3 DAY FASTING & PRAYER

THEME: POSSESING YOUR POSSESSIONS

11TH - 13TH NOVEMBER, 2024

Fasting Times:

6:00am - 12:00pm

6:00am - 3:00pm

6:00am - 6:00pm

Join us on Google Meet to Agree in Prayer Everyday from 8:00pm to 8:30pm GMT



THINGS TO MOTE BEFORE FASTING

- Set a time to pray.
- Have your Journal and Bible with You.
- Write down what you hear in your spirit, dreams, visions etc
- Confess and Meditate on the Fasting Scriptures.
- Ask for forgiveness or Repent if you're living in any type of sin ("If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9)

- FORGIVE anyone that has wronged or offended you because UNFORGIVENESS is a great hindrance to effective prayer
- Praise and Worship
- Ask the Holy Spirit For Help in prayer (Romans 8:26)
- NOW PRAY the prayers with Authority
- Finally, thank God for answered prayers.

TYPES OF FASTS

- There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice. Remember Fasting without prayer or bible study is starvation.
- Full Fast (Drink only liquids)
- The Daniel Fast (Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.)
- Partial Fast (A partial fast is from 6:00 am to 12:00pm, 3:00pm or 6:00pm from sun up to sundown.)
- Entertainment Fast (This is for people with health conditions who need to eat and drink. No social media, TV, parties etc)

FASTING SCRIPTURES

- "But upon mount Zion shall be deliverance, and there shall be holiness; and the house of Jacob shall possess their possessions. Obadiah 1:17
- He hath swallowed down riches, and he shall vomit them up again; God shall cast them out of his belly. Job 20:15
- The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10

- "But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland." Isaiah 43:18-19
- And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpiller, and the palmerworm, my great army which I sent among you. Joel 2:25
- Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you. Luke 10: 19

- Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. 1 John 4: 4
- He delivered me from my strong enemy, and from them which hated me: for they were too strong for me. Psalms 18:17