



New Life Empowerment
MINISTRIES

"Empowering individuals through the Word of God, one verse at a time."

2023 PRAYER & FASTING

PERSONAL & CORPORATE

WEDNESDAY JANUARY 11 TILL TUESDAY JANUARY 31, 2023

THE YEAR OF NEW ERA (ROMANS 13:11-14)

And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.¹² The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.¹³ Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. ¹⁴ But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Pastor Greg Ota

NEW LIFE EMPOWERMENT MINISTRIES 2109-2113 NORTH CHURCH STREET, JONESBORO, AR 72401

21 Day Fasting Program

January 11-31, 2023

1. Prepare your heart to fast and seek God for answers - **Amos 4:12**
2. Don't seek things/material, seek answers to issues – **Mark 8:36; Matthew 16:26**
3. Make a list of the answers you need from God before you start
4. Fast from 6am – 6pm daily, start and close with prayers
5. Start at the same time daily, go as far as your health will let you.
6. If you are on medication, take minimum food for your medication. If you can't fast, pray fervently for the next 21 days.- **Ephesians 6:18**
7. Pray your list daily in addition to the ones prescribed below.
8. Determine that the change you desire must come this 2023. Take responsibility for your success
9. 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.
10. Adam failed by what he ate, Jesus fasted and resisted the devil by refusing to eat at Satan's command,
11. NO PAIN, NO GAIN
12. **Avoid strife of any kind.**
13. **Social Media is a distractor, be careful**
14. These are 21 days/opportunities to set the tone for the rest of the year
15. Let every personal prayer item include Kingdom prayer
16. Be specific in your desires from God - **Mark 10:36**

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

2 Chronicles 15:7 Be ye strong therefore, and let not your hands be weak: for your work shall be rewarded.

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

The year of NEW ERA(Romans 13:11-14) - 2023

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- ¹³ Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. ¹⁴ But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

- **Day 1 Thanksgiving**
 - Thank you for keeping us in 2022. – **Psalm 1:17**
 - Thank God for ALL things – **1 Thessalonians 5:18**
 - Thank God for his steadfast love – **Psalm 136:26**
 - **Pray your list, ascribe scriptures for the items on your list.**
 - **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.**
 - Ask God for forgiveness for all that you can remember that you may have done wrong - **1 John 1:9**
 - Ask your brother or sister for what you may have done wrong to them - **James 5:16**
 - Lord help me **not** regard iniquity in my heart, that you hear my prayers - **Psalm 66:18**
 - Lord, whatever I may have done or have been doing that is not of you, I bring them to the throne of grace for forgiveness -**Proverbs 28:13**
 - **Pray every 3 hours.**
- **Day 3 Have Mercy on Us**
 - Father, I solicit your mercy on mankind and the atrocities going on in the world today – **James 2:13**
 - Father, help me to turn around some things in my mind that will not allow me to fully submit to you – **Matthew 4:17**
 - Father, I know you are not slow as we count slowness, but you desire that I repent and return to you that you may truly bless me – **2 Peter 3:9**
 - Father, search my heart and remove anything in it that does not represent heavenly character and put in me the right spirit – **Acts 17:30**
 - **Pray every 3 hours**
- **Day 4 Consecration FOR New Era**
 - **1 Corinthians 6:19-20** Help me to realize the value of my body in the kingdom of God on earth and to respect and honor it
 - **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 5 Revive us**

- I pray for the revival of my soul, to seek you and your kingdom earnestly – **Psalm 85:6**
- Father, in this prayer and fasting, cause me to realize that you have the power to revive me – **Isaiah 57:15**
- Father, restore us and let your face shine, that we may be saved – **Psalm 80:19**
- Father, give us the wisdom and the mouth to invite the unsaved to salvation – **John 3:3**
- Father, allow us to live this life before the unsaved that they might come looking for how to be saved – **Acts 16:30**
- **Habakkuk 3:2** father, remember mercy as you revive us.
- **Pray every 3 hours**
- **Day 6 Revive us**
 - **James 4:8** Father, as we draw near to you through spiritual exercises, revive our souls to return to the old paths.
 - **Psalm 51:10** Lord, I pray as I seek you in my heart, revive and renew the right spirit within me
 - **Psalm 19:7** – Your law is perfect reviving the soul, revive me and make me wise
 - **Matthew 6:33** – help Father, as we seek your kingdom first, revive for a change of lifestyle that will always keep you first.
 - **Isaiah 64:1-4** – Father come down in your mighty power and revive us for exploits
 - **Pray every (3) hours**
- **Day 7 & 8 Send me to the unsaved neighbors**
 - Lord, you are the one that created us, we are the sheep of your pasture **Psalm 100:4**
 - Father, guide me in this fast on what to pray and fast for my family members who don't know you – **Romans 10:17**
 - **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
 - **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 9 & 10 My devotion & growth in the things of God**

- Father, as I dedicate and devote all I do to your glory, help me to grow in this devotion – **Hebrews 13:5**
- 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 for the Kingdom excel greatly.
- **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 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
- **Psalms 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 11 Fresh Baptism of the Holy Spirit**
 - 1 Corinthians 12:13 – Father God, cause me to drink from the same spirit
 - Matthew 3:11 I pray for a fresh baptism of the Holy Spirit
 - **Galatians 3:27 Baptize me into my Lord Jesus Christ**
 - Acts 4:31 – Father, shake my core with the presence of the Holy Ghost, that I might speak the Word of God with boldness.
 - **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 12 Heal my spiritual blindness and deafness**
 - Father, in the name of Jesus, let not the enemy blind me from seeing your glorious light – **2 Cor 4:4**
 - Lord help me to understand the things of the spirit and abandon the earthly desires –
 - **1 Corinthians 2:14**
 - **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.
 - Lord, help me to follow the light of Jesus, no matter what -**John 8:12**
 - 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 your environment, that the Lord will make it conducive to attract souls to Himself
 - Pray your list/ascribe scriptures to your requests
 - **Pray every 3 hours. Pray fervently**
- **Day 13 Teach me times and seasons of my life for Service & exploits**

- **Ecclesiastes 3:1** Lord, teach me to know what seasons they are in my life and ministry
- **Acts 1:7** . Father, help me to understand the times for me to act and the times to allow God to be God.
- **John 16:13** Lord God Almighty, release the Holy Spirit upon my person afresh to learn and obey the truth of Jesus Christ
- **Pray fervently**
- Pray your list
- **Pray every 3 hours**
- **Day 14 Growth in knowledge in Christ**
 - Father, help me to grow as I study your word in this season- **2 Peter 3:18**
 - Lord Jesus, you began a work in me, bring it to completion by your grace, even this year of New Era – **Phil 1:6**
 - Father, help me to walk in a manner pleasing to you in my dealings – **Colossians 1:10**
 - Father, guide me in my quest to know you, the only true God, let the fire be lit inside of me to seek you continually– **John 17:3**
 - Lord, protect me from the god of this world from blinding me from the true knowledge of you – **2 Cor 4:4**
 - **1 Peter 2:9** But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light;
 - **Romans 12:5** So we, being many, are one body in Christ, and every one members one of another.
 - **Pray every 3 hours. Pray fervently**
- **Day 15 Growth in myself to chase God**
 - **Hebrews 4:12** Lord, I know that the Word of God is powerful, I also know that it is by the Word that my faith grows. Empower me to develop a healthy appetite for Your word
 - **2 Timothy 3:16** -Father, I know that every Word of scriptures are inspired by the Holy Spirit, release the Holy Spirit to teach me as I study and look into Your Word.
 - **Ephesians 3:19** – Heavenly Father, guide me in this prayer and fasting to know the love of Christ that I might be filled with the fulness of God
 - **John 14:15** If ye love me, keep my commandments.
 - **Pray every 3 hours**
- **Day 16 My career.**
 - **Psalms 75:5-6:** Lord , I understand that promotion comes only from you, not man, help me to subscribe to kingdom principles that will lead me to my high places, in Jesus name
 - **Proverbs 22:29** Lord, help me to sharpen my skills based on the gift you have given me
 - **Proverbs 11:1** Father, guide me to be just to all men in my dealings with them
 - **Revelation 3:8** Lord, set an open door before me, that no man can shut
 - **Pray every 3 hours. Pray fervently**
- **Day 17 My health**
 - **Proverbs 17:22** – I shall be merry and glad this entire year of 2023

- **Exodus 15:26** – Whatever the enemy has planted in me that is not of you, heal me from the inside for your glory, in the name of Jesus.
- **Exodus 23:25** And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.
- **Jeremiah 33:6** Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

Proverbs 4:20-22 My son, attend to my words; incline thine ear unto my sayings.²¹ Let them not depart from thine eyes; keep them in the midst of thine heart.²² For they are life unto those that find them, and health to all their flesh.

○ **Pray every 3 hours. Pray fervently**

▪ **Day 18 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.
- **1 Peter 3:7,** Father, give me understanding for current/future spouse that peace might reign in my household, in the name of Jesus
- **Isaiah 34:16 Not none in my circle or family lack their mate, for the fulfillment of scriptures**
- **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 as 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, spiritual and natural, in every area that is lacking. **Ephesians 6:2-3**
- Father, restore my relationship with other believers who may have walked away from an enemy engineered misunderstanding. – **Ephesians 4:32**
- Father, restore my relationship with the men and women of God in my circle for spiritual growth and advancement of the kingdom- **Proverbs 27:17**
- 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. – **Isaiah 54:17**

○ **Pray every 3 hours. Pray fervently**

▪ **Day 20 Thank you LORD!**

- Ephesians 5:20
- Psalm 103:2

- 1 Thessalonians 5:16-18
- I pray for the spiritual and material fruit of **February, March, April, May, June, July, August, September, October, November and December of 2023.**
- 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 **2023**
- **Pray every 3 hours. Pray fervently**

▪ **Day 21 Victory in the Lord**

- **1 Corinthians 15:57** Thank God for we have the victory through our Lord Jesus
- **Romans 8:37** Satan and adverse occurrences have been cancelled in my life
- **2 Corinthians 2:14** Thank you Lord for leading us triumphantly through this solemn exercise
- **Romans 8:31** God is for us and no one can be against us. Thank you LORD!
- **Deuteronomy 20:4**, Praise The Lord for He has gone with me to this fasting for my divine promotion and New Era
- **Psalms 108:13**; Through God we shall do valiantly: for he it is that shall tread down our enemies.
- **1 Corinthians 10:13**; There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.
- **Ephesians 6:10**; Finally, my brethren, be strong in the Lord, and in the power of his might.
- **Proverbs 24:16** For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.
- 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 2023
- Pray for intensity in your prayer life and the pursuit of the righteousness of the kingdom of God



- o 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. **AMEN**

GLORY