

2020

ANNUAL FASTING AND PRAYER MANUAL

CORPORATE AND PERSONAL

P O BOX 16463, JONESBORO, AR 72403
870.277.1799
Rev Greg Ota, PhD Pastor



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21 Day Fasting Program

January 11-31, 2020

1. Fast from **6am – 6pm** daily, start and close with prayers
2. Start at the same time daily, go as far as your health will let you.
3. If you are on medication, eat a little for the purposes of taking your medicines.
4. Write down your expectations/list of the answers/intervention from God
5. Pray your list daily in addition to the ones prescribed below.
6. Determine that the change you desire must come this 2020. Take responsibility for your success
7. There is no easy path to glory, there is no rosy road to fame or success, and all roads to success require **HARDWORK** and dedication.
8. Adam failed by what he ate, Jesus fasted and resisted the devil by refusing to eat at Satan's command,
9. **NO PAIN, NO GAIN**
10. Avoid strife of any kind.
11. Social Media is a distractor, be careful

Proverbs 14:23 In all labor there is profit: but the talk of the lips tendeth only to penury

Isaiah 55:6 Seek ye the LORD while he may be found, call ye upon him while he is near:

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

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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

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

TIME	ACTIVITY	ACTIVITY	ACTIVITY
6:00 A.M.	Scriptures	Your List	Prayer
9:00 A.M.	Scriptures		Prayer
12:00 P.M.	Scriptures		Prayer
3:00 P.M.	Scriptures		Prayer
6:00 P.M.	Scriptures	Your List	Prayer/Communion

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The year of Victory/Breaking Limits 2020

- **Day 1 Repentance**
 - Go to God in prayer and ask for forgiveness for all you have ever done, said or thought to do that is against the commandment of God
 - **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 remain repentant 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**
 - **Pray your list, ascribe scriptures for the items on your list.**

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- **Call upon heaven concerning your need/requests using those scriptures you found**
- **Pray every 3 hours.**
- **Day 2 CONFESSION**
 - **Begin to confess every sin that has been brought to your remembrance.**
 - **1 John 1:9** –Father, as I confess my sins, iniquity and transgressions against you, forgive me and re-instate me with you
 - **James 5:16-** Give me courage to apologize to my brother for the wrongs that I know that I did to him or her
 - **Psalm 66:18** – Heavenly Father, remove from every corner of my heart, iniquity or wrong thoughts that lead to sin
 - **Proverbs 28:13** – Lord help me with every corner of my heart, search and reveal to me, secret sins lurking in my heart.
 - Romans 10:9-11 – May I never be ashamed as I turn my alive over to my Lord and savior Jesus Christ.
 - Cleanse me with the blood of Jesus from every sin and iniquity
 - Fortify me with the Holy Ghost and allow me not to fall in the same areas of my life any longer
 - Pray your list, ascribe scriptures to each item you need answers/help with from God
 - Pray every 3 hours.

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- **Day 3 Consecration**
 - **1 Corinthians 6:19-20** Help me to realize what value my body has in the kingdom of God and to respect and honor
 - **Romans 12:1** As I continue to renew my mind through the scriptures and teachings of my Lord and savior, engrace me with awareness and growth.
 - **2 Corinthians 8:5.** I give myself to you Lord, guide me to stay consecrated for your use this time around
 - **2 Timothy 2:20-21** Lord, as I purge myself of every known iniquity, transgression and sin, use me and the gifts you have given me to serve you and mankind.
 - **Joshua 3:5** Until I consecrate myself, God will not visit me. Father, help me to really understand what I must do to attract your presence this year and every year. I want to maximize every opportunity to be of service to your kingdom.
 - **Pray your list of items, ascribe scriptures to each item and pray those scriptures**
 - **Pray every 3 hours**
- **Day 4 Thanksgiving.**
 - **1 Thessalonians 5:18** Give thanks to God for everything
 - **Psalm 107:1** Lord I thank you for your mercy endures forever in my life
 - **Ephesians 5:20;** I give thanks Father through Christ Jesus for your kindness towards me.
 - **James 1:17;** I thank you for the gift of life on earth and the ability to serve you
 - **Psalm 50:14;** Lord, I thank you for who you are in my life.
 - Give thanks to the Lord for all you have and all you don't have

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- That you didn't lose everything is because of God, give Him thanks
- That you are among the living, give Him thanks
- Pray your list of times, ascribe scriptures to each item and pray those scriptures.
- Pray every 3 hours
- **Day 5 The Universal church**
 - **1 Corinthians 12:13,27; Lord, we are baptized into one body, the body of Christ, the Son of the living God**
 - **Colossians 1:18**
 - **Matthew 16:18** Pray for the strengthening of the Universal Church, not just yours
 - **Ephesians 1:22-23** Let the church of Jesus Christ, thrive and be what He died on the cross for; providing supernatural solutions to human problems
 - **Revelation 22:19** May we never take away or add to the Word of the Lord as it is written.
 - Pray your list, ascribe scriptures to every need on your list and pray them
 - Pray every 3 hours.
 - Prayer is key in getting answers during prayer and fasting.
- **Day 6 The Universal church needs**
 - I pray for Unity amongst the believers of Jesus Christ
 - Father, blur the lines of denominational divide, let our zeal be for the saving of souls
 - **Mark 12:30** – Lord, let your love dwell richly in our hearts for the work you have given us to do
 - **Luke 22:42** – Let your will be done in the things required of us from you, may we never perform for

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mankind but for you only in the name of Jesus as is relevant to your instruction 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 ministries to always obey you and not man **Acts 5:29**
- **Pray your list, ascribe scriptures to each item and pray those**
- **Pray every three hours, seek for answers not things**
- **Day 7 My local church**
 - **Matthew 16:18** Father, let not the enemy prevail against this our local assembly.
 - **Acts 20:28** Lord, may we constantly consider the state of our membership to the glory of God
 - **Hebrews 10:24-25** As we continue to gather ourselves weekly, bless our assembly each and every time.
 - **Romans 12:5** Allow us to function as one body in Christ, with the individual gifts you have given to us in this congregation
 - **Acts 2:47** Father, add to our numbers, as we praise and worship you in this congregation. In Jesus name.
 - **1 Corinthians 3:17** Father God, guide me with your spirit, not to go against your will for the church in error. Help me to be an asset to the congregation you have planted me.
 - **Colossians 1:18** Father God, help us to understand the preeminence of your only Son, Jesus Christ, in the church and to honor Him in our thoughts, actions and ministrations

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- **Pray for your church, your ‘Pastor and his family**
- **Pray your list, ascribe scriptures and pray those scriptures back to God**
- **Pray every 3 hours**
- **Day 8 My supplications**
 - **Matthew 6:33** Pray for your place in the Kingdom of God while on earth
 - **Hebrews 11:6** Lord, engrace me with faith to believe in you at your word.
 - Pray for your attitude towards the things of God
 - Pray for your capacity to receive instructions from the altar of God
 - Pray for a place in your heart for God to take residence
 - Pray for your spirit man to be a magnet for the Spirit of the living God
 - Pray for my environment
 - **Pray your list/ascribe scriptures to your requests**
 - **Pray every 3 hours. Pray fervently**
- **Day 9 My family (The family of God)**
 - **Exodus 20:12** As I honor my earthly Father and Mother on earth, I honor also honor you my heavenly Father, who gave me such parents.
 - **Genesis 2:24** –
 - **1 Tim 5:8** – Lord, help me to provide for my spiritual family, whatsoever you have gifted me to serve with, particularly this year of Victory
 - **1 Peter 2:9** – Lord, I belong to a chosen generation and a royal priesthood, guide to always exhibit those heavenly characteristics, in the name of Jesus
 - **Romans 12:5** – Lord, I pray for every member of the body of Christ, in whatever denomination, to stand for

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the Kingdom, doing exactly what you have purposed for them to do.

- **Pray your list/ascribe scriptures to your requests**
- **Pray every 3 hours. Pray fervently**

▪ **Day 10 My career.**

- **Psalm 75:5-6** –Father, promotion only comes from you, whether I am an employee or employer. Promote me this year for your own Glory
- **Proverbs 22:29** Lord, help me to sharpen the skills based on the gift you have given me
- **Proverbs 11:1** Father, guide me to be just all men in my dealings with them
- **Pray your list/ascribe scriptures to your requests**
- **Pray every 3 hours. Pray fervently**

▪ **Day 11 My health**

- **Exodus 15:26** – Father, as I diligently seek to hear your voice clearly, help me to keep all your statutes, so that none of the diseases upon me shall survive this period.
- **Exodus 23:25** Father, as I serve my way into divine health, let the glory return to you
- **Jeremiah 33:6** – Reveal to me in this fast, abundant peace and truth in the name of Jesus Christ
- **Proverbs 4:20-22** – In this prayer and fasting, as I look onto the scriptures and meditate on them, let my healing take place to the glory of God.
- **Pray your list/ascribe scriptures to your requests**
- **Pray every 3 hours. Pray fervently**

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▪ **Day 12 My ministry**

- **Ephesians 4:11-13**- Lord, I pray, as I seek to purge myself for your use, guide me to greater heights in my ministry, in the name of Jesus
- **2 Timothy 2:15** – Father, as I study to show myself approved to you, open thou mine eyes to behold wondrous things out of your word
- **1 Timothy 4:12** - Embolden me to carry out my ministry from this prayer and fasting in the name of Jesus
- **Acts 20:24** -
- **Romans 12:6-8** – Let the gifting of the Almighty God, have expression in my life from this time forward
- **Pray your list/ascribe scriptures to your requests**
- **Pray every 3 hours. Pray fervently**

▪ **Day 13 Every limitation must go**

- **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.
- **Revelations 21:8** – Lord, guide me away from **the fearful and those that are headed to the lake of Fire, in Jesus name.**
- **John 1:1**- Father, I pray as the Word was with God in the beginning, let everything that didn't start with the Word in my life, end now in Jesus name.
- 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.
- **Pray your list/ascribe scriptures to your requests**

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- **Pray every 3 hours. Pray fervently**

- **Day 14 Every embargo on my success must go**
 - **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
 - **Pray your list, ascribe scriptures to each line item**
 - **Pray every 3 hours. Be determined to see the change you want**

- **Day 15 My current or future marriage**
 - **1 Corinthians 13:4-7.** Heavenly Father, let your love saturate my heart for the spouse you have sent/will send to me in this season
 - **Hebrews 13:4** May I honor the marriage that God has blessed me with
 - **2 Corinthians 6:14** Father, don't allow me to be attached to the wrong spouse that might derail my dedication to you, in the name of Jesus.

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- **1 Peter 3:7**, Father, give me understanding for current/future spouse that peace might reign in my household, in the name of Jesus
- **Pray your list, ascribe scriptures to each line item**
- **Pray every 3 hours. Be determined to see the change you want**
- **Day 16 My relationships**
 - **1 Corinthians 13:4-7** Father God, thank you for showing us what unconditional love feels like through Jesus Christ our Lord.
 - **Galatians 5:19-21** – Heavenly Father, any relationship that will cause me to miss heaven, guide me away from them by the Holy Spirit, in Jesus name.
 - **1 Peter 4:8** – LORD, help me have the right type of love in my heart for my Brother/Sister
 - **Proverbs 4:23**
 - **Matthew 5:27-28** – Father, help me to guide my ear gate, eye gate and mouth gate from all that corrupt.
 - **Pray your list, ascribe scriptures to each line item**
 - **Pray every 3 hours. Be determined to see the change you want**

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▪ **Day 17 Lost connections for greater anointing**

- **Job 20:15;** Lord, cause the earth to vomit every good thing that was directed to me but was swallowed by the earth.
- **John 10:35;** Lord, you wrote in your Word that the scriptures cannot be broken, re-connect me to the right sources for growth and next levels of my ministry
- **Joel 2:13** – Lord, as I turn to you, have mercy and show me kindness
- **Hosea 14:1** –Lord, restore me to yourself and help me to stay connected to the Kingdom.
- **Isaiah 55:7** – Lord, as I forsake my wicked ways and thoughts, abundantly pardon me for your sake in Jesus name.
- **1 John 2:27** – **Let the anointing upon my life speak for the world to hear and glorify your name in heaven**
- **Pray your list, ascribe scriptures to each line item**
- **Pray every 3 hours. Be determined to see the change you want**

▪ **Day 18 My helpers must come this time**

- **Hebrews 1:14** – Ministering angels, please attend to my needs according to the orders of heaven, in the name of Jesus Christ
- **Psalms 121:1-2** – Lord, as I look unto you from whence cometh my help, help me for my eyes be single upon you.

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- **John 14:16-17** – Lord, as I call upon your name and the comforter, guide me in your peace as the right help is sent to my person.
- **Hebrews 12:14**
- 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
- I pray for a fresh baptism of the spirit of discernment to know the right help when they arrive in the name of Jesus.
- **Pray your list, ascribe scriptures to each line item**
- **Pray every 3 hours. Be determined to see the change you want**
- **Day 19 Godly relationships restored and strengthened**
 - **1 Samuel 16:1-2** – Father, restore me to yourself and I seek you in this prayer and fasting
 - **Esther 6:1.** Let every fouled relationship that is of God be restored to me in the name of Jesus
 - **Daniel 6:18** – Trouble everyone that is hindering my Godly relationships.
 - Father, restore my relationship with my parents in every area that is lacking.
 - Father, restore my relationship with other believers who may have worked away from enemy engineered misunderstanding.
 - Father, restore my relationship with the men and women of God in my circle for spiritual growth and advancement of the kingdom

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- I pray for the favor and appointment of David as future king of Israel through Prophet Samuel.
- 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.

- **Day 20 Thank you LORD!**
 - **Revelation 21:2** I pray for the spiritual and material fruit of January 2020
 - I pray for the spiritual and material fruit of February, March, April, May, June, July, August, September, October, November and December of 2020.
 - 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;**

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- **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 blood line to the blood line of Jesus Christ.
- I declare victory over every effort of the enemy in my life, in the name of Jesus
- 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 2020
- 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

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