings shall be visible to mankind this year, in my life in Jesus name
	+ Every virtue that has been imparted upon my life, the enemy shall not hide it any longer in the name of Jesus.
	+ My gifts from God, shall make room for me in the months of January, February, March, April, May, June, July, August, September, October, November and December 2019 in the name of Jesus.
	+ Kings/Presidents/Governors and Mayors of this land shall hear my testimonies this 2019
	+ **Psalm 66:16**
	+ **1 Peter 3:15**
* **Day 11 & 12 Sensitize me to the Holy Spirit**
	+ **Isaiah 11:2** Father, give access to the Spirits that was upon Jesus for my service to you on earth this 2019
	+ **John 14:26 –** Let the helper, The Holy Spirit, teach me all things that I need to prosper my ministry on earth to the glory of God.
	+ **Psalm 51:11.** Lord, cast me not away from your presence but guide me into your will by the Spirit.
	+ **Luke 11:13**. Father I ask you for the Spirit to come upon my person right now for my learning and ministry
	+ **Acts 1:8.** Lord, I pray for a fresh baptism of the Holy Spirit in my life (Pray this seven times)
	+ **Ezekiel 36:**26-27 Father, remove my heart of stone and put a new heart in me. The heart that will be sensitive to your every commandment, in Jesus name
	+ **Acts 2:4**. Father, if it be your will, give me my prayer language, with which to experience what happened in the Acts of the Apostles.
	+ **Acts 10:38**. Lord, anoint me with the Holy Spirit, that I might go about doing good and you being with me, in Jesus name.
	+ **1 Corinthians 2:**9 – Cause my spiritual eyes and ears to see and hear in the spirit, the way forward in my Godly endeavors, to the glory of God
* **Day 13 & 14 Every generational curse must be broken this time**
	+ **Galatians 3:13** Christ redeemed us from the curse of the law….. every curse that remains in my family, today is the end of the road for you in Jesus name
	+ **Exodus 20:5** Since I serve a jealous God, I shall not bow nor kneel for anything other than to the God of Heaven.
	+ **2 Corinthians 5:17** Since I am born again and in Christ, every generational curse is null and void from today in the name of Jesus.
	+ **Deuteronomy 24:16** By the power of the Holy Scriptures, all covenants by myself, my fore Fathers/mothers and generations past, I shall not be held responsible for those covenants from today. Every wrong covenant is nullified and cancelled today by the blood of Jesus Christ.
	+ I shall obey my way into blessings in the name of Jesus.
	+ I am no longer subject to any covenant by association or location, that is not of God in the name of Jesus.
	+ **Jeremiah 31:29** No longer will I suffer for covenants of evil that were entered on my behalf.
	+ **James 5:16** The confession of my sins to my heavenly Father, will qualify me for blessings in the order of Abraham, in Jesus name.
	+ **Ezekiel 18:20** I shall no longer suffer for the iniquities of my fore fathers.
	+ **Jeremiah 17:7** From this day, I shall trust in the Lord to supply my needs, Psalm 34:5, I will not look unto man, including myself for anything pertaining to ministry, in the name of Jesus.
	+ **Revelation 22:3** I will no longer will be accursed, I will walk in newness and power by faith in Jesus Christ **.**
	+ Thank you Lord for breaking the curse
	+ Thank you Lord for renewing my life.
	+ Thank you Lord for your grace upon my life
	+ Thank you Lord for removing every limitation in my life
* **Day 15 Prayer for fresh anointing**
	+ **1 John 2:27**
	+ **Acts 10:38**
	+ **Isaiah 10:27**
	+ **2 Kings 2:9** I ask today, for double anointing upon my life, to accomplish your purposes for me on earth this 2019 in Jesus name.
	+ **Hebrews 1:9** As I strive for righteousness in every area of my life, anoint me afresh with your grace this 2019.
	+ In the name of Jesus, my efforts shall be empowered, to build the kingdom of God in the hearts of men
	+ I shall perform exploits to the glory of God for His kingdom this 2019
	+ **Matt 6:33** – Lord grant me the grace to pursue every spiritual virtue this year 2019, in the name of Jesus
	+ **Luke 14:22** – I ask for grace to do as you have commanded and not make excuses for disobedience.
	+ Eph 1:18
* **Day 16 & 17 My promotion must come through Vengeance**
	+ **Psalm 75:7** It is God who promotes, Father in heaven, let my promotion in the flesh and spirit come this time in Jesus name.
	+ **Psalm 75:6** For not from the east or from the west and not from the wilderness comes lifting up
	+ **Dan 3:30** This year 2019, I shall be promoted just like the three Hebrew boys were promoted
	+ **Colossians 1:27**
	+ **Isaiah 61:2 –** God of vengeance, who answers with power, answer me in the name of Jesus
	+ **Isaiah 63:4 –**
	+ **Ecclesiastes 8:11-** Father, execute vengeance on my behalf for my promotion in ministry, personal life and vocation
	+ **Psalm 110:1-3**- I am willing in this day of your power
	+ **Psalm 94:1-6-** Vengeance belongs to you, avenge for me, against my adversaries
	+ Father, in the work I am doing for you, cause me to be promoted this year
	+ Use me to reach more souls for the kingdom of God.
	+ Give me wisdom to articulate the gospel to attract unbelievers to abide and trust in you.
* **Day 18 Give us the unsaved souls in this city**
	+ **Matthew 28:19-20** Father, as we obey the commandment to go, embolden us to approach our neighbors and co-workers to come to you, in Jesus name.
	+ **Matthew 7:7-8** Lord, I am asking to day, for the unsaved souls in my circle. Empower me to ask the salvation questions, and please give the courage needed, in Jesus name
	+ **1 Peter 3:15** Father , help me to honor you in my heart, that the outward appearance might attract others to you**.**
	+ **James 4:17 –** Lord, help me to obey what I have learnt and commit sins of commission for selfish reasons in Jesus name.
	+ **Mark 9:43** Father, help me to cut off every bad habit that repels souls from the kingdom**.**
	+ **Luke 19:10**
	+ **Romans 6:23**
	+ **James 4:4**
	+ **Matthew 5:22**
	+ **1 John 5:12**
	+ **James 5:20**
* **Day 19 My helpers will show up again this Year 2019**
	+ **1 Samuel 16:1-2**
	+ **Esther 6:1**
	+ **Daniel 6:18**
	+ **Revelation 22:18-19**
	+ **1 John 2:27**
	+ **Hebrews 12:14**
	+ I praise God for another opportunity in this fasting exercise for the year 2019
	+ I pray for the favor and appointment of David as future king of Israel through Prophet Samuel.
	+ My helper is You Oh Lord God. Grant me the grace to look onto You from whence cometh my help.
	+ Send the appropriate help in ministry, employment and spiritual growth this year in Jesus name
	+ Every spirit that blocks the blessings of God is hereby cursed in the name of Jesus
	+ I oppose every arrow of the enemy directed at my family, my ministry and my person to be returned back to sender by the covenant blood of Jesus.
	+ I pray for a fresh baptism of the spirit of discernment to know the right help when they arrive in the name of Jesus.
* **Day 20 The months of this 2019 will favor me and my family**
	+ **Revelation 21:2** I pray for the spiritual and material fruit of January 2019
	+ I pray for the spiritual and material fruit of February, March, April, May, June, July, August, September, October, November and December of 2019.
	+ I command, in the name of Jesus, for every virtue apportioned to me, my ministry and family, to be delivered in its time every month of this year
	+ I decree that favor shall locate me irrespective of where I find myself this year.
	+ I decree that I shall perform exploits all through this year in ministry, work, relationships and services to my God in Jesus name.
	+ **Psalm 90:17; Genesis 26:3; Luke 2:52; Prov 12:2; Genesis 18:3**
* **Day 21 Victory in the Lord**
	+ **Deuteronomy 20:4**, Praise The Lord for He has gone with me to this fasting for my divine promotion
	+ **2 Kings 6:25; James 1:12-14; Psalm 108:13; 1 Corinthians 10:13; Ephesians 6:10; Proverbs 24:16**
	+ I bless the Lord for the past 21 days of waiting on Him and grace given to us to do this
	+ I cover every prayer uttered this period in the name of Jesus with the precious blood of Jesus
	+ Again, I change from my natural bloodline to the bloodline of Jesus Christ.
	+ I declare victory over every effort of the enemy in my life
	+ I receive grace to resist evil at every point in my life that my life may attract the blessings of God at the right times in my life and ministry in the name of Jesus.
	+ I declare a new beginning from this day in the name of Jesus.
	+ I pray for Wisdom for the tests that will come my way after this fasting. I pray for the grace that was upon Jesus after 40 days (**Matt 4:2**) fast, to answer the enemy with the word in season.( **Matt 4:3-10**)
	+ I pray for the angels to encompass me and attend to me as I rise to my next spiritual levels in the name of Jesus. (**Matthew 4:11**)
	+ Pray for your pastor/Teacher
	+ Pray for continuous grace all through the year 2019
	+ Pray for intensity in your prayer life and the pursuit of the righteousness of the kingdom of God
	+ I cover my household, my office, my home, my ministry and my person with the precious blood Jesus Christ. Amen

So shall it be, in Jesus name.

GLORY

NOTES