

Prevailing Word Christian Center

“Calling All Intercessors & Prayer Warriors”

21 DAYS PRAYER & FASTING

Seeking God with all your heart



**IT'S THE TIME AND THE SEASON FOR
SPIRITUAL WARFARE!**

“The effectual fervent prayer of a righteous person availeth much”

James 5:16b

Greeting in the name of our Lord and Savior Jesus Christ!

It is with great honor and a privilege to inform all soldiers (intercessors & prayer warriors) that once again, **IT'S THE TIME AND SEASON FOR SPIRITUAL WARFARE!**

Prayer & Fasting

NOTE: ANYONE WHO IS ON SPECIAL MEDICATION OR HAS ILL HEALTH SUCH AS CANCER, DIABETES, TUBERCULOSIS, CARDIOVASCULAR DISORDERS, ETC... SHOULD NOT ENTER INTO A FAST ESPECIALLY A PROLONGED ONE, WITHOUT CHECKING WITH YOUR MEDICAL DOCTOR FIRST.

These are the instructions for the mission of Prayer and Fasting:

- During the fast you will be permitted to drink water (with lemon if you prefer) or distilled water and 100% juices (fruit and/or vegetable juices). Be sure to drink at least two (2) quarts of water each day of your fast.
- You will also be permitted to eat one (1) meal each day during **Week One**, two (2) meals during **Week Two**, and three (3) meals during **Week Three** (refer to PWCC Meal Menu below). Make sure you eat light and nutritious as possible.
 - If you do not fast regularly or find it difficult to fast and carry on your daily work activities, you can of course break the fast promptly at any time you find it to be unpleasant. Just begin again and take one (1) day at a time. You are not defeated, God is on your side! PRAISE GOD!
 - If you are unable to participate in the Daniel Fast due to health issues, please note that other forms of fasting can be enacted during this time such as fasting from Television, Spending, Carbonated Beverages or Coffee, etc....
- Stay open to the Holy Spirit because He will give you other people and things besides what you are fasting and praying about. He will also give you other scriptures to study. **REMAIN OPEN TO BE LED BY THE SPIRIT OF THE LORD!**
- Each day make sure you read, meditate, confess and pray the Word of God.
 - Please keep the following scriptures before you:

*Ephesians 6:10-18	*Psalm 91
*1 Corinthians 13	*Galatians 5:22-25
*Philippians 4:8-9	*2 Timothy 2:3
- Each day you should maintain a consecrated attitude in all you say and do. Please keep in mind that fasting, as in other endeavors, YOUR ATTITUDE IS VERY IMPORTANT. You stand to benefit most if you approach this wonderful mission prayerfully and in a positive frame of mind.

WARNING: DO NOT UNDERESTIMATE SPIRITUAL OPPOSITION. SATAN WILL TRY TO INTENSIFY THE NATURAL BATTLE BETWEEN THE BODY AND THE SPIRIT BECAUSE HE KNOWS THAT THE POWERS OF HEAVEN ARE UNLEASHED AGAINST HIM WHEN YOU PRAY AND FAST.

PWCC MENU (Foods Permitted to Eat)

- ❖ **All vegetables:** can be fresh, frozen, juiced or dried. Vegetables include but are not limited to Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflowers, Celery, Chili Peppers, Eggplant, Garlic, Ginger Root, Kale Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini
- ❖ **Veggie Patties** are an option if you are not allergic to soy.
- ❖ **All Fruits:** can be fresh, frozen, juiced or dried. Fruits include but are not limited to Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, and Watermelon
- ❖ **All Whole Grains:** Such as Brown Rice and Oatmeal
- ❖ **All Nuts and Seeds:** Such as Sunflower Seeds, Cashews, Peanuts, Sesame, Walnuts and Pecans
- ❖ **All Legumes:** Frozen or dried. Legumes include but are not limited to Dried Beans, Pinto Bean, Split Peas, Lentils, Black-eye Peas, Kidney Beans, Black Beans, Cannellini Beans and White Beans
- ❖ **All Quality oils:** Such as Olive, Canola, Grape Seed, Peanut, and Sesame
- ❖ **Other:** Tofu, Soy Products, Vinegar, Seasonings, Salt Herbs and Spices
- ❖ **Beverages:** Water (with lemon if you prefer) or Distilled Water, 100% Juices (Fruit and/or Vegetable juices) **ONLY!!!**

(FOODS NOT PERMITTED)

- **NO MEATS:** All animal products are restricted on the Daniel Fast. That includes Meat, Poultry, Fish, and Dairy Products (milk, eggs, cheese, butter, etc...)
- **NO PLEASANT FOODS:** This would include Breads, Sugars, and Sweet Foods

WORDS OF ENCOURAGEMENT

Stay focused and stay in the Spirit because though we walk in the flesh we do not war after the flesh. Remember the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds. Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; and having in a readiness to revenge all disobedience, when your obedience is fulfilled. Also know that you can do all things through Christ who gives you strength, greater is He that is in you than he that is in the world, you're more than a conqueror, you're victorious! The Kingdom of heaven suffers violence, and the violent take it by force. You have been call and chosen. You have been anointed and appointed to destroy the works of the enemy. So go take back everything that belongs to the Body of Christ... **IN JESUS' NAME**

"IT'S THE TIME AND THE SEASON FOR SPIRITUAL WARFARE!!!"

In Service for Christ,

Minister Brenda Holmes

The Fasting Prayer

Father, in the name of Jesus, I thank You for allowing me to understand that You gave fasting to Your church so that You could commune with us on a more intimate level. When You created Adam and Eve, Your time of fellowship with them was the highlight of Your evening, and since the time of their fall, You have longed to fellowship with us again. I thank You for loving me with a love I do not have the capacity to understand. The death of Your Only Son, Jesus gives me insight into Your great love for me. I thank You for opening my eyes and bringing me to the knowledge of the true meaning of fasting for the born-again believers, in the name of Jesus. I thank You for anointing me to pray. I thank You for hearing my prayers. I thank You for urging me to praise You. Lord, You inhabit the praises of Your people. Lord, my time with You is enhanced when I fast. I appreciate the revelation I receive when I fast (of which the enemy is insanely jealous). Fasting is a strong foundation for me, and it draws me closer to You. I command every demonic presence assigned to hinder my fasting life to go from me in Jesus's name. The spirits of greed, gluttony, distraction, flesh, covetousness, worldliness, and weakness are bound now! I command each dark force released to hinder my time of fasting and communion with You, O Lord, to cease its operation, in Jesus's name. I crush every demonic device that hinders the flow of knowledge from my re-created spirit to my mind. Every python spirit is unraveled. Father, open my spirit to new revelation concerning fasting. I break the spirit of ignorance over my life, which keeps me from understanding the plan and purpose of living a life of fasting. Lord I know that fasting will help me to find the rhythm of Your heartbeat. I refuse to allow my flesh to dictate when and how I fast, in the name of Jesus. When I fast, I will finish! Father, give me dreams, visions and prophetic insights during my time of fasting and prayer. Let every strong bridge of the enemy in my life be weakened, broken and destroyed in the name of Jesus. Father I understand that the flesh is more dominating when it is fed. I will not feed my flesh but will disallow it to have its desires. Father, let the spirit that hungers and thirsts for your presence overshadow the hunger and thirst for natural food and water. Father give me the ability to fast supernaturally. I confess that fasting is not by power and might but only by Your Spirit, Lord. I declare that as I commune with the Holy Spirit (through fasting), the gifts and callings of Jesus Christ will flow freely through my being. The word of wisdom will flow, the discerning of spirits will flow, and the healing virtue

will flow, in the name of Jesus. Father, I confess that Your strength is made perfect in my weakness. I understand that fasting weakens my physical body but allows my re-created spirit to become stronger as it communes with the Holy Spirit. I declare that fasting helps me to present my body as a living sacrifice. Fasting and prayer sharpens my focus so that I can walk in the good, acceptable, and perfect will of God. I also declare that fasting helps me to interpret and understand my covenant with God and the words of the Bible. I will not be deceived by the spirit of deception. Every Behemoth set against my life is bound. I dismantle every demonic plan against me and replace it with the plan of the Holy Spirit in the name of Jesus. I cover my family and myself with the blood of Jesus. As we give our bodies unto fasting and prayer, protection and provision will be our portion. As I fast, I welcome the Spirit of God into my home, my workplace, my neighborhood, and my city. Lord, help me to make fasting a lifestyle so that I continue to grow and live a Christ like life.

IN JESUS NAME, AMEN

SCHEDULE FOR PRAYER & FASTING

Day One (Sunday): Cleansing and Repentance

- ✓ 1 John 1:8-9
- ✓ Psalms 19:12
- ✓ Psalms 51:1-13
- ✓ Mark 11:22-26

Day Two (Monday): Spiritual Maturity

Find scriptures to stand on the following:

- A deeper relationship with the Lord
- Wisdom
- Keen/sharper spiritual discernment
- Humility
- To be more compassionate
- Maturing in faith
- Walking in forgiveness
- Walking in the Fruit of the Spirit daily
- Walking in Holiness

Day Three (Tuesday): Families/Loved Ones

- Salvation, deliverance, unity and spiritual maturity
- Protection
- Prosperity and favor
- Breaking generational curses and releasing generational blessings
- Marriages, single parents, single, spousal abuse, child abuse and abortions
- Suicidal thoughts
- Seniors

Day Four (Wednesday) The Antelope Valley and Surrounding Areas

- State governor, mayors, law enforcement, peace officers, police chief, schools, and economy
- Local churches, five-fold ministry, the Body of Christ, and the Harvest of Souls
- Our neighborhoods, communities, cities, and state
- Our youth
- Homeless & runaways
- Mentally ill, sick and shut-in
- Prisons and juvenile detention centers
- Drug dealers, drug addicts, addiction to alcohol, prescription and illegal drugs, food and sex

- Bind witches, warlocks, devil worshipers, cults coven, witchcraft prayers, hexes, spells, curses, divinations, and other dark organizations
- Hustlers, pimps, players, prostitution, molestation, rape, perversion, lust, incest and homosexuality
- Gangs, murders, drive-by shootings, suicide, robberies, hijacks, breaking and entering crimes, strong arm assaults, home invasions and burglaries

Day Five (Thursday): Government and Armed Forces

- Israel (Jerusalem)
- World Leaders
- President /Vice President
- White House Staff
- Secret Service
- Attorney General
- House of Representatives
- Congressmen/Congresswomen
- Senators
- Supreme Court
- Judges
- Jurors
- Secretary of State
- Leaders of the CIA
- FBI
- Securities Exchange Commission
- Council on Foreign Relations
- United Nations
- The Pentagon
- Defense Department
- Military

Our prayers are for salvation, deliverance, inner and physical healing; protection, wisdom, their families; peace, unity and to be led by the Holy Spirit of the Lord and to be obedient to the voice of the Lord.

Day Six (Friday) The Harvest of Souls

- To be obedient to the voice of the Lord
- Salvation, deliverance, inner and physical healing
- Spiritual maturity

Day Seven (Saturday) Sunday Service, and Concert of Prayer and Praise

- The Spiritual Gifts and the Fruit of the Holy Spirit will be in full operation
- Pastor Mike, Co-Pastor Dorelle Arnwine and Evangelist JoAnn Tillmon and family

- Assistant Pastor Jerry and Minister Brenda Holmes and family
- Pastor Mario Rivera and family
- Minister Robert Banks and family
- PWCC Ministers and their families
- PWCC Executive Board / Advisory Board
- PWCC Administrative Staff
- PWCC Directors, Auxiliary Leaders, Workers and their families
- PWCC New Members and Visitors
- Tithes & Offerings
- Special Offerings
- PWCC Family: Pray for their finances, jobs, homes, businesses, health, transportation, debt-free, etc...

FAST

- FAST from criticism..... FEAST on Praise**
- FAST from self-pity..... FEAST on Joy**
- FAST from ill-temper..... FEAST on Peace**
- FAST from resentment..... FEAST on contentment**
- FAST from jealousy..... FEAST on love**
- FAST from pride..... FEAST on humility**
- FAST from selfishness..... FEAST on service**
- FAST from fear..... FEAST on faith**

